

Outlook

September 2019



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

www.hempnallgroup.co.uk

Hempnall Group Services

September 2019

Sunday 1st		Trinity 11	Green
Group Eucharist with Stuart Nairn	10.00am	Topcroft Church	
Holy Communion	2.30pm	The Hollies	
Family Praise	4.00pm	Hempnall Church	
<i>Readings: Proverbs 25:6-7, Hebrews 13:1-8, 15-16, Luke 14:1, 7-14</i>			
Sunday 8th		Trinity 12	Green
Eucharist (BCP)	8.00am	Fritton Church	
Eucharist	9.30am	Hempnall Church	
Baptism & Eucharist	11.00am	Topcroft Church	
Harvest Thanksgiving	11.00am	Hardwick Church	
<i>Readings: Deuteronomy 30:15-20, Philemon 1-21, Luke 14:25-33</i>			
Sunday 15th		Trinity 13	Green
Harvest Eucharist	9.30am	Bedingham Church	
Eucharist	9.30am	Hempnall Church	
Eucharist	11.00am	Morningthorpe Church	
<i>Readings: Exodus 32:7-14, 1 Timothy 1:12-17, Luke 15:1-10</i>			
Sunday 22nd		Harvest	Green
Harvest Thanksgiving	9.30am	Woodton Church	
Harvest Thanksgiving	9.30am	Hempnall Church	
Harvest Thanksgiving	11.00am	Topcroft Church	
Harvest Thanksgiving	11.00am	Morningthorpe Church	
<i>Readings: to be arranged</i>			
Sunday 29th		Trinity 15	Green
Group Service from Iona	10.00am	Shelton Church	
<i>Readings: Amos 6:1a,4-7, 1 Timothy 6:6-19, Luke 16:19-31</i>			

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

SUNDAY 1ST SEPTEMBER

A Service of Celebration of the Hempnall Group being
formed 55 years ago!
at St Margaret's Church, Topcroft at 10.00am
with guest speaker: the Revd Stuart Nairn
Refreshments will be served after the service

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

Dear Friends,

Lancelot Fleming was a geologist, explorer, and in 1960 was appointed the Bishop of Norwich. He was also a man of vision as he invited the parishes around Hempnall to consider the idea of working together, sharing gifts and resources. A very daring venture back in 1964 which has turned into a great success. The 8 villages of Bedingham, Fritton, Hardwick, Hempnall, Morningthorpe, Shelton, Topcroft and Woodton that form the Hempnall Group are still together after 55 years. The group share a regular magazine, Outlook, share a clergy team and many social and fundraising activities together.

In the churches we celebrate Christmas at midnight, Easter at dawn; during the summer months we walk together and have garden events together.

There is the Ark for pre-school children and Family Praise for children and their families.

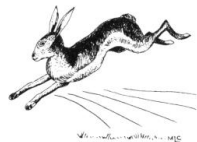
The Hempnall Group is fortunate to have the help and support of so many in the villages. People, who help in leading church services, read and pray. Then there is the army of cleaners, carers of churchyards; flower arrangers; those who look after the fabric; those who serve on Parochial Church Councils; our church wardens; our organists; the list goes on.

It's a great privilege for Liz and myself to be the current priests in charge of this group and it's with thanks to you for your support and concern over the past 55 years.

Proverbs reminds us 'without a vision, my people perish, blessed is he who is obedient.' Lancelot Fleming had that vision, and as we look to the future, may we go with God's love in our hearts; his peace in our lives as we look forward to the next 55 years!

with love,

Michael



Events for your diary September

FAMILY PRAISE
Sunday 1st September

4.00pm-5.00pm

at Hempnall Church.

Worship and fun for all the family!



THE MILL CAFÉ, HEMPSTALL COFFEE & LUNCH

2nd September from 10am – 2pm

Future dates 7th October 4th November & 2nd December

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

HEMPSTALL 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).



WOODTON & BEDINGHAM MONDAY CLUB

The next meeting of the Monday Club will be on **Monday 2nd September** at 2 p.m. in Woodton Village Hall. Everyone is most welcome, do come and join us for a pleasant social afternoon.

Our next meeting will be on the 11th September when we will be having an informal social evening. 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 at: adriangunson@btinternet.com

For further information please contact Pam Mariner on 01508 483796 or Janet Chadwick on 01508 483996

ANNIVERSARY OF JOHN WESLEY'S VISIT TO HEMPSTALL



at the War Memorial, Hempnall on
Wednesday 4th September, 2.00pm.

John Wesley visited Hempnall on Tuesday 4th September 1759, the occasion being that illustrated on the village sign. This year marks the 260th anniversary of the visit.

Please join us (**bring a chair**) for our annual open air hymn singing at the War Memorial to remember this occasion.

HEMPSTALL W.I. The September meeting will be on **Wednesday 4th September 7.30pm** at Hempnall Mill Centre when Victoria Long of Petite Verte Flowers will demonstrate and talk about **“Beautiful Flower Arrangements for your Home”**. Please come and join us. New members or visitors are welcome and if you wish to have information about our friendly group please contact Sue Eagle secretary 499559.

WOODTON & BEDINGHAM CARPET BOWLS GROUP

We are always ready to welcome new and existing residence of the village for a gentle evening of carpet bowls. The club has the bowls we use, the Carpet we play on so if you want to learn (or already play) come and join us.

The dates for September meetings are: 4th, 25th September & 2nd October at 7:30pm

We meet in Woodton Village Hall it's all very sociable come and have a chat, tea and biscuits at half time and a bit of exercise to boot. If you need any further information contact Michael Osmond-Davis on 01508 482619.

A WALK has been arranged for **Thursday 5th September** starting at Sheringham Park, NR26 8TL. The walk is approximately 7 miles with the option of a shorter walk. We will leave Hempnall at 9am and plan to start the walk at 10.30. It would be helpful if you could let us know if you plan to come by Tuesday 3rd September. Any enquiries please phone David and Margaret Ferre – 01508 482562.

HARDWICK CAFE MORNING

Thursday 5th September 10.30am-12noo

at Hardwick Village Hall.

All very welcome





OUR HARVEST SERVICES

Sunday 8th September 11.00am at Hardwick Church

Sunday 15th September 9.30am at Bedingham Church

Sunday 22nd September

9.30am at Woodton Church

9.30am at Hempnall Church

11.00am at Topcroft Church

11.00am at Morningthorpe Church

TOPCROFT PARISH COUNCIL MEETINGS

Topcroft Pavilion Monday 9th September at 7.30pm

For further details please contact the Clerk:

Tel. 01379 855486 or email: topcroftpc@gmail.com

Agendas and Minutes are on the website: topcroftpc.norfolkparishes.gov.uk

~ All Parishioners welcome ~

MISS EMERY'S BRIDGE - HEMPSTALL

Some of you may have already seen the new foot bridge installed at Kron's Meadow. On **Tuesday September 10th** at 1.30pm the bridge will be dedicated to the memory of Miss Marjorie Emery in recognition of her long service to the school and village. ALL WELCOME.

LONG STRATTON MEDICAL PARTNERSHIP

Following on from our successful Gastro Educational Event we are, in conjunction with our PPG, organising a technology evening, designed to showcase some of the ways in which the use of technology is becoming more integrated into healthcare and the ways our work is adapting. We will be holding demonstrations in small groups to explain and explore these services so everyone has a chance to ask questions. This will be held on **Tuesday 10th September**, starting at 6.30pm at Long Stratton Surgery. Places will be limited and will be on a first come first served basis, please register your interest with the Reception Team or email your name and contact details to the Patient Group at lsnfppg@gmail.com.

FLU - May we remind everyone that flu season will soon be upon us. If you are eligible for a free vaccination please book an appointment with our Reception Team as soon as possible: **Long Stratton for Adults 18 and Over - Saturday 21st September** 2019 and **Saturday 5th October** 2019

Newton Flotman for Adults 18 and Over - Thursday 3rd October 2019

Children Nasal Vaccine Clinics will be made available during the half term week – dates to be advised. *Dr Lara Douglass*



**THE ARK Toddler Group
at Hempnall Church**

Wednesday 11th September 2pm-3pm

for pre-school children, up to 4 years - Games,
Snacks, Story, Crafts.

ALL WELCOME - Contact: Jackie 01362 288195

WOODTON & BEDINGHAM LADIES TOGETHER

Our next meeting will be on the **11th September** when we will be having an informal social evening. 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 at: adriangunson@btinternet.com.

QUIET HALF-DAY AT DISS RECTORY

Do you feel like having some time for yourself just to relax and reflect? Then why not come along to Diss Rectory on

Thursday 12th September, 10.00am-2.00pm.

Bring and share lunch, everyone welcome.

If you would like a lift please contact
the Church Office (498157).



FRITTON AND MORNINGTHORPE POP-UP PUB

13th September 2019

at Friar's Farm Barn, Morningthorpe

Pub open between 6.30 and 11.00 pm, Serving beers, wine and soft drinks

Nibbles served throughout the evening

Bar games. £5 per person.

Any profit to be given to Motor Neurone Disease

For further information please contact Judith, 01508 499575

The annual **NORFOLK CHURCHES TRUST BIKE RIDE** is an excellent way of making money for your own church as well as the Norfolk Churches Trust: Please pump up your tyres, or dust off your walking boots, pack a picnic and plan a route to visit as many of the most beautiful churches in Norfolk as you can on **Saturday 14 September 2019**. norfolkchurchestrust.org.uk/bike-ride

MILL BAR, HEMPNALL

The Mill Bar (in the Mill Centre, Mill Road, Hempnall) is open every Friday and Saturday evening from 6pm - 11pm. Everyone is welcome and there is no membership. We hold regular events so come and join us, this month:

Saturday 14th September, 7.30pm, Quiz and Chips. Teams of up to 6 people, £10 per head - book at the bar and order cod, plaice, sausage or vegetarian spring rolls.

Friday 20th September, singer/guitarist Graham McGrotty will play hits by The Eagles, Pink Floyd, Dire Straits and many more.

FAMILY PRODUCE SHOW AND AUCTION scheduled for September 14th at Topcroft Recreation Ground has had to be **POSTPONED** until next year.

SAINT MARGARET'S CHURCH, HEMPNALL GIFT DAY APPEAL – Saturday 14th September - For further details please contact Churchwardens David and Claire Key: 01508 499342.

QUIZES BACK FOR THE AUTUMN

Topcroft Social Club September 14th and 28th

Max 6 per team, £2.per person - 7.30 for 8 p.m. start.

Good prizes and friendly atmosphere.

DEPWADE DEANERY

Annual Walk, Tea and Deanery Evening Service

Sunday 15th September at St Mary's Church, Tasburgh

Join us for a walk at 4pm, tea at 5pm and Deanery Evening Service at 6pm.

EVERYONE WELCOME FOR ALL OR PART OF THE EVENT.

BEDINGHAM PARISH MEETING will take place on **Tuesday 17th September** in Woodton Village Hall at 7.30pm. All parishioners are welcome. Light refreshments will be served after the meeting. This is a good opportunity to meet fellow parishioners and find out what goes on here. For further please see village notice boards. Tricia Gunson, Chairman.

HEMPNALL ART CLUB

We have had lots of different events again over the last two months.

We painted a landscape scene in watercolour just using the three primary colours, a John Constable evening with "Art with Adrian", along with our new found knowledge about Sir Alfred Munnings. We boarded our coach for a trip to



Constable Country and Munnings Art Museum and what a wonderful day we all had. This led us on to putting together a collage of Hethersett Races. We had an evening with The Raptor Trust, who brought along a Little Owl, Kestrel, Indian Eagle Owl and a Lanner Falcon.

We also held a Saturday workshop with local artist Laina West, where we were able to try out some different techniques for mixed media painting.

There are lots of photographs on our Facebook page.

Our Tuesday morning group meets as usual 10.00am to 1.00pm, all though the summer. Monday afternoon and Tuesday evening groups start back w/c **16th September**, if you would like any more information, please telephone Tina on 01508 499376 or contact Christine, email address christine@tunmore.plus.com

QUIZ NIGHT - Saturday 21 September at 7 pm 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.

FLU CLINICS OLD MILL & MILLGATES SURGERY will be holding **FLU VACCINATION CLINICS**

at Poringland Surgery on **Saturday 21st September from 8am – 12** midday and at **Hempnall Village Hall** on the morning of **Saturday 5th October 8am - 12.**

These clinics are for OVER 65's registered at the practice.

Please phone 01508 499333 or 492929 for an appointment.

The dates for Under 65's who qualify will be **at a later date** which will be confirmed in the next Outlook



HEMPNALL VILLAGE HALL COMPUTER SESSIONS – HELPER/ TUTOR WANTED

We are looking for someone who is able to share their knowledge of IT skills with a keen & friendly group of people who need some help and encouragement. If you feel like giving this a try please contact Yvonne Davy 01508499405 or email ydavy01@yahoo.co.uk

If you know of a Tutor for this group we would welcome any recommendations. This is a paid position.

If we are successful in finding a Tutor we hope to begin these sessions again on **Tuesday 24th September** .

Come and practise new techniques and brush up on previously learned skills! All levels encouraged. Further information from Yvonne Davy 01508 499405 or email ydavy01@yahoo.co.uk

CRUMBS, DON'T GET IN A FLAP QUIZ

The answers are either biscuits or birds. Cost is £1 with proceeds towards reprinting the Group's Meditative Walk Leaflets. Closing date **30th September** 2019. Quiz sheets can be obtained from the Office 498157 or Jackie 01362 288195. Prize is a basket of Goodies.



Thank you

The June concert for **WATERAID** in St Margaret's Church, Hempnall raised £406.65. Our sincere thanks to all who supported this event. A special word of thanks to David Key and his helpers who coped with decorators and flooding to restore the church to its very best!

A BIG THANK YOU to all family and friends for the love and support given to me after my operation in May, also the lovely cards, flowers and messages.

Jenny Leeder.

LAZY LUNCH - Thank you to the hardworking team and to everyone who generously supported the Lazy Lunch on 10th July. The rain held off, there was plenty of chat and £300 was raised for St. Margaret's Church.

CHARITY GUEST SPEAKERS

This summer we had the pleasure in hearing from different charities and learning about what they do with our help which makes a difference to people's well-being.

Mission Direct – builds hope by building homes, classrooms, hospitals and rescue centres.

Tear Fund – Implementation of policies and practices to bring about changes for the wellbeing of vulnerable children and adults.

Torch Trust – enables people with sight loss to discover Christian faith and lead fulfilling Christian lives.

Leprosy Mission – vision to eradicate this disease which is curable.

Information about these charities and how to help can be found in Woodton Church or visit their websites. Jackie Cook 01362 288195

*****URGENTLY NEEDED - A CLEANER FOR HEMPSTALL VILLAGE HALL.*****

Good rates of pay and some flexibility in hours. This can be a shared job and training will be given. If you are interested please contact either Damian Ashcroft 01508499162 or Yvonne Davy 01508 499405 or email ydavy01@yahoo.co.uk Closing date for applications 18th September.

Future Events for your diary

LOCAL WEA COURSES

WEA in Hempnall

This Autumn, join us for **THE EARTH ON FIRE** with tutor Charles Lewis. Explore the nature and variety of volcanoes, volcanic activity and volcanic landscapes around the world - including in Britain.

We meet on **Wednesdays** starting **2nd October 2019, 2-4pm** (note this is an earlier start than in previous years). It is a seven-week course held in the Nelson Suite at Hempnall Village Hall (no meeting 23rd October). Fee £57.00 (fee waived for those on benefits). For more information call Gill on 01508 499495.

Hempnall Branch AGM will be on **Wednesday 9th October** at 4.15pm. Everyone is welcome.

WEA in Saxlingham Nethergate

Come along to our new course '**Society and Culture in Medieval East Anglia**' presented by Kate Jewell. Discover Medieval East Anglia, a diverse society with an incredibly rich culture. Explore its urban centres, power players, parish churches, the riches of its art and its written word and the strong-minded women who played a vital role. £52.00 for the 9-week course which starts on **Thursday 12 September at 1.30pm, until 3pm**, in Saxlingham Village Hall. All welcome. For more information please contact Cathy (499126), Harriet (499667) or Helen (499944)

For both courses, please enrol on-line at wea.org.uk or by telephone on 0300 303 3464. *The Workers' Educational Association is a charity registered in England and Wales (number 1112775) and in Scotland (number SCO39239) and a company limited by guarantee registered in England and Wales (number 2806910). Registered office: 4 Luke St, London EC2A.*

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 are:

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.

Entries should be taken to Topcroft Church on Saturday 28th September from 10am-11am or from 2pm-3pm.

Judging will take place in the morning of the Saturday 5th October and the church will be open for **viewing from 2.00pm**. Any enquiries please phone David and Margaret Ferre - 01508 482562.

SOUL AND MOTOWN NIGHT

Saturday 5th October, 8.00pm-12.00pm at Topcroft Social Club

All music played from vinyl – 3 DJ's. Raffle. £5 on the door.

In aid of Topcroft Recreation Ground, Charity No. 304095

For more information call Kevin on 01508 482647 or look on the Topcroft Social Club Facebook page.

CELEBRATING WITH THE ANIMALS

A SERVICE AT BEDINGHAM CHURCH

Sunday 6th October at 10.00am

Bring your pet along - come and join us

All are welcome!!!



WINTER WALKS

Short walks for short days on the following Sunday afternoons:

20th October, 24th November, 26th January, 23rd February, 22nd March

Further details to follow.

OLD MILL AND MILLGATES MEDICAL PRACTICE PATIENT PARTICIPATION GROUP

Welcomes you to a Free Open Evening About **UNDERSTANDING CANCER**

Guest speakers will be from – Testicular cancer charity, Cancer research, MacMillan Cancer Care, The Big C and Priscilla Bacon Hospice.

Refreshments and tombola. **EVERYONE IS WELCOME**

at Poringland Community Centre, Overtons Way, Poringland NR14 7WB

Wednesday October 23rd 2019 AT 7.30pm

You do not have to be registered with the Practice to attend. **FREE PARKING**



- Door to door dial-a-ride service
- Weekly members outings throughout the year
- Group hires for not for profit organisations

To book or for more information please call 01379 854800 or visit our website www.borderhoppa.org

WOODTON VILLAGE HALL TOTE - July winners:

£20 - No:68 - C Yaxley , £10 - No:25 - C Day , £5 - No:30 - S Bruce. **August**

winners: £20 - No:97 - D Bruce , £10 - No:66 - P Judd , £5 No:22 - L Potter.

BEDINGHAM 59 CLUB - Latest Winners:

No 3. L Trudgill. No 24. R Day. No 43. J Bond. No 29. N Clarke. No 11 N Taylor. No 27. P Warner. No 9. P Clitheroe. No. 12. K Irons. No 32. M Hensby. No 3. L Trudgill. No 31. W Beasley. And No 49. J Evans.

Birthdays

Happy Birthday to:



Children

- * Abigail Gray who will be 7 on the 10th
- * Samuel Alexander Johnson who will be 11 on the 21st
- * Daisy Alice Gosling who will be 10 on the 24th

Teenagers

- * Adam Garrod who will be 18 on the 12th
- * Jasmine Pretty who will be 17 on the 15th



From the Registers



Thanksgiving and Blessing

28th July Arlo Garrett Ross-Elliott

Weddings

- 22nd June Ian Dines & Emily Randon at Fritton Church
29th June Trevor Chenery & Clair Driver at Bramfield Church
27th July Ben Williams & Abby Maynard at Hempnall Church
8th August Thomas Sandy & Liselle Edwards at Woodton Church



Funerals

- 18th June Gloria Roberts (aged 69) at Waveney Crematorium
25th June Irene Evans (aged 94) at Earlham Crematorium
25th July Paul Edden (aged 77) at Waveney Crematorium followed by Thanksgiving Service & burial of ashes on 26th July at Hempnall Church

CHURCH DIARY

September 2019

Wed 4 th	2.00pm	Anniversary of John Wesley's visit – Open Air hymn singing	Hempnall War Memorial
Thurs 5 th	10.30am	Group Walk	Sheringham
	7.30pm	Treasurers Meeting	Topcroft Lodge
Tues 10 th	10.00am	Outreach Team Meeting	Brick Kiln Cottage
Wed 11 th	2.00pm	The Ark Toddler Group	Hempnall Church
Thurs 12 th	10.00am	Quiet Day	Diss Rectory
Sat 14 th		Norfolk Churches Trust Bike Ride	
Sun 15 th	4.00pm	Deanery Walk, Tea & Worship	Tasburgh Church
Wed 18 th	7.00pm	Joint PCC Meetings	Hempnall School
Thurs 26 th	2.30pm	Learning & Growing Meeting	The Flat
	7.00pm	Quiet Prayer	Hempnall 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

FOUND

Gold band ring found in Woodton Church
Child's grey (size 9-11ish) puffa jacket found in
Hempnall Church

If either of these items belong to you, or you know
 who they belong to please phone
 Hempnall Church office - 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, CAFÉ & BUTCHERY, Norwich Rd, Woodton for the best Raw Milk in Norfolk 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

HARDWOOD LOGS Collect Hempnall £50/m3 or can deliver 07802 706826

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

More Adverts inside back cover

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
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
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
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
WINDOW WONDERLAND: window cleaning services contact Sam Raynes 482679 or 07975579292

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

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

before 15th September

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

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

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