

Outlook

May 2019



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

www.hempnallgroup.co.uk

Hempnall Group Services

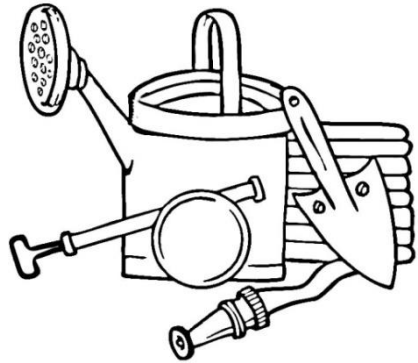
May 2019

Sunday 5th	Easter 3	White
Group Eucharist – Christian Aid with Julian Bryant	10.00am	Woodton Church
Holy Communion	2.30pm	The Hollies
Family Praise Service	4.00pm	Hempnall Church
<i>Readings: Acts 9:1-6, Revelation 5:11-14, John 21:1-19</i>		
Sunday 12th	Easter 4	White
Eucharist BCP	8.00am	Fritton Church
Eucharist	9.30am	Hempnall Church
Eucharist	11.00am	Topcroft Church
Matins	11.00am	Hardwick Church
<i>Readings: Acts 9:36-43, Revelation 7:9-17, John 10:22-30</i>		
Sunday 19th	Easter 5	White
Eucharist	9.30am	Bedingham Church
Morning Service Christian Aid	9.30am	Hempnall Church
Eucharist	11.00am	Shelton Church
Renewal of Wedding Vows	3.00pm	Hempnall Church
<i>Readings: Acts 11:1-18, Revelation 21:1-6, John 13:31-35</i>		
Sunday 26th	Easter 6	White
Eucharist	9.30am	Woodton Church
Eucharist	9.30am	Hempnall Church
Eucharist	11.00am	Fritton Church
<i>Readings: Acts 16:9-15, Revelation 21:10,22-22.5, John 14:23-29</i>		
Thursday 30th	Ascension Day	White
Eucharist	7.00pm	Hempnall Church

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

Dear Friends,

It's the time of year to get out the gardening tools, and cultivate those plants and vegetables we hope to see and enjoy later in the year. I am reminded of my uncle, he was good at cultivating all sorts of flowers and vegetables, which he grew from the seed of the previous year's crop.



He also cultivated something else, gratitude. When we went out shopping he would always thank the person who served him by saying, "Thank you for your kindness". I remember the surprised response of many. That anyone should bother to say thank you was one thing; to be called kind was something quite different.

What is the difference between being thankful and being grateful?

According to the Merriam-Webster Dictionary they are synonymous, but with a subtle difference.

Being thankful is being conscious or aware of the actions of another person. The words "thank you" and "thanks" may have come to hold less meaning. We say them if someone hold the door open or gives us a cup of coffee. Often "thanks" is merely polite behaviour, an automatic reply.

Being grateful suggests we have thought through and allowed ourselves time to understand our appreciation of a person or situation. Gratitude expresses "thank you" not just from our mouths but also from our hearts.

It's good to cultivate gratitude in our lives; it becomes a blessing for others.

With love,

Events for your diary May

WOODTON AND BEDINGHAM CARPET BOWLS GROUP

As a thriving 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 May are: **1st 7:30 pm, 8th at 2:00pm (Ladies together in the evening), 15th at 7:30pm, 22nd at 7:30pm and 29th at 7:30** We meet in Woodton Village Hall and look forward to welcoming you, for further information contact Michael Osmond-Davis on 01508 582619.

HEMPNALL W.I.

Our next meeting will be held at **Hempnall Mill Centre** on **Wednesday 1st May** at 7.30pm.

We will be discussing and voting on the **Resolutions for the National Annual** meeting.

The Trading Stall will have homemade unusual biscuits to buy!

Why not come and join us? We are a friendly group and welcome visitors and new members.

For further information please contact Sue Eagle 01508 499559

HARDWICK CHURCH **Saturday 4 May 10.00 – 12.30** **BOOK SALE**



**Huge range of good quality, second hand books
for sale ...**

**also PLANTS, CARDS, REFRESHMENTS,
BRIC-A-BRAC, TOMBOLA and RAFFLE...**

Proceeds in aid of Hardwick and Shelton Churches

*Donations of books/bric a brac/ raffle prizes welcome, to be left, please, in back
of Hardwick Church by 1 May*

CAR BOOT SALE on Woodton Playing Field **Saturday 4th May** beside the Primary School. On B1332. NR35 2NB. Gates open at 9.a.m. Stall holders arrive 8.a.m. £5.00 per pitch. Refreshments available. Tea/Coffee Bacon rolls. 01508 482276/518007. All proceeds to Woodton Playing Field.

SEETHING CHURCH FLOWER FESTIVAL (NR15 1DJ) -May 4th 5th and 6th

'Inventions and Discoveries' 10.00am to 5.00pm. Songs of praise Sunday 5th at 6.00pm.

HEMPNALL ART CLUB

Our 14th ANNUAL EXHIBITION is on Saturday 4th and Sunday 5th May in Hempnall Village Hall 10.30 to 4pm.

There will be refreshments and homemade cakes. Don't forget to vote for your favourite painting in the club competition!

In the club we used oil and acrylics on slate, celebrated the arrival of spring with Primrose paintings and the Easter Bunny. Gemma our resident life model was dressed in a flowing ball gown.

Thirty people attended a weekend workshop at the Village Hall with invited artist Viv Rainsbury, who is passionate about painting all types of wildlife, her enthusiasm and skill helped us all produce some wonderful paintings in pastels and acrylics. You can see some of our efforts on our Facebook page.

The Art Club meets on Monday afternoons, Tuesday Mornings and Tuesday Evenings.

If you would like any more information, please telephone Tina on 01508 499376 or contact

Christine, email address is christine@tunmore.plus.com



FOOD BANK COLLECTIONS

A quote from Peter Johnson (acting Chairman of the Food Bank organisation):
"Demand for our services continues to grow, and although we do receive some funding we are very dependent on donations and 'friends' for support. We have no paid staff, but 150 wonderful, dedicated volunteers, and just one van! Last year we helped 3,359 individuals compared with 2,302 the previous year, and provided 8 local schools with breakfast supplies and personal hygiene products.

Community meals were prepared in two centres, one weekly, and a second monthly, and we collected and distributed 34,771kg of donated food. Last Christmas we collected and delivered food hampers to 300 families."

Thank you so much your donations leading up to Easter, many families have been greatly blessed by your generosity. Our next collection will be on **Sunday 5th May** at Woodton 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.



FAMILY PRAISE SERVICE

A monthly gathering for family friendly praise and teaching in **Hempnall Church**

I am the Resurrection: the Victory that lasts forever
on **Sunday 5th May - 4.00pm**

All are welcome. We would love to see you there

WOODTON & BEDINGHAM MONDAY CLUB

The next meeting of the Monday Club will be on **Tuesday 7th May 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.

WOODTON & BEDINGHAM LADIES TOGETHER

Our next meeting will be on the **8th May** and our speaker will be Mrs Junya Lewis speaking about 'Teaching in Prison'.. 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.

THE ARK EASTER PARTY



13 children and 19 adults spent the afternoon making various crafts that included a flower garden. Having made their Easter bag they went searching the churchyard for eggs. After their song and story they sat together enjoying the party food. A wonderful fun time was had by all.

THE NEXT ARK IS 8TH MAY starting at 2pm

when we will be celebrating our 3rd birthday.

Contact: *Jackie 01362 288195.*

HARDWICK AND SHELTON MAY CAFE MORNING.

Thursday 9th May- please note change of date due to Local Elections
10.30-12 at Hardwick Village Hall

All very welcome

WALKS AND AFTERNOON TEA – Do you like one or both of these? If so, come and join us **on Sunday 12 May** for a 4.5 mile or shorter walk around beautiful countryside in Shotesham, taking in part of the Boudicca Way. **The walk starts at All Saints Church, Shotesham at 2 pm.** The walk will be followed by afternoon tea. For further information contact Daphne Littleboy 01508 494318.

LAST MONTH'S WALK

After a wet morning on the day of the first church walk of 2019, we were fortunate that the weather improved in the afternoon and we were pleased to see that 24 people turned out for what proved to be a lovely and enjoyable stroll of 3.25 miles around Saxlingham Nethergate using a variety of quiet country lanes, public footpaths and bridleways, followed by afternoon tea at St Margaret's Church Hempnall, which we hope was enjoyed by all.

CHRISTIAN AID WEEK 12TH – 18TH MAY

Once more we will be distributing the familiar red envelopes around the villages in the Hempnall Group. **Some will be inside this magazine** with instructions on where they can be taken to.

Others will be delivered to your houses by volunteers and they will come back to collect them.

In the past we have raised a goodly sum of money for the work of this worthwhile charity. There is as much need in the world today as there ever was. Please be as generous as you are able to be and **THANK YOU.**

Woodton envelopes will be inside this magazine and can be taken to Minnie at Woodton Shop or delivered to Liz Billet at *The Flat, George's House, The Street, Woodton, NR15 2LZ* or The Rectory, The Street Hempnall

Hardwick & Shelton envelopes will be inside this magazine and can be taken to Ann Roberts at Kituo, The Street (see others on the leaflet inside the envelope)

Morningthorpe envelopes will be inside this magazine and can be taken to June Cutting Clay Cottage Fritton (see leaflet inside the envelope)

Bedingham, Hempnall, Topcroft and Fritton will be delivered to and collected from your house by volunteers.

Volunteers are always welcome. Please contact the office 01508498157 or 499405

THE MILL CAFÉ, Hempnall COFFEE & LUNCH

13th May, 3rd June, 1st July - 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)

There will be a **BACON BUTTY BRUNCH** with a vegetarian option, eat in or Take Away at **The Chequers, Mill Road, Hempnall** on **Friday 17th May** 9.30 am-12 noon. Also Plants, Books and Produce. Contact Jill Turner 499344 for further information.

Woodton Primary School PTA is holding a **QUIZ AND CURRY NIGHT** at Woodton Village Hall on **Saturday 18th May**. All are welcome, come along for a fun night. £7.50 per ticket, includes quiz, delicious homemade curries and prizes for the winning team (teams of up to 6). Bar on the night and other refreshments available along with a raffle. Doors open at 7pm for a 7.30pm start. Tickets available to purchase on the door or from the village shop.

SUNDAY 19TH MAY – RENEWAL OF WEDDING VOWS with **String Quartet** at



Hempnall Church at 3.00pm. If you would like to come along and renew your wedding vows, or would just like to come and enjoy the service you are very welcome. Champagne and cake will be served after the service. Contact: Michael 498157 or Liz 482366.

PAWS 4 TRAINING DOG FUN DAY, Road Green Farm, Hempnall, NR15 2NQ

Sunday 19th May, 12 - 4pm. Fun dog show at 1pm

Stalls, Demos, Have a go agility, Tea stall

The money raised will be donated to two charities supporting the dogs of the homeless people in Norfolk.

Paws 4 Thought, Norfolk and Help for homeless Hounds, Norwich Dog show and have a go activity £1 per entry

For more information visit www.paws4training.net



HEMPNALL CINEMA CLUB Our next film night is **Friday 24th May** and we will be showing the brilliant dramatic Queen`s story of the **“BOHEMIAN RHAPSODY”** Tickets are on sale from Ned Potts on 01508 499741.

ANYONE FOR TENNIS?

Hempnall Tennis Club, based at Hempnall Playing Field, is teaming up with the Lawn Tennis Association to hold our annual free open day. If you fancy coming and having a hit, whatever your ability and wherever you live, come and join us **on Sunday 19th May**. For the full programme see below:

- 10:00 Session for **4-12 year olds** run by a qualified coach
- 11:00 Session for **13-18 year olds** run by a qualified coach
- 12:00 Session for **adults** run by a qualified coach
- 13:00 Come and have a hit! Open drop in session for **adults and teenagers**
- 15:00 Come and have a hit! Open drop-in session for **families**
(Bring your family and use our courts for free!)
- 16:00 Close

All morning sessions are planned and delivered by a qualified tennis coach and light refreshments will be served throughout the day. Equipment is provided for those that don't have a racquet. We encourage players to arrive at least 5 minutes before the scheduled start time of the session.

For more information look out for our posters at the tennis club or email the secretary at hempnalltennisclub@gmail.com, visit our website at www.hempnalltennisclub.co.uk or register your place (although booking isn't crucial) at www.lta.org.uk/gbtw.

TOPCROFT ANNUAL OPEN GARDENS Sunday 26th May and Monday 27th May.

11.00 am to 5.00 pm. Approximately 12 gardens including the 93rd bomb group. £4 per person with map on entry, ample free parking at the Denton end of the street. We will be serving homemade refreshments at The Pavilion so, please note change of venue. Free vintage bus transport around the village to take you to the further reaches of the village. Guide dogs only please. Proceeds to St Margaret's Church.

Topcroft is near Woodton off B1332 Norwich Bungay Road and off A140 Hempnall -Bungay Road B1527.

QUIET MORNING at Diss Rectory

Wednesday 29th May

10am for 10.30am

Do you feel like having some time for yourself just to relax and reflect?

Then why not come along. Bring and share lunch, everyone welcome.

If you would like a lift please phone: 01508 498157



PULHAM PLAYERS presents: RUN RABBIT RUN at Pulham Market Memorial Hall on 30th, 31st May at 7.30pm and 1st June (matinee) at 2.30pm. Tickets £8 Thursday and Saturday matinee, £9 for Friday and Saturday evenings
For tickets: Box Office at Memorial Hall open Sat 27th April, 9am-11am or ring Sandra 01379 676769 – email: tickets@pulhamplayers.com.

BEDINGHAM CHARITIES

Whether it be starting at nursery or moving onto college, the transitional costs for families as children pass through the educational system can be high; uniform requirements, books and funding additional opportunities that may arise are all a pull on family resources. The Bedingham Charities are there to support the community and may be able to help with a modest financial contribution. If you wish to access this help contact Bryan Jarvis on 01508 482421.

The Bedingham Charities are also pleased to be able to provide a contribution to all families in the community facing bereavement and the costs of funeral arrangements, whatever they may be. Contact Bryan Jarvis on 01508 482421 or Rev. Liz Billett on 01508 482366.

Thank you

WOODTON VILLAGE LITTER PICK

It was wonderful to see so many people take part in the annual Woodton Village Litter Pick on Saturday 23rd March and a big thank you to everyone who came along and gave their time.

It was particularly good to have some young families there, so with a total of 25 people, we were able to tackle not only the village centre but the more outlying areas as well. 17 bags of rubbish were collected plus a pile of miscellaneous objects - so a job well done!

The family of NORMAN YULL would like to thank everyone for their kind words, support and donations at their loss.

DEREK KEELER

Shelagh Keeler and family would like to thank everyone who sent cards, flowers and messages following the sad loss of Derek. Thanks to all who attended his funeral at Earlham Crematorium and gave donations to Parkinson's Research. Thanks also to Rev Michael Kingston for the comforting service, to John for getting the Village Hall set up for the wake, Irene and staff for opening the bar

and to the three Friday clubs who kindly gave up their sessions to free up the Village Hall. Also a mention to Katie for her assistance in making all of this happen. And finally a special thanks to neighbours Joy and Philip for all of their help and support.

A BIG THANK YOU to everyone who helped with the Topcroft Church spring clean. Everyone worked hard and the result was a sparkly clean church. Thank you all. *Jackie*

Future Events for your diary

CONCERT BY GISSING SINGERS

Hempnall Church, Saturday, 22 June, 2019, 7.30pm

Entrance fee: £5.00 Proceeds to WaterAid

Details: Geoff Moulton, 01508 482465,
07810 502371



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 WPPFA.

DIGITAL PRESENTATION OF RESEARCH ON THE HOUSES IN HEMPSTALL

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, in **The Mill Centre on Tuesday evening 25th June** at 7:30pm. 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

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. 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.

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

LAZY LUNCH in the garden at The Chequers, Hempnall on Wednesday
10th July at 12 noon. Contact Joy Allen 498236 or Jill Turner 499344.

NORFOLK DAY Saturday 27th JULY 2019

Following a very successful celebration of Norfolk Day last year, Hempnall WI is again opening two gardens and inviting people for tea, coffee and Norfolk Cakes for a donation per person. We will be fundraising once again to support 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, so you can support this venture, and celebrate the fact that Norfolk is a wonderful place to live. There will be special Norfolk recipes for cakes, for example 'Norfolk Vinegar Cake', 'Norfolk Honey Cake' and of course the delicious 'Norfolk Shortcake'. If you didn't get to try 'Yarmouth Straws' last year, make sure you sample them this year! They were very popular.

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

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).

MILLGATES SURGERY in Hempnall is looking for a grounds person; someone to mow a very small lawn at the back and keep the weeds at bay in the car park at the front. There is also a hedge that will need trimming once a year. For further information please call Wayne Rawlings (Practice Manager) on 01508 492929.

WOODTON VILLAGE HALL TOTE - April winners:
£20 - No:75 - S Webb , £10 - No:28 - M Barrie, £5 - No:2 - E Beveridge.

BEDINGHAM 59 CLUB – Latest winners who each win £25 are:
No 27. P. Warner. No 24. R Day. No 21. K Briggs. and no 30. B Fennel.

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 May

Happy Birthday to:

Teenage:

- * Beth Todd who will be 17 on the 18th
- * Archie Wood who will be 14 on the 26th



From the Registers



Baptisms

17th March Connie Clarke at Woodton Church

24th March Alexander Sargent at Morningthorpe Church

Funerals

12th April Jean Jarrett (aged 75) at Hempnall Church

15th April Rhoda Webb (aged 93) at Hempnall Church



CHURCH DIARY

May 2019

Sat 4 th	10.00am- 12.30pm	Book Sale + lots more	Hardwick Church
Tues 7 th	8.00pm	Home Group	Willow House, Hempnall
Wed 8 th	2.00pm	The Ark Toddler Group	Hempnall Church
Sun 12 th	2.00pm	Church Walk	All Saints Church, Shotesham
Tues 21 st	7.30pm	Topcroft PCC Meeting	Woodlands
Wed 22 nd	7.00pm	Bedingham PCC Meeting	Geleen, The Street, Woodton
Thurs 23 rd	7.00pm	Hempnall PCC Meeting	Hempnall Church
Sun 27 th & Mon 28 th		Topcroft Open Gardens	
Wed 29 th	10.00am	Quiet Morning	Diss Rectory

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

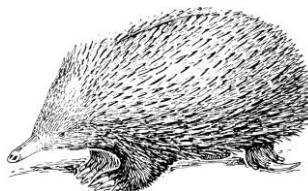
If you wish to contact us:

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

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

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

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

RETRACE ANTIQUES We buy good quality antique, vintage & unusual items 01379 608549.

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

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.southnorfolkitchens.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

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