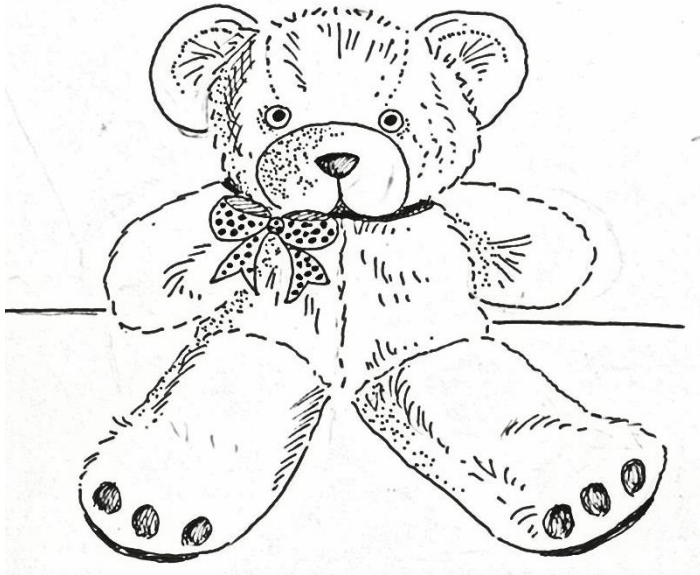


Outlook

June 2015



Serving the parishes of

**Bedingham Fritton Hardwick Hempnall
Morningthorpe Shelton Topcroft Woodton**

www.hempnallgroup.co.uk

Services for June

Sunday 7th Green		1st Sunday after Trinity	
Group Healing Service	10.00am	Topcroft	
Holy Communion	2.30pm	The Hollies	
<i>Readings: to be arranged</i>			
Sunday 14th Green		2nd Sunday after Trinity	
Eucharist (BCP)	8.00am	Fritton	
Eucharist	9.30am	Woodton	
Eucharist	9.30am	Hempnall	
Matins	11.00am	Shelton	
<i>Readings: Ezekiel 17:22-end, Mark 4:26-34</i>			
Sunday 21st Green		3rd Sunday after Trinity	
Eucharist	8.00am	Topcroft	
Eucharist	9.30am	Bedingham	
Eucharist	11.00am	Shelton	
Songs of Praise	5.00pm	Hempnall	
<i>Readings: Job 38:1-11, Mark 4:35-end</i>			
Sunday 28th Green		4th Sunday after Trinity	
Eucharist	9.30am	Woodton	
Eucharist	9.30am	Hempnall	
Morning Praise	11.00am	Topcroft	
Eucharist	11.00am	Morningthorpe	
<i>Readings: Lamentations 3:23-33, Mark 5:21-end</i>			

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

The Rectory,
The Street,
Hempnall

Dear All

Last week some of us went on a holiday retreat to a village between Pershore and Evesham on the edge of the Cotswolds.

It was a lovely place to stay and an active time was had both reflecting on God's creation and visiting a number of places nearby.

One day a group travelled on the Severn Valley Railway from Kidderminster to Bridgnorth, along the valley of the river at a very sedate pace in a beautifully restored carriage behind a steam engine or older diesel engine. It was lovely trundling along, seeing some fabulous scenery and wonderfully preserved stations.

How things have changed – but would we want to sweat over pouring coals onto a fierce fire to enable the engine to move? Would we want to work in the cramped conditions of a coal mine to excavate the coal for among other things to operate the engine? Nothing stands still – the question to ask is how do we adapt to change?

The book of Ecclesiastes talks about change. A passage made famous by the Byrds in the 1960's with the music written by Pete Seeger in the 1950's – Turn! Turn! Turn!

There is a season for every activity under the sun
a time to be born and a time to die
a time to weep and a time to laugh
a time to scatter stones and a time to gather them
a time to embrace and a time to refrain
a time to be silent and a time to speak
God has made everything beautiful in its time.

He has set eternity in the hearts of all.

Yes it's good to look back and wallow in nostalgia but living in the present and looking ahead with a God who knows us inside out is a way of coping with the changes going on all around us.

Best wishes,

Michael

Events for your diary in June:

COME AND JOIN US AT HEMPSTALL MILL CAFÉ on 1st June

Tea, Coffee & cakes and light Lunches from 10am – 2pm

Future dates 6th July, 3rd August & 7th September

Hempnall Mill Centre, Mill Road, Hempnall. NR15 2LP

Mill Café Tel: 01508 499766 (for enquiries on café days only)

Bacon Rolls available from 10am -11am - Eat in or takeaway!



HEMPSTALL WOMEN'S INSTITUTE- OPEN MEETING - ALL WELCOME

The next meeting takes place on **Wednesday, 3rd June**, at 7.30pm at the Mill Centre, when our speaker will be Christine Adams on **“The Lady Who Moved Her House”** - brick by brick , timber by timber & tile by tile!

Afterwards there will be homemade refreshments and a raffle plus the chance for a chat amongst friends. If you would like to know more about our group then please contact our Secretary, Sue Eagle 01508 499559

EASY WALKS IN MAY AND JUNE

Dates:	Village	Walk Leader	Contact Details
7 June	Morningthorpe	Brian and June Cutting	01508 499600
28 June	Woodton	Daphne Littleboy	01508 482479

Future dates for your diary – other easy walks:

26 July	Topcroft	Margaret & David Ferre	01508 482562
2 August	Fritton	Pat Parsons	01508 498106
6 Sept	Shelton	Josephine Murgatroyd	01508 530453

All walks will start at the appropriate church at 3.00pm, will take approximately one and a half hours and will finish with tea. Further information from the walks' leaders.

FOOD BANK

The gross weight mentioned in the May Outlook was unfortunately very misleading. I did not realise a label had to go into every bag and box. This has now been rectified. I must apologise for the wrong information, but express our gratitude for all the continued generous support. The next collections are: **June 7th** at Topcroft Church and **July 5th** at Bedingham Church. Items can be dropped into the office Monday to Thursday 9am-1pm.

DEPWADE DEANERY SYNOD WALK – SUNDAY 7TH JUNE

The Depwade Deanery Synod, is 'doing different' this summer, We thought we would try a walk, tea and service starting at Saxlingham Church at 4.00pm, Tea at 5.00pm and Evensong Service at 6.00pm with combined choirs. This will be instead of a more formal Synod which would have taken place on 9th June. Do come and join us and please note this is for anyone and not necessarily Synod members. This is a chance for us to get together socially and enjoy the beautiful South Norfolk countryside.

OPEN DAY DITCHINGHAM HALL, Ditchingham, Bungay, NR35 2JX

Sunday 7th June Open 2 - 5pm

A beautiful garden surrounding a Queen Anne house set in magnificent parkland with lake and woodland for visitors to walk round. There is a walled kitchen garden, a cedar walk, many herbaceous borders, abundant roses and a parterre. An arboretum has been recently planted. Home-made teas available and plants from a local nursery for sale. Adults £4 in aid of St. John Ambulance in Norfolk and children free. Please no dogs.

Friends of Long Stratton High School CAR BOOT SALE – Sunday 7th June

on the Long Stratton High School field, entrance on Swan Lane. 9am till 12noon. Refreshments available. £5 per pitch, some tables available. To book a pitch contact Sally-Ann on 07988 766787 or at sdelf@btinternet.com or Julie on 01508 471696 or at juliefuller100@hotmail.com

WOODTON & BEDINGHAM LADIES TOGETHER

Our next meeting is on **Wednesday 10th June** at 7.30 p.m. in Woodton Village Hall. The talk this month will be by Malcolm Cudmore - Coloured Pencil Artist and much more!

Visitors or prospective new members will be very welcome.

There is always a raffle and refreshments and a chance for a chat.

For further information please contact our Chairman Mrs Sue Willmer on: 01508 482683

JILL'S GRILLS

Eat in or take away

Bacon butties will be on sale together with coffee, plants and a RAFFLE at The Chequers, Mill Road, Hempnall on **FRIDAY 12TH JUNE from 9am-11.30am**. Orders can be given in advance by phoning Jill Turner on 499344. Proceeds to St Margaret's Church, Hempnall.



TOPCROFT COUNTRY DAY – to be opened by Susie Fowler-Watt

More Scarecrows. We are hoping to have lots of scarecrows for the Country Day **Sunday 14th June 11am – 5pm**. If you enjoyed making one for the Open Gardens and feel like putting it on display again, or making another, please join in the fun.

There will be another Cake Competition this year. Last year we had a wonderful selection of cakes. If you would like to bake something for sale it would be very much appreciated.

FLOWER FESTIVAL AT St. MARGARET'S CHURCH HEMPNALL

Saturday 20th & Sunday 21st June. 10 – 5pm daily

Come for "A JOURNEY ROUND THE VILLAGE"

which is the theme of the Flower Festival in Hempnall Church over the weekend, which will end with a Service cum Concert of Praise at 5pm! Delicious refreshments will be served throughout the weekend. If you are interested in helping please contact Claire 499342



FITMIX CLASS- a fun combination of aerobics, salsa, boxing, tabata and toning tracks to music- suitable for all ages and fitness levels (optional weigh in)

Monday 9.30-10.30 am at Hempnall Village Hall 1st 8th 15th 22nd 29th June

Tuesdays 7-8pm at Hempnall Mill (3rd week of the month on Thursday)£4 exercise only £5 with weigh in. Ring to book a place (The classes don't always run through the school holidays-please check first)

Call Catriona on 07918907423 or email catj71@btinternet.com

NORFOLK KNITTERS & STITCHERS make things for charity. Our work is sent all over the world to those in need as well as to many charities in this

country. We knit and stitch clothes for babies, children and adults; craft items for fundraising stalls; toys, blankets and cushions. Enjoy knitting or sewing? Then join our new group '**Three Horseshoes Knit & Stitch**'. Come along and find out about our work on **Tuesday 23rd June from 7.30 – 9pm** in the restaurant of the Three Horseshoes Public House, Alburgh Road, Hempnall Green, NR15 2NS. We plan to meet on the second and fourth Tuesday evenings monthly and look forward to meeting like-minded people. If you have wool, knitting needles and patterns that you no longer use we would be very grateful for any donations. For further information please contact Sandra Balaam on 01508 498988 or email: quiltimgum64@gmail.com.

Riding Lights Theatre Company Presents:

IRRESISTIBLE

Performed by Roughshod - their dynamic young acting company. This is a presentation to get the audience to think about the persecuted church through drama, music and comedy.

The show is organised in conjunction with the charity Open Doors who have served persecuted Christians across the world for the past 60 years.

Do come - ages 12 to 112!

FRIDAY 26TH JUNE 7.30pm

at St Margaret's Church, Hempnall

Tickets £7 / £5 (concessions) Phone:

01508 498157 or Heather 530238





Open Gardens

& Alfresco Theatre

At Ditchingham Hall on Friday 26th June

Hall gardens open from 5pm for walks & picnics

Performance starts at 7.30pm

Bring your own seating, sorry no dogs or BBQ's

Entry by ticket only: adult £13 child £6

01986 892728 or 0330 660 0541 for card payments or visit

www.rainorshine.co.uk

Event in aid of registered charity no. 1124717 ALL HALLOWS HEALTHCARE TRUST

WOODTON PRIMARY SCHOOL FETE on Saturday 27th June. There will be plenty of fun for all the family to include bouncy castle, fun races, raffle, tombola, plenty of stalls, refreshments and ice creams.

A CLAY SHOOT ON SATURDAY 27TH JUNE 2015 time 6-30pm at Woodton Farm the home of Roy and Janet Dunning.

There will be a BBQ and refreshments. Tickets £15.00 Clay

Shoot/BBQ. £5.00 BBQ only, available from Jane Bond 01508 518007

Proceeds to Woodton Playing Field Association.

DOG FUN DAY Sunday 28th June 11 - 4pm. Fun dog show £1 per entry, (enter on the day) have a go agility £1 per go, agility demonstrations, stalls and tombola. Paws 4 Training, located at the back of Road Green Farm, Bungay Road, Hempnall. For more information email

info@paws4training.net 01508 499026 www.paws4training.net

SHELTON WITH HARDWICK COMMUNITY SCHOOL SUMMER FETE AND CAR BOOT

At Shelton School, Low Road, Shelton, Norwich, NR15 2SD

Sunday 28th June 2015 12 noon - 3 pm

Fun for all the family!

BBQ, Bouncy Castle, Refreshments, Cakes, Tombola, Puffing Billy Road Train, Sideshows and Attractions

Police Car and Fire Engine (depending on commitments!) and Tractor on display.

Please come and support us!

Car Boot pitches only £5

Please call Emma Wood on 01508 49845



Future events for your diary:

THE "TOPCROFT BIG WEEKEND"

3rd 4th and 5th July at the Topcroft Pavilion and Sportsfield

Beer festival and live Music .

Details to follow 01508 482722

CONCERT WITH THE ANGLIAN SINGERS - Choir will

perform at Hempnall Church on **4th July 2015 at 7pm**



You are invited to a

TEDDY BEAR'S PICNIC

*Bring your brothers & sisters, Mums & Dads,
Grandparents and Godparents*



SUNDAY 12TH JULY

At St Margaret's Church, Hempnall, 3.00pm-5.00pm

GAMES & REFRESHMENTS

BRING YOUR OWN TEDDY OR TOY

RSVP: 01508 498157 or e-mail: hempnallgroup.office@btinternet.com

Topcroft Parish Council Meeting at Topcroft Pavilion
13th July 2015 at 7.30pm (no meeting in June).

FRIENDS OF BEDINGHAM CHURCH.

On Friday July 17th. there will be a **coffee evening ,with a sausage BBQ** at the home of Bryan and Margaret Jarvis, School Road, Bedingham. Last year we all had great fun with games, raffle, tombola etc, and above all a great opportunity to meet up with others from many villages around. Dont miss another great evening to support the maintenance of our village church. Please Come

FAMILY FUN AFTERNOON SUNDAY 19TH JULY on the Woodton Playing Field Association field from 1pm- 4pm.

An exhibition football match will be one of the attractions. Childrens races, Wellie Throwing, cycle races, Refreshments, BBQ, Raffle, Toy Tombola, Cake Stall, and more. Free Entry Enquiries to Jane Bond 01508 518007 Proceeds to Woodton Playing Field Association

Thank you....

The Lent Lunches raised £267.92 for Christian Aid. Thank you to all who contributed and those who provided the lunches, which were enjoyed by all.



Thank you to all friends, neighbours and relatives both in Topcroft and afar who are overwhelmingly supporting me with cards, visits, telephone calls and chats following the loss of Mum on April 19th. I cannot express in words the comfort and help this is. Thank you to all who came to the church to remember Rosie as a friend to everyone - such a legacy and missed by us all. "Thank you" just does not cover my thoughts to you all at this difficult time. **Daphne Beckett**

Hempnall Art Club would like to thank all those who supported the Exhibition in May – this was a great success and much enjoyed by all.



If you would like to join us contact Graham Dunthorne 01508 550775

A DEFIBRILLATOR HAS BEEN FITTED AT HEMPSTALL VILLAGE HALL

thanks to The East of England Co op, Hempnall Village Hall Committee, Hempnall Football Club, Hempnall Tennis Club, Hempnall Cinema Club and Dr Steven Griffiths who made the first suggestion .

There will be an opportunity for the local community to find out more about it and there will be some training sessions on how to use the defibrillator. Details will be in the next Outlook.

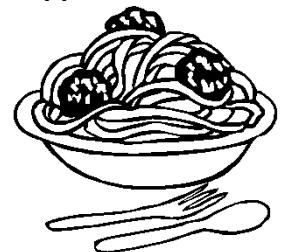
The Woodton Playing Field Association Trustees would like to thank everyone who supported the **Lecture by Wing Commander Tom Neil** on the 9th May 2015. The hall was filled with all ages and with enthusiasts and supporters of Tom, as their hero. A donation has been sent to The Royal Air Force Memorial Trust as Tom gave his time free. We would also like to thank Patrick (Tom's son) for his contribution on the night.

'I would like to thank everyone for coming to my **fundraising body shop party**. On the night we raised £380.10. With sponsors from Race for Life and other donations, overall we have raised £560.65. Thank you again, Kayleigh Gallant.'

Thank you to everyone who attended the Progressive Supper

in Topcroft on 18th April. Thank you also to our marvellous hosts who provided excellent hospitality with food and drink for everyone.

The sum raised is £540.



Nicola and Sophie Green and Jo Sayer would like to say a huge thank you to all who supported our **Race Night at Hempnall Village Hall** on Saturday 25th April. It was a huge success and raised £2075 towards our Cycle Africa Women v Cancer Fund. Jo has now reached her target of £3000 and Nicola and Sophie are nearly there, with just another £1000 to raise. As you can imagine, this is a great relief, but is only thanks to the extraordinary generosity of those who have supported us over the last 14 months.

Thank you so much.

We are holding a Garden Party at Woodlands, Topcroft on **Sunday 5th July** from 2.30pm onwards.

We will be serving cream teas, cakes and sandwiches and have ordered lashings of sunshine!

There will also be a raffle of prizes which have kindly been donated to our cause. Everyone welcome.

FROM CHRISTIAN AID

We've been blown away by your efforts this Christian Aid Week.

Thousands of churches across Britain and Ireland have stepped out into their communities, sending out a bold message: Christians are standing in solidarity with the world's poorest people.

By delivering many millions of red envelopes, you've done something amazing: every penny you've raised will transform the lives of thousands of people like Loko in Ethiopia.



Hempnall Group results will be announced in the July Outlook. If you still have an uncollected envelope please drop it off at the Rectory The Street Hempnall or phone 01508 499405 and collection will be arranged.

HEMPNALL VILLAGE HALL TOTE WINNERS April 2015

£40	P. Arnold	£30	S. Budd	£20	P. Bates
	£15 E. Haynes		£10 A & L Keats		

BEDINGHAM 49 CLUB WINNERS over the last 4 weeks.

10 C Buckland. 47 K Shilling 36 S Goulborn 18 A Brooke

WAVENEY FOODBANK SHOPPING LIST:

We have recently received this list as a reminder from the Food Bank, they have a large supply of pasta and soup at the moment:

The following items would be appreciated-

Milk (UHT or powdered), Sugar (500g), Long life fruit Juice, Pasta sauces, Sponge pudding (tin), Tinned Tomatoes, Breakfast Cereals, Tinned Rice Pudding, Tea Bags, Jar of Instant Coffee, instant Mash Potato, 500gms Rice, Tinned Meat/Fish, Tinned Fruit, Jar of Jam, Packets of Biscuits, Snacks. Thanks!

LONELINESS

The following facts from “Suffolk and Norfolk Life Magazine” recently brought me up short:

- 800,000 people in England feel lonely
- 15,000 older people in Suffolk can go for a month without speaking to a friend, family member or neighbours (Age UK Suffolk).
- The most affected are also new parents, the bereaved, and the unemployed.
- 28% of British adults (3:10) feel lonely at times.
- 30% of 18-24 year olds are nearly as likely to feel lonely as those over 65 (31%)
- 33% feel left behind by new ways of communicating.
- 85% of people prefer to speak to family or friends face to face.
- 65% of adults think they should do more to help family, friends and neighbours who are lonely.

The quote the Archdeacon of Lynn (Diocesan Magazine) “the mark of a healthy society is the extent to which it cares for those on its margins!” – and who is my neighbour? Penny

DID YOU KNOW ? you can now find information on **THE HEMPSTALL TRUST** & how to book the **Mill Centre in Hempnall** on The Hempnall Trust Website www.hempnalltrust.org

Holland House May 2015

A group of 14 friends from and of the Group turned up at this charming house in the Vale of Evesham on Sunday 10th May. We benefited from amazing hospitality, comfortable accommodation and a steady supply of home cooking backed up by much laughter.

There were many attractions in the area and between us but not all together the activities included: stunning gardens at Hidcote, lovely walks, a climb up Broadway Tower, visits to the Royal Worcester Museum, and Worcester Cathedral, the towns of Evesham, Pershore, Malvern and Kidderminster, also river and rail trips. The weather was superb for all but one day when it rained rather persistently.

In addition to all this, the house has a delightful chapel where there was the opportunity for thoughtful reflections and tranquil gardens leading down to the River Avon.

On Friday 15th May we went our separate ways refreshed and renewed.

HEMPNALL VILLAGE HALL COMMITTEE -FREE TO A GOOD HOME -

METAL SHED The shed at Hempnall Village Hall is surplus to requirements. If you are interested in dismantling and taking it away please contact the secretary Yvonne Davy 01508499405 or chairman Damian Ashcroft 499162

VACANCY FOR A TRUSTEE

The Hempnall Trust is a long standing village charity. It runs the Mill Centre for Day Care and provides individual grants for village residents relating to 'need, hardship or distress'.

The Trust currently has a vacancy for a Trustee, involving attending monthly meetings and helping with the general work of the Trust. Trustees also serve on the Property Charity, which meets less frequently. The Trust is concerned to make sure that the Trustee body reflects a wide range of ages and village interests.

If interested, please contact Jean Griffiths (Chair) 01508 499421

jeangriffiths1950@gmail.com OR

Jackie Jackson (Secretary) 01508 499061 jackson.jc@binternet.com

HEMPNALL MILL CENTRE VOLUNTEERS

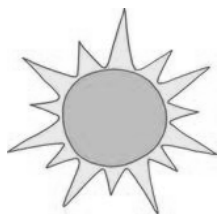
We're looking for new volunteers to join our existing group at The Hempnall Mill Centre. Volunteers are needed to help in the kitchen preparing lunches Tuesday to Friday each week.

Some of our volunteers work regular shifts and others occasional hours we are very flexible.

If you're interested or would like further information please contact.

Jean Griffiths (Chair) 01508 499421 jeangriffiths1950@gmail.com

OR Jackie Jackson (Secretary) 01508 499061



FANCY A DAY OUT WITH BORDERHOPPA?

At Borderhoppa we operate regular weekly outings for our members throughout the year. We operate a door to door service and it's a great way to get out and about, meet people or just visit somewhere different.

So far this year our members have enjoyed shopping trips to Stowmarket, Beccles, The Range, Thetford and Bungay. pub lunches at Half Moon, Rushall, The White Horse, Stoke Ash, The Black Horse, Thorndon and The Jolly Farmers, Fornsett St Peter.

Outings for the next few months include, Lowestoft, Taverham Country Shopping Centre, Aldeburgh and Thorpeness, Waveney Stardust boat trips, Southwold, Gt Yarmouth, Felixstowe, Fairhaven Water Gardens, Raveningham Country Fair, Stowmarket and several pub lunches.

If you or someone you know would like to join us, please call us on 01379 854800. Membership is £6/6 months or £10/12 months, outings are individually priced. If you would like more information please visit our website www.borderhoppa.org.

Once you become a member you can also use our door to door Dial-a-Ride service for appointments, shopping or just to visit friends or family. Our buses are fully accessible and can be used by anybody of any age.



Town Estate Property Charity – Allotments for rent
We currently have allotments for rent on the Mill Road site
Rent is £10.00 per year (or £5.00 for half an allotment or part thereof)

Anybody interested should contact
Jackie Jackson
01508 499061
jackson.jc@btinternet.com



Reflection on mobile phones use and two kinds of dog collar!



"It keeps me from looking at my phone every two seconds."

From the Registers

Baptisms

25 th April	Alice Long	Bedingham Church
3 rd May	Chloe Cruickshank	Hempnall Church
	Oliver Cruickshank	Hempnall Church

Weddings

25 th April	Henry Lethbridge & Charlotte Libbey	Shelton Church
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2 nd May	James Drury & Alice Pointer	Fritton Church
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Funerals

2 nd May	Rose Beckett (96)	Topcroft Church
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Happy Birthday to:

Teenage

- * Barnaby Pine who will be 17 on the 2nd
- * Jake Dye who will be 13 on the 2nd
- * Grace Ellen Collison who will be 13 on the 5th
- * Rachel Burrough who will be 18 on the 18th
- * Shannon Burlingham who will be 18 on the 30th!



CHURCH DIARY

June 2015

Tues 2 nd	7.30pm	Greater Chapter Meeting	Wacton Village Hall
Wed 3 rd	7.30pm	Team Council Meeting	Hempnall Church
Sun 7 th	3.00pm	Morningthorpe Church Walk	Meet at Morningthorpe Church
	4.00pm	Deanery Walk & Synod	Meet at Saxlingham Church
Wed 10 th	7.00pm	Bedingham PCC Meeting	The Flat
	7.30pm	Fritton & Morningthorpe PCC Meeting	Brick Kiln Cottage
Thurs 11 th	7.30pm	Topcroft PCC Meeting	Woodlands
Fri 12 th	9am-11.30am	Jill's Grills	The Chequers, Mill Road
Sun 14 th	11.00am-5.00pm	Topcroft Country Day	Topcroft Pavilion
Sat 20 th & Sun 21 st	10am – 5pm	Hempnall Church Flower Festival	Hempnall Church
Tues 23 rd	7.30pm	Hempnall PCC Meeting	Hempnall Church
Thurs 25 th	7.30pm	Quiet Prayer	Hempnall Church
Fri 26 th	7.30pm	Roughshod Drama	Hempnall Church
Sun 28 th	3.00pm	Woodton Church Walk	Meet at Woodton Church

Every Tuesday at 5.00pm Evening Prayer at Llanedos (Bill Clutten's) except
2nd June.

Every Wednesday at 5.00pm **Evening Prayer at Topcroft Church**

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

CLERGY: Team Rector Michael Kingston	01508 498157
Team Vicar Liz Billett	01508 482366
Reader Jackie Cook	01362 288195
Group Office (Mon-Thurs 9.00am-1.00pm)	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

ANDRE SANTANDER All plumbing, repairs, tiling and bathrooms 499283 or 07775
575796

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

BANNER ROOFING SERVICES LTD Quality felt and fibreglass flat roofing 07766604054 or
498444

BEAUTY THERAPIST treatment room in Hempnall or in your own home Barley Moyes
498855/07789722533

BED & BREAKFAST at George's House, Woodton www.rossmag.com/georges/ Call Juliet
482214

BUILDER Small works and maintenance, sand blasting D W Beckett
499435

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

CHILDMINDER in Hempnall. 2/3 year old funding approved. Level 3 qualified. Helen 07754
942987

CHIMNEY SWEEP Ring James 07990 655340 or 07944
743681

CHRIS BAKER TRANSPORT Removals and House Clearance 531738 or
07785306249

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

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

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

Do YOU need a cleaner? Local, vetted insured ladies £10.50 per hour (min 2 pw) 0845 504
9133

ELECTRICIAN Bob Turner – Domestic and Commercial Electrical Contractor
07899794813

FEET – Have your feet treated at home – nails cut, corns and dry skin removal etc. Nicky
07719727581

FLORIST, Tyler Lilley Flowers, weddings, sympathy, events tylerlilleyflowers.co.uk
531282

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 LAWNMOWER CENTRE Brick Kiln Lane Morningthorpe www.mowdirect.co.uk
473700

HEMPNALL PARISH COUNCIL website address:
www.hempnallpc.org

INDEPENDENT FINANCIAL ADVISER: Contact Philip Edwards on 499496 or
07917296773

JOHN GODDARD Gardening, driving & Agricultural work, Reliable & Experienced 07875121788 or
531055

LLOYD JOHNSON FINANCIAL CONSULTANT, Mortgages, Investments, Protection 483972 / 07780
330768

LOCAL HANDYMAN AVAILABLE only £10 per hour Call Mike 07534694673 or
499821

MUSIC TUITION in Topcroft: Piano Keyboard Guitar Bass Drums Vocals Theory. Deive Montaigne
483787

NORFOLK WOODBURNERS, Hempnall. Suppliers and Hetas installers.
498393

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

More Adverts inside back cover

OSTEOPATH Yvonne Ayliffe - for treatment of Back, Nerves and Joints 01953 789629 /07770
652839

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

PAUL CLARRY PLUMBING & HEATING for all your requirements 07887485676 /
491197

PAWS 4 TRAINING – Puppy Life Skills, Obedience, Agility and 1-2-1 Training 499026 / 07709
539903

PETER MATTHEWSON PLANT HIRE Drainage & Groundworks. Please call for info 482655 /
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For all your computer problems & advice

Mike

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Copy for the July/August issue of Outlook should be
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