

Outlook

February 2019



**Serving the parishes of
Bedingham Fritton Hardwick Hempnall
Morningthorpe Shelton Topcroft Woodton**

www.hempnallgroup.co.uk

Hempnall Group Services

February 2019

Sunday 3rd	Candlemas	Gold or White
Group Eucharist	10.00am	Bedingham Church
Holy Communion	2.30pm	The Hollies
Family Praise	4.00pm	Hempnall Church
<i>Readings: Malachi 3:1-5, Hebrews 2:14-18, Luke 2:22-40</i>		
Sunday 10th	4th Sunday before Lent	Green
Eucharist (BCP)	8.00am	Morningthorpe Church
Eucharist	9.30am	Woodton Church
Eucharist	9.30am	Hempnall Church
Eucharist	11.00am	Topcroft Church
Matins	11.00am	Hardwick Church
<i>Readings: Isaiah 6:1-8, 1 Corinthians 15:1-11, Luke 5:1-11</i>		
Sunday 17th	3rd Sunday before Lent	Green
Eucharist	9.30am	Bedingham Church
Morning Service	9.30am	Hempnall Church
Eucharist	11.00am	Hardwick Church
<i>Readings: Jeremiah 17:5-10, 1 Corinthians 15:12-20, Luke 6:17-26</i>		
Sunday 24th	2nd Sunday before Lent	Green
Eucharist	9.30am	Hempnall Church
Morning Praise	11.00am	Topcroft Church
Matins	11.00am	Fritton Church
<i>Readings: Genesis 2:4b-9,15-25, Revelation 4, Luke 8:22-25</i>		

Every Thursday at 8.00am there is Holy Communion
in Hempnall Church

The Rectory, The Street, Hempnall, Norwich, NR15 2AD

Dear Friends,

Have you been watching Les Miserables on the television? The Miserables, as the name suggests does tend to sum up the programme. It is a sad, bleak story, set in France about 200 years ago, but a compelling story.

There are some thought provoking scenes, particularly when Jean Valjean meets a Bishop. Jean Valjean is a released convict, in prison for 19 years after stealing a loaf of bread. He is angry and bitter – nobody would give him accommodation because of his past. The Bishop does and feeds him. He leaves stealing some cutlery, but is arrested and returned to the Bishop, who instead of accusing him, forgives him, gives him additional loot – 2 silver candlesticks – and sends him on his way. I've done all I can he says.

This act of compassion and kindness is remembered by Jean Valjean in how he leads his life, and the help he gives to others throughout the rest of the story. He is always hounded by Chief Inspector Javert whose motto is 'once a prisoner, always a prisoner.'

The bible is full of stories of forgiving, not through what we do, but because of God's grace and love towards us.

- David loved someone else's wife and had her husband murdered.
- Saul who became Paul condemned and hated Christians before his miraculous Damascus Road experience.
- Peter denied his Lord 3 times.

Our lives may not be as tragic as Jean Valjean, but there are wrongs we have done we would like to put right. God forgives all who ask.

May be it is those acts of kindness and compassion that have an impact on the lives of others – sometimes we know about them, other times we are not aware of their impact.

Isaiah reminds us of the Lord's words 'Fear not for I have redeemed you; I have summoned you by name – you are mine, when you pass through the waters..... walk through the fire... I will be with you, since you are precious in my sight and because I love you.

With love

Michael

Events for your diary February

FAMILY PRAISE



A new gathering for family-friendly praise and teaching starts in Hempnall Church this year at 4pm on Sundays. All welcome.

- | | |
|-------------------|---|
| 3 February | The Word Became Flesh: the reality of God dwelling among us. |
| 3 March | I am the Light of the World: the amazing life-giving force. |
| 31 March | I am the Bread of Life: all you need. |
| 5 May | I am the Resurrection: the victory that lasts forever. |
| 2 June | I am the Gate: the way opened for you. |
| 7 July | I am the Good Shepherd: looking after you. |

FOOD BANK COLLECTIONS

The donations over Christmas and the New Year have been truly marvellous and very much appreciated by the recipients and The Food Bank organisation. Thank you all for your generosity, care and thoughtful provision. Unfortunately, the need continues to grow.

The next collection will be on **February 3rd** at Bedingham Church and then on **3rd March** at Fritton Church. Alternatively, donations can be left at the parish office on Monday-Thursday, 9am-1pm. As always, we would be grateful if you could check the sell-by dates. Thank you.

THE MILL CAFÉ, Hempnall

4th Feb & 4th March, 1st April Coffee & cakes and/ or Lunch

All welcome. For more information please contact:
Margaret Sparham (Wed and Thurs on 499766 or 499579 at other times)

Hempnall Mill Centre, Mill Road, Hempnall. NR15 2LP
www.hempnalltrust.org Registered Charity No. 1074433



HEMPNALL MILL CENTRE – LUNCHEON CLUB

Wednesday and Thursday from **£5.50**

Morning tea or coffee served on arrival from 11am, a two course lunch served at 12 noon. Pick up travel can be arranged, for more information contact:
Margaret Sparham (Wed and Thurs on 499766 or 499579 at other times)

WOODTON & BEDINGHAM MONDAY CLUB

Our next meeting is on Monday **4th February** at 2 p.m. at Woodton Village Hall
Everyone is most welcome, do come and join your fellow villagers for a pleasant social afternoon. For further information please contact Janet Chadwick on 01508 483996 or Pam Mariner on 01508 483796

HEMPNALL COMPUTER CLASSES

continue on Tuesday 5th February. Each Tuesday from 2pm – 4pm
Enquiries to Yvonne Davy 01508 499405

HEMPNALL COMPUTER CLUB

Welcomes new members. We meet on Friday evenings twice a month at Hempnall Village Hall in The Loft from 7.15pm – 9.15pm. Dates this month **February 8th & 22nd** Contact 499405

WOODTON & BEDINGHAM CARPET BOWLS GROUP

We are always looking for NEW people come and join in the fun. A little light exercise bowling a couple of woods towards the jack, with some social interaction in between. A cup of tea or coffee and a biscuit or two midway through the evening is a pleasant way to while away these wintry nights. We meet in Woodton Village Hall - the forthcoming dates are:

06/02/2019 at 19:30.

13/02/2019 at 14:00. Ladies Together meet in the evening.

20/02/2019 at 19:30

27/02/2019 at 19:30

06/03/2019 at 19:30

If you need any further information contact the secretary on 01508 482619

HEMPNALL WOMEN'S INSTITUTE

Wednesday February 6th 7:30pm at Hempnall Mill Centre

Speaker: Jacqui McCarney - 'Mindfulness'

Jacqui will be talking to us about her experiences of practising 'Mindfulness' and she will describe to us the benefits she feels she has gained from this practice. Jacqui has practised meditation for 24 years. Her training has been in traditions that place 'Mindfulness' at their core.

You are very welcome to come and join our friendly group. For more information phone Sue Eagle 01508 499559

HARDWICK AND SHELTON VALENTINES CAFE MORNING. Thursday **7th February**. 10.30-12. Hardwick Village Hall. All warmly welcome.



TOPCROFT QUIZ NIGHTS

Saturdays **February 9th and 23rd**, 7.30 for 8.00 p.m. start. Max 6 per team £2 pp. Good Competitive Fun. Contact Christine on 01508 482268.



Are you looking for work? Jobs Club help comes to Woodton Tuesday 12th February 10am-12pm

The Harleston Jobs Club will be bringing their friendly and informal Jobs Club service to **Woodton Village Hall on Tuesday 12th February**. Drop in anytime in between 10am-12pm for help with job searching, CVs and covering letters, interview tips and advice, course information, careers advice, IT help, business start-up information, volunteering and much more. All our services are free and confidential and everyone is welcome. Contact Lucy Marjoram on 01379 851920 or email jobsclub@harleston-norfolk.org.uk for further information.



Wednesday 13th February 2pm-3pm
at Hempnall Church
Games, story, crafts - lots of fun!
All pre-school children welcome.

COMING UP.... AFTERNOON SOCIAL QUIZ in aid of The Ark

All the answers are to do with types of dances or cakes. Fun for all the family! Available from the beginning of February from Hempnall Rectory 01508 498157 or Jackie Cook 01362 288195. Prize is an afternoon tea hamper. Price £1 per entry.

WOODTON & BEDINGHAM LADIES TOGETHER

Our next meeting will be on the **13th February at 7.30pm** and our speaker will be Charles Lewis with a talk entitled "Georgian Norwich". Visitors and new members are always welcome at our monthly meetings which are held in Woodton Village Hall on the second Wednesday of each month. For further information please contact Tricia Gunson on: 01508 482543.

Future Events For Your Diary



WORLD DAY OF PRAYER

Come and join us in a service from women of Slovenia, one of the smallest and youngest countries in Europe, part of former Yugoslavia. As we learn about the area, we'll also pray for the difficulties the people face and link it to our own country. The theme "Come – Everything is Ready!" The service is part of a wave of prayer across the world, celebrated in 120 countries. Date: **Friday 1st March 2019**

Time: **Lunch 1pm, service at 2pm.**

Place: Hempnall Church. **ALL ARE WELCOME: MEN, WOMEN AND CHILDREN.**
Maggie Kingston

The next meeting of the **HEMPNALL TOWN ESTATE EDUCATIONAL FOUNDATION** is during March 2019. Completed applications for grants by **March 1st** to Alison Harris, Clerk to the Trustees, 34 Roland Drive, Hempnall, NR15 2RB. Application forms are available in Hempnall Village Hall, Hempnall Mill Centre, Hempnall Surgery, 34 Roland Drive or by email.

Any queries or requests for forms to Alison Harris - hteefclerk@gmail.com Tel : 01508 498258. PLEASE NOTE - WE ARE UNABLE TO ACCEPT COMPLETED APPLICATIONS BY EMAIL.

LENT TALKS

Please note dates of our Lent Talks. **Thursday evenings March 14th, 21st and 28th. Nelson Room Hempnall Village Hall** from 7.30pm – 9pm. Doors open at 7pm. The general theme is how working life may inform decisions made from beliefs and values.

Our speakers are Dr Sharma, a Dentist from West Earham Dental Practice. Dr Sharma, with his team, have treated around 1500 displaced Syrian and Lebanese refugees. Mr Goff, a Solicitor from The Tas Valley, whose talk is entitled "And who is my Neighbour" and Michael Windridge, a Parliamentary Assistant from Fritton, whose talk is entitled "Working in the House of Commons".

Jackie 01362 288195

ARCHAEOLOGICAL TALK AT TOPCROFT CHURCH

On **Saturday 16 March at 2.30pm** Giles Emery, archaeologist, will be giving an illustrated talk about the items of interest found during the dig prior to the kitchen build at Topcroft church. The talk will be followed by tea/coffee and cake. Everyone welcome. Donations to Topcroft church would be very much appreciated. Any enquiries please ring Margaret Ferre, 01508 482562

QUIZ NIGHT - Saturday 16 March 2019 at 7pm in Woodton Village Hall in aid of Woodton Church funds. Tickets £7.50 pp from Daphne Littleboy (email daphnelittleboy@hotmail.com or tel: 01508 494318). Ticket includes: Quiz, prizes, hot dog (veg option available), cake, tea/coffee. Please bring your own alcoholic drinks.

THE SIX SIXES REVISITED - IN A SOCIAL EVENING AT TOPCROFT

On **Thursday 28th March 2019 at 7.30pm** freelance broadcaster and journalist **Grahame Lloyd** will be recalling the famous feat of Garry Sobers, the West Indies legend, hitting SIX SIXES from SIX deliveries in 1968 and the bizarre fate of the sold ball. In 2006, the ball fetched a world record price of £26,400 at the auctioneer Christie's in London - but was it the right one?

Join us for "A wonderful evening packed full of showmanship, storytelling and intrigue....." Ticket price includes a lovely baked potato with chilli or cheese and/or beans. Drinks are available at the bar. Come to The Pavilion, Topcroft Sports Field (NR35 2BL) and enjoy!

Hosted by Topcroft Cricket Club. Tickets (adults £7.50, concessions £4.50) available in advance from Helen Brownlee, tel: 07860159149 or email: helen.brownlee@outlook.com



SUNDAY WALKS FOR YOUR DIARY 2019

Date	Place	Contact	
7 th April	Saxlingham	Sue and David Banham	498223
12 th May	Shotesham	Daphne Littleboy	494318
23 rd June	Pulham	Josephine and David Murgatroyd	530453
21st July	Loddon	Margaret and David Ferre	482562
18 th August	Surlingham	Ron Cooper	499428



TOPCROFT OPEN GARDENS - Sunday May 26 and Monday 27 May. 11.00am to 5.00pm. An advance date for your diaries. Although gardening is not too inviting at the moment the spring flowers are peeping through so it will not be long, so why not consider opening your garden again this summer or coming on board for the first time - new gardens are always most welcome small or large. For further details email daphnebeckett@gmail.com.

Thank you

TRICIA GUNSON would like to thank all those many people who were kind enough to send lovely cards, letters, and emails following the sad passing of Adrian, and for all the kindness and support she has received. Special thanks to Revd Lynn Chapman and Revd Michael Kingston and organist Brian Orland for a beautiful burial service at St Peter's, Brooke, and to Rev David Owen, Revd Liz Billett and organist Paul Mizen for the memorial service at Holy Trinity, Loddon. Adrian was an amazing man who left us too early, but will be remembered for all his hard work and commitment to the people of the Loddon and surrounding area he represented on Norfolk County Council.

MARY CURTIS AND FAMILY would like to thank everyone most sincerely for their numerous cards, kind messages of sympathy, flowers and continued support on their sad loss of Brian. Thank you very much to so many of you who attended and contributed to the funeral service and for the generous donations to Hempnall Church and The British Heart Foundation. Also a special thank you to Michael for his comforting and heartfelt service. Thank you all. Mary.

ERIC, MICHAEL AND SUE, SHEILA AND NICK, ROBERT AND LUCY have been overwhelmed by the messages of sympathy received following the very sad loss of Alma at the beginning of December. We were all extremely moved to see the church so full of her friends and family and thank everyone for their support. With particular thanks to Liz who has comforted us all, Liz and Michael for the lovely service and the wonderful ladies of Topcroft for organising the refreshments.

HARDWICK VILLAGE POPPY APPEAL

Thank you to everyone in the village for their donations. A fantastic £204.31 was raised to help the Royal British Legion to continue with their work.

SHOE BOXES



A very big THANK YOU to everyone who filled shoe boxes again this year, or helped towards filling them. This year we sent an amazing 130 shoe boxes to needy children around the world.

We will be doing shoe boxes again this year so if you haven't yet got involved or you want

to find out more please go to www.operationchristmaschild.co.uk or <https://www.samaritans-purse.org.uk/what-we-do/operation-christmas-child/>

HEMPNALL CHRISTINGLE

We collected a wonderful amount of £309.66 at the Christingle service, which has been donated to the Children's Society. Well done to Sophie and all the helpers and children, and all who attended.

HEMPNALL VILLAGE CAROL SINGERS

A big thank you to all who turned out to sing carols around Hempnall. An amazing sum of £500 was raised and this has been sent to EACH and Admiral Nurses (Dementia Care).

Special thanks to Liz Williams & Jane Johnson organisers and to Jean & Steve Griffiths who provided such warm hospitality and delicious refreshments.

HARDWICK

Thank you to all who contributed to charity collections in Hardwick over Christmas. Carol singing raised £68.40 for EACH and £100.10 was collected at the Crib Service as a donation for the Children's Society.

TOPCROFT CHRISTMAS BINGO

A minutes silence was held at the Christmas Bingo in Topcroft to remember Alma who, along with Eric started the bingo in the village almost 50 years ago. Thank you to everyone who attended, it was a great evening which raised over £500 for the upkeep of the playing field. Alma would have been thrilled.

THANK YOU to everyone who provided Plants, Vegetables and Fruit for our Stall. We raised a fantastic amount of £192.70 which will go to the 'Home From Home' Charity in South Africa. *David and Claire Key*

The Borderhoppa 2019 outings leaflet is now available. We have many trips arranged throughout the year including pub lunches, garden centres, the coast, mystery tours, boat trips and many more. You can pick up a leaflet at your local library, information centre, GP surgery, from one of our drivers or by calling the office and we'll post one to you.

Need help with transport? Borderhoppa buses are available to people of all ages who are unable to use ordinary bus services either because of mobility difficulties or because there isn't a bus service for them to use.

Our door-to-door dial a ride service can take you shopping, to medical appointments (excluding hospitals), to visit a friend or relative or attend a local club.

If you would like to find out more about the great service we provide please call us on 01379 854800 or visit our website www.borderhoppa.org

NEED EXTRA OUTDOOR SPACE to grow vegetables & flowers OR simply to sit & enjoy the countryside? –



Town Estate Property Charity – Allotments for rent

We currently have allotments for rent on the Mill Road site in Hempsall. **ONLY £5.00 per year.** Anybody interested should contact **Jackie Jackson 01508 499061. jackson.jc@btinternet.com**

FRIENDS OF BEDINGHAM CHURCH 59 CLUB LATEST LUCKY WINNERS

No 32 M Hensby. No 10. C Buckland. No 57. N Smith. No 17 T Gunson. No 19. R Hebdon. No 31. W Beasley. No 28. T Gunson. No 6 L Searle. No 26. P Marriner. Who all win the weekly prize of £25 each.

WOODTON VILLAGE HALL TOTE

December winners: £20 - No: 1 - I Smith , £10 - No: 26 - C Futter, £5 - No: 38 - I Butler January winners: £20 - No: 24 - J Yaxley , £10 - No: 54 - P Mariner , £5 - No: 63 - M Osmond-Davis

MEMORIES AND STORIES OF THE WORLD WARS AND OTHER CONFLICTS

Did you know that the First World War wasn't officially over until the signing of The Treaty of Versailles on 28th June 1919?

This was exactly five years after the assassination of Archduke Franz Ferdinand which directly led to World War I. The other Central Powers on the German side of World War I signed separate treaties. Although the armistice (ceasefire), signed

on 11 November 1918, ended the actual fighting, it took six months of Allied negotiations at the Paris Peace Conference to conclude the peace treaty.

St Andrews Church, Bedingham is hosting an event to commemorate the signing of The Treaty of Versailles on Saturday 29th June with displays of war memories and in the evening with a talk by Andrew Macdonald and Jason Kercher about the First World War.

We would like people to bring any family memorabilia and especially stories of people affected by war and these can be shared in the beautiful surroundings of Bedingham Church over refreshments during the afternoon and then to listen to the fascinating talk by Andrew and Jason who are amateur historians. We hope to have displays and are encouraging our school children to attend. All the schools and nurseries within our Group have been contacted asking if they would like to participate.

Details of ticket price for the evening talk (including refreshments) will be announced nearer the time and proceeds will be shared between Bedingham Church and The Royal British Legion. Should we receive a large response for the memorabilia displays this could be extended to a two day event extending to the Sunday.

Personal memories of war time.

Nearly every family has a story of war that passes down the generations. These stories rarely feature in any of the media and they are generally a small moment forever remembered of bravery, defiance, sadness, tragedy and yes, even humour and love. War is tragic and we must forever remember those who gave their lives in all conflicts and these stories are a poignant reminder of those times. Often, they are shared at funerals but I hope that this project will encourage families to also share their stories with new generations of people and protect them for all time. The stories may recall moments of action during the war but equally may reflect life “at home” or working in a reserved occupation.

They may be stories from any conflict, whether it be the First World War, the Second or more recently such as in the Falklands and Afghanistan. Indeed, any conflict from any age. These personal stories add a dimension to war time recollections and might provide a useful aid to schools. We tend to understand war only through the writings of politicians and generals so let’s put pen to paper and broaden our understanding.

You may have noticed over the last month that there is a folder in the Church for people to leave their story for the benefit of others to read. So let’s start to write these stories down and include them in the folder even before the event. A selection can be read out during the afternoon or at the evening talk and it is a wonderful and poignant way to remember those who gave their lives for our freedom.

If you have a story in your family you would like help with or you would like more information on this event then please get in touch with Rachel Shreeve (499128) and do come along to this event.

LONG STRATTON MEDICAL PARTNERSHIP

Sleep is vital to good health and insufficient or poor-quality sleep is increasingly associated with diseases ranging from depression, to ischaemic heart disease, cancer and Alzheimer's disease. 8 hours of good quality sleep a night with our natural circadian rhythm along with other hormone cycles help to regulate the pattern. Medications for sleep are rarely useful; Please contact the surgery for some simple sleep hygiene tips to try to boost your overall health and wellbeing.

Message from our Patient Participation Group

The next patient health information evening will take place late March or early April. The theme is gut health covering conditions like Crohn's, Colitis, Irritable Bowel Syndrome and topics like Coeliac. Contact the surgery for information.

HEMPNALL MILL CENTRE

Bookings 07504 699534

hempnallmillcentre@gmail.com

www.hempnallmillcentre.co.uk

DID YOU KNOW you can now find information on **The Hempnall Trust** on our website: www.hempnalltrust.org

Birthdays in February

Happy Birthday to:



Children

* Daisi Lili-May Reeder Rodger who will be 12 on the 5th.

Teenage

* Thomas Potter who will be 14 on the 22nd.

CHURCH DIARIES

February 2019

Thurs 7 th	12noon	Hardwick PCC Meeting	Fidelis
	7.00pm	Hempnall PCC Meeting	Burnaby –D. Keys
	7.30pm	Topcroft PCC Meeting	Barford Farm
Tues 12 th	6.30pm	Fritton PCC Meeting	Friars Farm
Wed 13 th	2.00pm	The Ark Toddler Group	Hempnall Church
Thurs 14 th	2.00pm	Team Council meeting	Topcroft Lodge
Thurs 21 st	7.00pm	Woodton PCC Meeting	Woodton Barn

Tuesdays at 5.00pm Evening Prayer at The Flat Woodton
Wednesdays at 5.00pm Evening Prayer at Hempnall Rectory
Thursdays at 8.00am Eucharist at Hempnall Church

From the Registers

Funerals

19th Nov David Sargent (aged 60) at Morningthorpe Church

4th Dec Joy Downes (aged 95) at Hardwick Church

13th Dec Alma Herring (aged 88) at Topcroft Church



If you wish to contact us:

Michael Kingston – Team Rector 01508 498157

Liz Billett – Team Vicar 01508 482366

Jackie Cook – Reader 01362 288195

Church Office, open Mon-Thurs 9am-1pm 01508 498157

ALL PHONE NUMBERS BEGIN WITH 01508 UNLESS STATED OTHERWISE

ALINE TURNER ACA - bookkeeping, accounts, tax returns, payroll Call 550403 or 07785 528069

ARCHITECTURAL SERVICES Call Mark Woods for advice and free quotation 498805

ARKSCAPE LANDSCAPE & GARDENING SERVICES Free quotes no job too small 470482

ART WATERCOLOURS FOR BEGINNERS / IMPROVERS from JAN 2018 gill@gilly-marklew.co.uk 499070

CARPENTER Mark Whitbread Free quotations. No job too small 532605

CARPET AND UPHOLSTERY CLEANING Local reasonable rates David 01379 608529 or 07768757308

CARRY ALL Supplies of quality aggregates, to trade & public free delivery no VAT 536182 or 07850402845

CHIMNEY SWEEP-Guild of Master Sweeps-Clean & Friendly-Smoke Test/Certificates Dave 07835 757528

CHRIS BAKER TRANSPORT - Man & Van 531738 or 07785 306249

CHRIS CLARKE OIL BOILER SERVICES, servicing & breakdown repairs 07912146619 & 536573

CLEANERS R US since 2003 provide affordable friendly reliable CRB fully insured cleaners 490808

CUNNINGHAM GARAGE A range of services for all motoring needs, cars and commercials 499232

CURTAIN MAKER – Bespoke hand made curtains, own fabric made into quality curtains 07848 463344

DAVID HEWETT FRICS Chartered Building Surveyor CAD drawings & surveying services 499761

ELECTRICIAN Bob Turner – Domestic and Commercial Electrical Contractor 07899794813

FARM SHOP, raw milk dairy and vineyard 07900 814252

FEET – Corns, calluses, nail cutting and more, treated in your home Wendy 01379 676872

FOOTCARE Home visits for the treatment of nails, dry skin, corns etc Ring Nicky 0771 9727581

GARAGES TO LET. Long Stratton area, Secure, dry, insulated, power. Call Paul 07803 927303

GREENDALE GARDENING SERVICES Grass & Hedge Cutting, Fencing Andy 07802702602 / 531168

HEMPNALL PARISH COUNCIL website address: www.hempnallpc.org

HOME DOG BOARDING day care, dog walks, contact Jambo Janes Pet Care Service 07748 854308/530259

LOCAL SKILLED HANDYMAN AVAILABLE only £17.50per hour Call Mike 07534694673 or 494547

MOP N CARE Elderly personal needs, cleaning, laundry, shopping, companionship call Linda 07951 528722

NORFOLK WOODBURNERS, Hempnall. Suppliers and Hetas installers. 498393

OSTEOPATH, Cranial-accidents, back, headache. 01953 789629 e-mail reception@norfolkost.co.uk

OIL, GAS HEATING AND PLUMBING SERVICES – Alan Bell 07710 515775 or 532393

PAINTER & DECORATOR Graham Bull over 25 years experience grahambull071@btinternet.com 482409

PAUL CLARRY PLUMBING & HEATING for all your requirements 07887485676 / 550519

PAWS 4 TRAINING – Puppy, Obedience, Agility Training and Training Workshop 499026 / 07709 539903

PETER MATTHEWSON PLANT HIRE Drainage & Groundworks. Please call for info 482655 / 07850722094

More Adverts inside back cover

PIANO LESSONS Bedingham All ages welcome	Marian	482746
PLUMBER: David Millward. Over 30 years' experience all plumbing work	07763 359313 /	498005
PLUMBING, HEATING, BATHROOMS and More. Here to help with every 'Chore'. Alan	499689/07973967570	
RABBIT & GUINEA PIG BOARDING: Emma's Holiday Hutches, Woodton		07708 044949
RETRACE ANTIQUES We buy good quality antique, vintage & unusual items		01379 608549.
R.B. COPPING FUNERAL SERVICES, PORINGLAND		494434
ROSEDALE FUNERAL HOME Beccles & Bungay, a family business	01986 892790/ 01502 714445	
SAFE & SOUND HYGIENE AND PEST CONTROL + garden maintenance	01379 788865 / 07809226109	
SMALL LICENSED BOARDING CATTERY Established 1987 Reasonable rates		530580
STRATTON CABS Competitive rates, Airports a speciality Freephone 0800 2800430, 532452 / 01379674791		
S.W. CONTRACTORS Groundwork, Gardens, Fences, Patios & Hedge Trimming		495528
THE KITCHEN CENTRE Showroom at 12a Tharston Ind Est. 01508 737477 www.southnorfolkkitchens.co.uk		
TOPCROFT PILATES CLASS by physio, Laura Sheppard. Mondays 9:30 & 10:45. www.laura-sheppard.com		
TREE SURGEON NTPC qualified. Alan Bell	Call 532393 or 07710 515775	
VETERINARY SERVICES IN YOUR OWN HOME. Less Stress for your pet - Let Rosie come to you.	498718	
WHERRY VETERINARY GROUP Surgeries at Hempnall and Bungay		01986 892771
WINDOW WONDERLAND: window cleaning services contact Sam Raynes	482679 or 07975579292	

Apologies to Emma, this advert should have appeared in the last issue:

**RABBIT & GUINEA PIG BOARDING: Emma's Holiday Hutches,
Woodton 07708 044949**

Copy for the **March** issue of Outlook should be delivered/posted to:
Group Office, The Rectory, The Street, Hempnall, NR15 2AD
before 15th February
or e-mail: hempnallgroup.office@btinternet.com