

Outlook

June 2019



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

www.hempnallgroup.co.uk

Hempnall Group Services

June 2019

Sunday 2nd		Easter 7	Green
Group Service Tear Fund	10.00am	Hempnall Church	
Holy Communion	2.30pm	The Hollies	
Family Praise Service	4.00pm	Hempnall Church	
<i>Readings: Acts 16:16-34, Revelation 22:12-14,16-17,20-21, John 17:20-26</i>			
Sunday 9th		Pentecost	Red
Eucharist BCP	8.00am	Morningthorpe Church	
Group Eucharist	10.00am	Shelton Church	
<i>Readings: Acts 2:1-21, Romans 8:14-17, John 14:8-17,25-27</i>			
Sunday 16th		Trinity	White
Eucharist	9.30am	Bedingham Church	
Morning Service	9.30am	Hempnall Church	
Eucharist	11.00am	Hardwick Church	
<i>Readings: Proverbs 8:1-4,22-31, Romans 5:1-5, John 16:12-15</i>			
Sunday 23rd		Trinity 1	Green
Eucharist	9.30am	Woodton Church	
Eucharist	9.30am	Hempnall Church	
Morning Praise	11.00am	Topcroft Church	
Eucharist	11.00am	Morningthorpe Church	
<i>Readings: Isaiah 65:1-9, Galatians 3:23-29, Luke 8:26-39</i>			
Sunday 30th		Trinity 2	Green
Group Service	10.00am	Bedingham Church	
<i>Readings: 1 Kings 19:15-16,19-21, Galatians 5:1,13-25, Luke 9:51-62</i>			

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



Dear Friends

Maggie and I were in a city recently where all the roads had been closed off because a Marathon was about to be run. We saw the athletes young and old limbering up, under starters orders and they were off. There was also a children's 5 kilometre race and as we turned a corner there were a group of people awaiting the stragglers. One dad with his son, who could only walk with his frame, caught our attention, because of his sheer determination and perseverance. The leaders had long gone and received their medallions. However, the greatest round of applause, and tears in my eye was for the young lad and his dad.

How important it is to have different people with different abilities and interests around us. In the bible, Jesus chose a ragbag of people – Luke was a doctor, Peter and John were fishermen, Matthew was a tax inspector. Jesus needed all their varied abilities to accomplish his mission.

In our time we need people who complement us, not duplicate us. In the musical world I'm told there is a difference between harmony and unison. Harmony is derived from two or more distinctly different notes that blend together, unison is the same note made at the same time. Harmony is far more appealing to the ear than unison.

Taking this a step further, our relationships should be harmonious without being in unison. We are all unique, so if we want others to love and accept us, we should start loving and accepting them just as they are. Greatest wisdom is found in diversity not conformity.

Now there's something for us to think about and act upon – maybe even make new friends we had never thought about.

With love,

A handwritten signature in purple ink that reads "Michael". The letters are cursive and fluid, with a prominent 'M' and 'A'.

Events for your diary June

CAR BOOT SALE on Woodton Playing Field Saturday **1st June** beside the Primary School. On B1332. NR35 2NB.

Gates open at 9.a.m. Stall holders from 8.a.m. £5.00 per pitch. Refreshments available. Tea/Coffee and bacon rolls.

Contact 01508 482276/ 518007. Proceeds to WPPFA.



HEMPNALL MILL BAR - JUNE EVENTS

Saturday 1st June 7.30pm - Karaoke Night. It's not X Factor, it's Fun Factor so don't be shy, give it a try!!

Friday 14th – Sunday 16th June - The Mill Bar is celebrating its 1st Birthday. We invite you to celebrate with us and enjoy our Mini Beer & Gin Festival. The Bar will be open all afternoon on the Saturday and Sunday so why not come and join us? There will be music and lots of delicious beers and gins to try.

Saturday 29th June 7.30pm – Midsummer Masquerade 'Ball' & Buffet. Tickets £20 from Debbie Ashford 01508 498242. Bar open to the public as usual.

The Mill Bar is entirely staffed by volunteers, who give up their valuable time to ensure everyone has an enjoyable time. The Management would like to thank all of these amazing people for their generous work. We are constantly looking to recruit more volunteers. If you would like and are able to help in way, be it behind the bar or just collecting glasses at events, we would love to hear from you. Please call Debbie on the number above.

FAMILY PRAISE SERVICE – Sunday 2nd June, 4pm-5pm at Hempnall Church. Worship and fun for all the family!



FOOD BANK

Thank you so much for your regular generous donations to the Food Bank. There was an article in the EDP last month stating: 'new figures show 60,000 emergency meals were given out by the Foodbank network covering south Norfolk and north Suffolk in the last 12 months. People are in food poverty which means after they have paid bills etc. there is no money left for food.' We are very grateful for your generosity in helping us to support our local Food Bank. Our next collections will be on **Sunday 2nd June** at Hempnall Church and **Sunday 7th July at Topcroft Church**, or any items can be left at Hempnall Rectory, Mon-Thurs, 9am-1pm.

THE MILL CAFÉ, Hempnall COFFEE & LUNCH

Dates for your diaries- 3rd June, & 1st July - from 10am – 2pm

Lunch begins at 12 midday Please join us. 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 10am-2pm 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:

Margaret Sparham (as above).



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WOODTON & BEDINGHAM MONDAY CLUB

Next meeting of the Monday Club will be on **Monday 3rd June at 2 p.m.**

Everyone is most welcome, do come and join us for a pleasant social afternoon.

For further information please contact Pam Mariner on 01508 483796 or Janet

Chadwick on 01508 483996.

HEMPNALL W.I.

The next meeting will be on **Wednesday 5th June** at Hempnall Mill Centre when we will hear of **Picnic Food Around the World – Recipes & Stories**. The speaker will be Juyna Lewis. Why not come and enjoy?

New members or visitors are welcome and if you wish to have information about our friendly group please contact Sue Eagle secretary 499559.

(Please See Page 13 for news of Celebrating Norfolk Day)

WOODTON AND BEDINGHAM CARPET BOWLS GROUP

As a local group we are ready to welcome more members. Come and join us for a few social ends of Bowls, a cup of tea or coffee at half time, lots of chit chat and banter. The meetings in **June are: 5th at 7:30 pm, 12th at 2:00pm (Ladies together in the evening), 19th at 7:30pm, 26th at 7:30pm** . We meet in Woodton Village Hall and look forward to welcoming you, for further information contact Michael Osmond-Davis on 01508 482619

DEPWADE DEANERY DELVING DEEPER - Wednesday 5th June St Peter's Church, Brooke. 7pm for 7.15pm start. We are exploring prayer through music, intercessions and prayer spaces. All are welcome. Jackie 01362 288195

HARDWICK AND SHELTON JUNE CAFE MORNING at Hardwick Village Hall
Thursday 6th June 10.30-12. All very welcome.

Are you looking for work? JOBS CLUB help comes to Hempnall
Monday 10th June 10am-12pm

The Harleston Jobs Club will be bringing their friendly and informal Jobs Club service to **Hempnall Village Hall** on **Monday 10th June**. 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.

WOODTON & BEDINGHAM LADIES TOGETHER

Our next meeting will be on the **12th June** and our speaker will be Jill Roberson speaking about Tropic Skin Care products. 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 at 7.30 p.m. For further information please contact Tricia Gunson on: 01508 482543.

WOODTON PRIMARY SCHOOL are holding their annual **SUMMER FETE** on **Saturday 15th June** from 1pm - 3pm. There will be live music from Huff n Puff, BBQ, bar and refreshments, raffle, tombola, produce stands and all the usual fun fete activities such as Tug of War, treasure hunts and lucky dips.

DEANERY SYNOD _Wednesday 19th June St Margaret's Church, Hempnall. 7pm for 7.15pm start. We will be joined by Tim Rogers, Communications Officer; Paul Dunning, Education Officer; Susan Bunting, Finance Officer; Caroline Rawlings, DAC. Each speaker will talk about their department and then we will have the opportunity to put our questions and hear their answers. Please come prepared with your questions or if you are unable to attend please hand in to the Rectory or call me to arrange collection. Jackie 01362 288195.

GISSING SINGERS PRESENT SONGS AND POEMS OF EARTH AND SKY

An uplifting selection of songs and poems of summer, of nature, and of reflection, with a set of lively African songs to finish.

At St Margaret's Church, Hempnall on Saturday, 22nd June 7.30pm

Entrance: £5.00, children up to 11 yrs, FOC. Refreshments

Tickets in advance available from David Key, 01508 499342, or Geoff Moulton, 01508 482467. All proceeds to WaterAid.





Woodton Playing Field Committee is holding **THE ANNUAL CLAY SHOOT** on **Saturday June 22nd** by kind permission of Roy and Janet Dunning at their home Woodton Farm Hempnall Road from 6.pm. There will be a BBQ and refreshments. Tickets are £20.00 for the Clay shoot and BBQ, £7.50 for the BBQ. Contact Janet 01508 482278 or Jane 518007. Proceeds to WPGA.

MIDSUMMER WALK AND AFTERNOON TEA Sunday 23rd June

June's walk is in the Parish of **Pulham Market** and will be to the south of the village on footpaths through some lovely countryside. Please meet at 2pm at the Green in Pulham Market where there is room to park. Tea will be provided after the walk and hopefully the weather will be kind to enable everyone to sit out on The Green.

For further information, please contact Josephine or David on 530453.

DIGITAL PRESENTATION OF RESEARCH ON THE HOUSES IN HEMPALL

at the Mill Centre - Tue 25th June 7:30pm The Norfolk Historic Buildings Group has been studying the seventeenth-century houses of Hempnall for the last few years (35 houses so far). We will be publishing this research at the end of the year but would like to present a digital slide show of the work so far, and some of the results. If there are any owners who would be prepared to let us to look at their house either before or after the 25th June, we would be happy to oblige - please let Jill Turner know. (499344)

MEMORIES AND STORIES OF THE WORLD WARS AND OTHER CONFLICTS

SATURDAY 29TH JUNE St Andrew's Church, Bedingham is hosting an event to commemorate 100 years anniversary since the signing of The Treaty of Versailles which officially ended the First World War. This will be held on **Saturday 29th June from 3pm** when people can bring along any items they wish to share with others and/or look at what special artefacts others have brought to share including a display by the children of Hempnall School and see the church decorated in poppies. Then at **6pm** there will be a **talk by Jason Kercher and Andrew Macdonald** about the First World War. A suggested donation of £5 on the door will be split between St Andrew's Church and The Royal British Legion, refreshments will be included. It is not too late to include your story whether it be of either of the world wars or maybe the Falklands, Iraq, Afghanistan wars or stories of life back home whilst loved ones were fighting. You can either bring these to the event to share or simply place in the folder on the font at the back of the church before the 29th. *For more information please contact Rachel Shreeve (499128).*

HEMPNALL ART CLUB

We are arranging a Day trip to Flatford Mill (Constable Country) and Munnings Museum where we will be able to see a special exhibition of Munnings' paintings on **Saturday 29th June**. The coach will leave Village Hall car park at 9am. £20 each to cover cost of coach and entrance fees. We have a few spare seats if anyone would like to join us, please contact Tina or Christine.

What a successful Exhibition we had, thank you to everyone who came along and supported us, especially Hempnall Little Ones who had their own mini exhibition of butterfly and caterpillar paintings in the Nelson Room. The Members competition was won by Daphne French with her chicken picture. The Art Club Meets 3 times a week, Monday afternoons, Tuesday Mornings and Tuesday Evenings. For more information, please telephone Tina on 499376 or christine@tunmore.plus.com

SOUTH NORFOLK ON SHOW, 30 June, 11am to 4pm

South Norfolk House, Long Stratton, NR15 2XE

Our free annual celebration of South Norfolk is back. Featuring a fantastic line up of entertainment, music, food, storytelling and crafts – something for everyone! For more details visit: south-norfolk.gov.uk/onshow

Thank you



The residents of Morningthorpe and Fritton came together for the **ANNUAL LITTER PICK** on 13th April. Some people came all the way from London to help out! Lots of rubbish was collected, including a TV stand, tyres and a tape recorder!!

A big thank you to Will Sargent and all who helped to clean up our villages. *Carol McDonnell, Parish Councillor*

HEMPNALL COFFEE MORNING AND SPRING FAIR

We made a wonderful **£478.90** at the Coffee morning and Spring Fair.

A big thank you to all of you who helped and contributed to a lovely morning, every one of you worked very hard to make the Spring fair a wonderful success.

It was lovely to see the church full of happy smiling people.

Thank you to all the people who donated raffle prizes and cakes, we could not do it without you.

LONDON MARATHON RUN

A huge 'thank you' to those of you who supported my daughter, Holly Berwick in her recent London Marathon Run raising money in memory of her father, Patrick Berwick, by sponsorship, raffle tickets, or by buying my rather lack-lustre plants! She raised £2,500 for the Cornish Hospice where Patrick spent his final days and she completed the run in 4½ hours.

She was especially touched that people in and around Hempnall remembered her and her father, as she has lived mainly in the West Country since attending Plymouth University and now lives near Redruth in Cornwall.

My gratitude for being so supportive, it meant so much to all of us!

Heartfelt thanks. *Gilly Moulton.*

QUIZ NIGHT

On Friday 3rd May, by kind permission of the Sargent family, we held another Fritton and Morningthorpe Quiz Night. Tickets for this sold in a record time and sadly, we had to turn a few people away. These people will however, take priority when we hold another one in the autumn. Bangers and mash was again, the order of the day and, in this respect, we were very generously supported by Richard and Sonia from The Butcher's House in Long Stratton whose delicious sausages were devoured by the hungry attendees. The evening raised £740.00. This amount will be shared between Fritton and Morningthorpe Churches and two Alzheimer's Charities.

A huge thank you to all of you who came to support these charities.

Judith Bamber.

RON HARRISON AND FAMILY would like to thank all who attended the funeral of Joan at Hempnall Church on 16th April. The love and support received was overwhelming. Sincere gratitude is also extended to Reverend Michael Kingston for the service, to Yvonne Davy for so kindly preparing the Village Hall and together with the help of Marlene Cracknell and Yvonne Burcham, providing the refreshments for family and friends.

Thank you to the kind person who knits the lovely Hats Scarves and other pieces in Bedingham Church for the "Sea Farers Mission" in Great Yarmouth.

They are greatly appreciated by them all especially the Rev Peter Paine who although retired recently is still associated with the Mission.

Thank you.

HARDWICK CHURCH – BOOKSALE A big **thank you** to everyone who supported the booksale event – which also included plants, cards and other items - held in

Hardwick Church on **Saturday 4 May**. Over 100 people came along during the morning - about half from the Hempnall Group area and the remainder from further afield, ranging from Norwich to Beccles. Proceeds on the day were £560 and with later sales and donations we have raised a total of **£600** for Hardwick and Shelton Churches. Many thanks to all our donors, buyers and helpers.

SUNDAY SERVICE 5TH MAY

Julian Bryant from Christian Aid was our guest speaker. He gave an excellent talk on how our giving makes a huge difference. We watched a thought provoking video from a community in Sierra Leone where there was a high incidence of deaths at birth. This has now been greatly lessened through Christian Aid providing a Midwifery service and teaching health care. Our giving will help this work to continue.

We also gave our thanks and presented our gifts to Kath Wilby who has retired after 32 years' service as organist at Woodton Church. She was supported by her family ranging from Karen and Ian through to her great grandchildren. Thank you Kath for your long commitment in serving the church.



KATH WILBY

I would like to thank the P.C.C and all those who donated towards the lovely gifts and cake that were presented to me at the Group Service on Sunday 5th May to celebrate my retirement after 32 years as organist at Woodton Church. Also thank you to those who made refreshments which we had after the service. This was all a lovely surprise and greatly appreciated.

CHURCH WALK

Thank you to the 15 people who joined us on a sunny 12 May for a 4.5 mile walk around Shotesham taking in part of the Boudicca Way. Up hill and down dale we enjoyed lovely views over rural countryside via the remains of St Botolph's and St Martin's churches as well as the churches of St Mary's and All Saints, Shotesham. The weather was kind to us and we enjoyed afternoon tea in the garden at the home of Daphne and John.

Future Events for your diary

COFFEE MORNING July 3rd at East View, Hempnall Road

You are warmly invited to a Coffee Morning 10.30am to 12 noon at the Butlers. Come and have a chat and a delicious slice of cake! There will also be a raffle. Proceeds to Woodton Church.

THE HEMPSTALL GROUPS 55TH ANNIVERSARY

On 12th April 1964 the eight churches in this area became united as members of The Hempnall Group. This has enabled us to share resources and expertise. It has also led to a greater opportunity to meet and make friends within all these villages. There are a number of events to celebrate this important anniversary with Renewal of Wedding Vows, a Group Get Together at Hempnall Rectory, a Medley Concert at Bedingham Church and finishing with a special service of celebration at Topcroft Church with the Revd Stuart Nairn.

A MEDLEY CONCERT for a Summer's evening at Bedingham Church, NR35 2DD

Saturday 6th July at 7.30pm

With Framingham Earl Singers

Come and enjoy an evening of music with us

Tickets £10 to include refreshments

Tickets are available from choir members or Church Office - 498157

NGS OPEN GARDEN, The Firs, Church Road, Woodton NR35 2NB

Beautiful garden opening **for charity** for the first time on the **6th and 7th July**

between 11.00 to 17.30. Homemade refreshments and parking available.

Plants for sale. Adults £4, Children Free. Shirley and Alan would welcome

your support. www.ngs.org.uk for more details.

TORCHTRUST FOR THE BLIND

Sixty years ago this June Torch Trust was formed by two people on their kitchen table to bring 'The Word of God' to those who could not access it for themselves. This was before computers and similar means of production took over from handwritten large print, copying Bible passages, commentaries and Christian literature generally for those with sight loss. As then, all is undergirded by prayer. They do not 'fund raise' but trust the needs will be provided. Braille, large print, audio, radio and all other forms of communication are available as well as an extensive library. There is a prayer phone line available for those in need.

A holiday and retreat centre welcomes visually challenged people.

If you have, or know anyone else with sight problems, please come along to hear more from the **Torchtrust at Topcroft Church on July 7th at 10.00am.**

LAZY LUNCH - Come and join us for a ploughman's lunch in the garden at The Chequers, Hempnall on **Wednesday 10th July at 12 noon.**

There will be a raffle and a tombola

Tickets £8.00 from Joy Allen 498236 or Jill Turner 499344

DITCHINGHAM HALL GARDEN NR35 2JX open Sunday 21 Jul 2 - 5 pm in aid of Musical Keys charity. Entry £5 children under 16 free. Refreshments and stalls. Do come along to see this wonderful private garden.

FUTURE WALKS

Date	Meet at	Contact	
Sun 21st July	Loddon	Margaret and David Ferre	482562
Sun 18 th August	Surlingham	Ron Cooper	499428
The Sunday walks start at 2.00pm and conclude with tea and cakes.			
Thurs 5 th Sept	Sheringham	Group Office	498157
This walk commences at approx. 10.30am.			

NORFOLK DAY Saturday 27th JULY 2019

Hempnall WI is opening two gardens and inviting people for tea, coffee and Norfolk Cakes for a donation per person. We are supporting Norfolk Admiral Nurses, who provide wonderful support for people who have Dementia, and their Carers.

Look out for the bright yellow and black bunting and posters, to tell you times and venues, and celebrate the fact that Norfolk is a wonderful place to live.

There will be special Norfolk recipes for cakes, eg 'Norfolk Vinegar Cake', 'Norfolk Honey Cake' and 'Norfolk Shortcake'. You can also try the 'Yarmouth Straws'. So, take a bit of time out on **Saturday July 27th**, and come, relax and have a 'good old mardle' with your friends, and enjoy lovely Norfolk refreshments. No need to book, just turn up.

Venues:

10am – 12midday at Kate Daynes', Willow House, Bungay Road, NR15 2NG

2pm – 4pm at Anne Pinder's, Stone Cottage, Fairstead Lane, NR15 2NF

The next meeting of the **HEMPNALL TOWN ESTATE EDUCATIONAL FOUNDATION** is during JULY 2019. Completed applications for grants by JULY 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

TOPCROFT PHOTOGRAPHIC COMPETITION: This year's competition will be held on **Saturday 5th October 2019** at Topcroft Church, to raise funds for the church:

Categories this year will be:

- 1. Reflections; 2. Flora and Fauna; 3. The Seasons; 4. A Coastal Scene**

You may enter up to four photographs per category. Entry fee 50pence per photograph. Photographs should be no larger than 12" x 8" (A4) and be in a simple mount. No professional photographers please. Entries must not have been offered for sale or have won other competitions. Details relating to entry will be in the September edition of Outlook. (Enquiries to David and Margaret Ferre – Tel. 01508 482562).

KITCHEN GARDEN – Ever fancied growing your own vegetables, but don't have the space? We have 20 boxed raised beds 16 (12'6" x 4'6") and 4 (4'6" x 4') currently being unused in Saxlingham Nethergate and are looking for someone who would like to use them, free of charge, to grow their own produce. Please call 498805.

WOODTON VILLAGE HALL TOTE - May winners:

£20 - No:76 - E Webb, £10 - No:32 - D Stennent, £5 - No:33 - J Parker

BEDINGHAM 59 CLUB – Latest winners:

NO. 4 J BURRAGE. NO 10. C BUCKLAND. NO. 41. J FELTON. NO 24 R DAY.

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 June



Happy Birthday to:

Children

- * Tia Louise Rodger who will be 2 on the 20th
- * Ollie Woodward who will be 2 on the 26th

Teenage

- * Jake Dye who will be 17 on the 2nd
- * Grace Ellen Collison who will be 17 on the 5th



From the Registers



Baptisms

5th May Eden Haynes at Hempnall Church

12th May Elliot Richard Howman at Bedingham Church

Funerals

16th April Margaret Underwood (aged 96) at Waveney
Crematorium

16th April Joan Harrison (aged 70) at Hempnall Church



CHURCH DIARY

June 2019

Wed 5 th	7.15pm	'Delving Deeper'	Brooke Church
Thurs 6 th	7.00pm	Woodton PCC Meeting	East View, Woodton
	1.30pm T.B.C.	Hardwick & Shelton PCC Meeting	Fidelis, The Street, Hardwick
Tues 11 th	6.30pm 7.30pm	Central Visitation Registration Central Visitation Service	Norwich Cathedral
Wed 12 th	2.00pm	The Ark Toddler Group	Hempnall Church
Thurs 13 th	2.30pm	Learning & Growing Meeting	The Flat
Thurs 20 th	11.00am	The Ark Meeting	Hempnall Rectory
	6.30pm	Fritton & Morningthorpe PCC Meeting	Friars Farm Morningthorpe
Sun 23 rd	2.00pm	Church Walk	Pulham Market
Thurs 27 th	7.00pm	Quiet Prayer	Hempnall Church
Sat 29 th		Bedingham War Celebrations	Bedingham Church

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

ALL PHONE NUMBERS BEGIN WITH 01508 UNLESS STATED OTHERWISE

ACRYLIC AND GEL NAILS, coming soon spray tans and eyelash extensions Alice 498655 / 07872 366756

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

ARCHITECTURAL SERVICES Call Mark Woods for advice and free quotation 498805

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

CHESS Teaching at all levels. Martin Walker (01508) 492471 email: martinwalker723@gmail.com

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

CHRIS BAKER TRANSPORT - Man & Van 531738 or 07821 923489

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

FLORIST – Bouquets, Sympathy, Workshops. Local delivery Victoria info@petiteverte.co.uk 07703 728738

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

KITCHEN / BATHROOM Refurb/Doors/ Skirting/ Architrave/ Flooring/ Painting Call Gary 07717 174617

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

More Adverts inside back cover

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

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

R.B. COPPING FUNERAL SERVICES, PORINGLAND 494434

RICH WALPOLE ROOFING, specialist in new roofs, re-roofs and leadwork 07747 784742

ROSEDALE FUNERAL HOME Beccles & Bungay, a family business 01986 892790/ 01502 714445

SAFE & SOUND HYGIENE AND PEST CONTROL + garden maintenance 01379 788865 / 07809226109

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Copy for the **July/AUGUST** issue of Outlook should be delivered/posted to:

Group Office, The Rectory, The Street, Hempnall, NR15 2AD

before 15th June

or e-mail: hempnallgroup.office@btinternet.com

PLEASE NOTE THE NEXT ISSUE IS FOR 2 MONTHS

We regret any items received after the above date cannot be included.