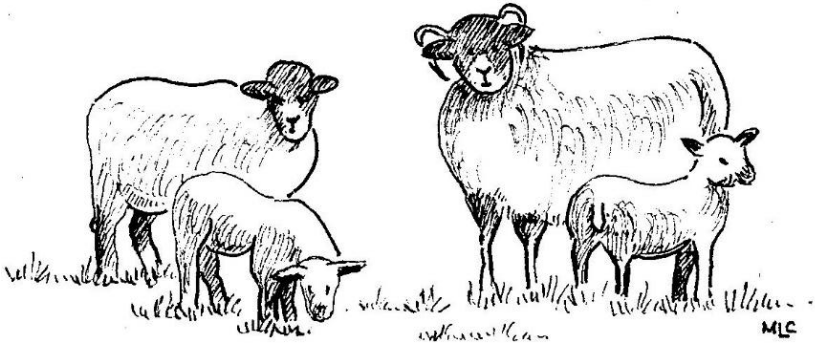


Outlook

October 2015



Serving the parishes of

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

www.hempnallgroup.co.uk

Hempnall Group Services

OCTOBER

Sunday 4th		18th Sunday after Trinity	Green
Celebrating with Animals St Francis of Assisi	10.00am	Bedingham	
Holy Communion	2.30pm	The Hollies	
<i>Readings: to be arranged</i>			
Sunday 11th		19th Sunday after Trinity	Green
Eucharist (BCP)	8.00am	Morningthorpe	
Eucharist	9.30am	Woodton	
Eucharist	9.30am	Hempnall	
Eucharist	11.00am	Topcroft	
Matins	11.00am	Hardwick	
<i>Readings: Amos 5:6-7,10-15, Hebrews 4:12-16, Mark 10:17-31</i>			
Sunday 18th		20th Sunday after Trinity	Green
Eucharist	8.00am	Topcroft	
Morning Service	9.30am	Hempnall	
Eucharist	9.30am	Bedingham	
Eucharist	11.00am	Shelton	
<i>Readings: Isaiah 53:4-12, Hebrews 5:1-10, Mark 10:35-45</i>			
Sunday 25th		Last Sunday after Trinity	Green
Eucharist	9.30am	Woodton	
Eucharist	9.30am	Hempnall	
Morning Praise	11.00am	Topcroft	
Eucharist	11.00am	Fritton	
<i>Readings: Jeremiah 31:7-9, Hebrews 7:23-28, Mark 10:46-52</i>			

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

The Flat
George's House,
The Street, Woodton

Dear Friends,

By the time you read this letter, children will have returned to school, some for the first time. Part time day or evening classes have started. Cars have been loaded with all sorts of things as students set for college or university. A large number of people of all ages have been starting something new. It can be both exciting and fill you with apprehension. What's it going to be like? Will I be able to cope? How is it going to work out? What if I fail?

I have been asking the same questions myself as I begin an evening course. So eager was I to begin that I arrived a week early! It's something I thought that I would do much later, perhaps after retirement, (a long way ahead yet). But then I thought, why wait? None of us know what we can do until we try. Sometimes we never begin because we think, or others tell us, that we can't.

It reminds me of the story of someone who found an eagle's egg and put it in the nest of a barnyard chicken. The eaglet hatched with a brood of chicks and grew up with them. All his life the eaglet did as the chicks did. It scratched in the dirt, clucked and flew no more than a few feet off the ground in a chicken-like thrashing of wings and flurry of feathers.

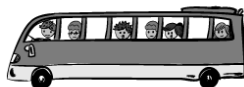
One day the eagle saw a magnificent bird far above him in the sky. He watched the bird as it soared gracefully on a powerful current of wind, gliding through the air with scarcely a beat of its powerful wings. "What a beautiful bird," the young eagle said. "What's it called?" The chicken next to him said, "Why that's an eagle, the king of all birds, but don't pay any attention to him" So the young eagle returned to pecking the dirt, and died thinking it was a barnyard chicken.

What would you like to have a try at doing?

With love

A handwritten signature in cursive script, appearing to be 'Liz'.

Events for your diary in October:



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 & it's a great way to get out and about, meet people or just visit somewhere different.

OUTINGS FOR OCTOBER 2015

Thurs 1st – Gorleston - £16

Thurs 8th – Lunch at White Horse, Stoke Ash - £5 (lunch extra)

Mon 12th – Lunch at Jolly Farmers, Forncett St Peter - £5 (lunch extra)

Mon 19th – Beccles - £10

Thurs 29th – Lunch at Thorndon Black Horse - £5 (lunch extra)

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 a friend or family. Our buses are fully accessible & can be used by anybody of any age.

HOME GROUPS

Our autumn study is on the Book of Revelation where we will contemplate "The Old Testament in the Book of Revelation", "Numbers", "Ethics", "Rev.21:1-6". Everyone is welcome for one or more sessions.

We meet at Willow House, Bungay Road, Hempnall (Home of Kate and David Daynes)

Next dates are: **Thursday 1st Oct., Wednesday 21st Oct.**, starting at 7.30pm closing around 9pm with refreshments. Jackie Cook 01362 288195

NEW EVENT AT WOODTON VILLAGE HALL



Everybody is welcome to come and take part in a new venture at Woodton Village Hall. Every Friday starting **Friday 2nd October 10:00am - 12:00pm** there is going to be a coffee morning hosted by Woodton Village Hall Management Committee. Please come along to meet new friends, and old friends alike. Tea coffee and cakes all at very reasonable prices will be available. Go on come along and meet somebody new! If you are able to offer a lift or require one please contact Caroline 01508 483755.



Please come and join us
CELEBRATING WITH THE ANIMALS

St Andrew's Church, Bedingham

Sunday 4th October

10.00am

Bring your pet along all welcome!

CAR BOOT SALE

Sunday 4th October 9am - 12 noon . Long Stratton High School (Site open from 8am). £5 a pitch, to book a pitch please email lshsfriends@btinternet.com or call Karen on 01508 532274

COME AND JOIN US AT HEMPNALL MILL CAFÉ on 5th October

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

Future dates 2nd November 7th December

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!



HEMPNALL WOMEN'S INSTITUTE

The next meeting takes place on **Wednesday 7th October** at 7.30pm at Hempnall Mill Centre, when our speaker will be **Doreen Reed on Poetry- "Facts, Fibs & a Pinch of Salt"**

Afterwards there will be a trading stall, homemade refreshments and a raffle and 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 or just come along to the meeting.

WEA HEMPNALL

Autumn lectures - please join our friendly group. Every meeting makes time for tea and a chat; books and resources are available on loan for personal research. Find us at eastern.wea.org.uk/map/norfolk/hempnall-branch and on Facebook at Hempnall Village Hall.

Starting Wednesday 7th October: "The Friendly Invasion" – a course of seven 2-hour lectures by Ian McLachlan exploring the combat history, cultural impact and legacy of the American presence in East Anglia during World War II. Cost £44.80.

All our meetings are held in the Nelson Room at Hempnall Village Hall starting 2.30pm. Please be in place by 2.20pm so that we can deal with admin and give you a prompt start.

Contact Gill on 01508 499495 for further details or enroll online at www.wea.org.uk.

WEA HEMPSTALL AGM will be held at 4.45pm on **7th October**. All welcome for a brief meeting and questions.

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 2806901). Registered office: 4 Luke St, London EC2A.

WOODTON PUBLIC ACCESS DEFIBRILLATOR

The portable Public Access Defibrillator is stationed at Woodton Village Hall under the lobby in a key-code operated box. This defib is a community asset for all to 'grab and run' should there be the need. Although easy to use, training for this essential lifesaving equipment is recommended to ensure that time is not lost with being unfamiliar with its location, process accessing the defib. and how to use it.

As such, the last two training dates for 2015 will be held on **Friday 9th October** and **Friday 20th November**, both commencing at 7.00pm in Woodton Village Hall. Should you wish to attend, or for further information please contact my wife Annie or myself.

Hope to see you there.

Mat Phillips

matdphillips@aol.com

01508 483948 / 07794 745212



WOODTON & BEDINGHAM LADIES TOGETHER

Our next meeting on **Wednesday 14th October** will be for members only as this is an afternoon visit to Paravanni's Ice Cream factory in Beccles.

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

FLU CLINICS

MILLGATES SURGERY HEMPSTALL will be holding a **Flu Vaccination Clinic** at **Hempnall Village Hall** on the morning of **Saturday 17th October**. If you are eligible and registered at the practice please phone 499333 or 492929 for an appointment. Other clinics are available at Poringland surgery.

LONG STRATTON SURGERY Flu Clinics: Saturday 10th and Saturday 31st October 2015 at Long Stratton, and Thursday 15th October 2015 at Newton Flotman. If you are eligible please book an appointment with Reception.



HARDWICK & SHELTON

A HARVEST PIE SUPPER will be held in the Village Hall, Hardwick on **Saturday 17th October**.

Tickets available from Christopher Perry-Yates at the Post Office in the Village Hall on Saturday mornings or on our website

www.thisishardwick.co.uk or telephone (01508) 532249.

WOODTON KING'S HEAD PUB

Carl, Sandra & Family (CJS Enterprises) wish to inform all local residents that the Woodton Kings Head is not closing down, following the surrender of the lease.

On **Monday 19th October 2015** we will be taking back control of the Pub.

Due to outstanding works that need immediate attention; we have no option than to close the pub temporarily for refurbishment/repairs to take place. It is our intention that the pub will be up and running with new people at the helm as soon as possible. We appreciate your understanding and support at this time of transition but fully intend the Kings Head to remain the focal point of the village and community for many years to come.

Any comments/queries are welcome at: kingsheadpubwoodton@hotmail.com

COMPUTER CLASSES AT HEMPSTALL VILLAGE HALL

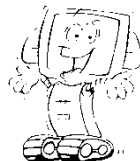
Windows 10 has arrived! - So why not come and learn your way around the new system? An extra session might be organised if enough people are interested.

The Tuesday classes are from 3pm – 5pm and Thursdays from 4pm -6pm

Newcomers welcome! All levels from beginners to those wanting to update or revise skills. Why not come and give it a try?

Refreshments also available.

For further details or to sign up phone Yvonne Davy 01508499405



HEMPSTALL ART CLUB - New term beginning

Meets at Hempnall Village Hall on Monday afternoons, Tuesday morning and **Art & Craft** on Tuesday evenings. New members welcome to this friendly club.

Contact Graham Dunthorne 01508 550775

WHAT ELSE FOR THE NEW TERM AT HEMPSTALL VILLAGE HALL?? Contacts -

Art Club	Graham 550775
Badminton	David Key 01508 499342
Ballroom Dancing	Sadie Jones 07850826916
Cinema Club	Ned Potts 499741

Circuit Training	Louise Nichols 01508 518333
Computer Classes	Yvonne Davy 499405
Computer Users Club	Diane Freeman 499479
Fit Mix	Catriona Jermy 01508 498303
Football Club	Trevor Shurmer 01508 499688
Junior Tennis Coaching	Lauren Larner 07738529299
Pilates exercise Classes	Carin Nutt 01603 503718 www.nuttsaboutpilates.co.uk
Short Mat Bowls (Club night Sunday 7 – 9.30pm)	Joan Cann 01508 498743
or	Roger Parker 499479
Tennis Club	Adam Nelson or Liz Allen 499357
WEA lectures	Gill Edden 01508 499495
Yoga	Jackie Jones 01603451039
Child Health Clinic	01508 531175
Private bookings for Table Tennis, Badminton, Parties , Wedding Receptions etc.	01508 499495

Future events for your diary:

The Hempnall Group of Parishes

Commemoration Service

Remembering our loved ones who have died

Hempnall Parish Church Sunday 1st November at 3pm

Each year we hold a special service to remember and give thanks for those who have died. We warmly invite you, your family and friends to this year's Commemoration Service. You will be very welcome to stay for tea after the service.



If you would like further information please contact:

Revd Michael Kingston 01508 498157 or Revd Liz Billett 01508 482366

FOODBANK

Once again we are so grateful for all the support the Food Bank is receiving. The next collections are on:

November 1st at Woodton November 29th at Hempnall

January 3rd (2016) at Morningthorpe

As we near Christmas please could you check the 'use by' dates on seasonal items so the gifts can remain edible for longer. Thank you for all your careful thoughtfulness.

POSADA

We will be having Posada again this year!

POSADA - MAKING ROOM FOR JESUS THIS CHRISTMAS

in Hempnall, Woodton, Bedingham, Shelton and Hardwick

What is Posada?

Posada is an old Mexican Tradition where young people dressed as Mary and Joseph travelled from house to house in their village asking for a room for the night, telling of the imminent arrival of Jesus. On Christmas Eve they would visit the local church to tell the Christmas story and place the figures of Mary and Joseph in the crib.

This year for our Posada we are using nativity figures made by the children of our schools who will travel from place to place on their way to church on Christmas Eve.

Would you be willing to give the (unbreakable) crib figures of Mary and Joseph a home for one night giving them somewhere nice to stay and then pass them on to the next home where they will stay?

All you need to do is ring Michael 01508 498157 or Liz 01508 482366 by

November 6th. We will let you know the day Mary and Joseph will come to stay and where to take them for the next night.



40S SUPPER DANCE on **Saturday November 7th** dancing to Timescape at Ditchingham Village Hall

Come and join in with the atmosphere and dress in 40s costume if you so wish. Timescape is a singing group who have performed around Norfolk for many years. They are great to dance and listen to. Tickets are £15.00 and enquiries available from Tony 01508 482313/Jane 518007.

This is organised by the Woodton Playing Field Committee.

CHRISTMAS SHOEBOX APPEAL 2015

This year more than ever we are hoping that everyone who reads this will be able to fill a shoe box for a child living in danger ,fear or poverty so that they may experience for a short time the wonder of love and know that there are people who do care for them and their families. There has been so much on the news and in the papers about the plight of refugees I have just watched a scene where a police man carries the body of a child away from the sea. How desperate and frightened must families be to flee from their home risking their lives and those of the ones they love. **Operation Christmas child** doesn't discriminate

between nationalities or religions , boxes are given to children who need them. This box is probably for some the only present a child will get this Christmas. I know that the response last year was amazing and we are appealing to your generosity again this year. Please help us to make a difference. Enclosed in the magazine is a leaflet explaining what to do. Boxes need to be at the drop off points by **10th November** so they can be collected ready for the next step of their journey. Drop off points this year are Hempnall Rectory and Woodton shop. If you want to follow the progress of your box and see its destination you can go on line and will find more details in the leaflet. Thank you all, whether you do one box or six boxes seeing the children's faces light up is truly heart-warming.

CHRISTMAS CRAFT AND GIFT FAYRE.

Thursday November 12th 6.30pm - 9.30pm. Long Stratton High School.

Refreshments and Raffle. To book a table please email mealing@mypostoffice.co.uk or call Julia on 01508 499780

CRAFT MARKET

Saturday 14th November, 10am-1pm

St Margaret's Church, Hempnall

Craft Stalls selling a vast array of wonderful items to buy.

Refreshments available. Free Entry.

If you would like to have a stall please phone Claire Key on 01508 499342.



Thank you....

Woodton Village Hall Management Committee would like to thank Angela for all her hard work and dedication in running the Village Hall TOTE. She has decided to step down from this post and we are very sorry to see her leave.

Mini Sale at 27 Roland Drive for the "Nook" Appeal

Many thanks to all the friends who helped, and the people who donated goods and supported us on the morning. Over £130 was raised and the surplus items have been given to the Each Charity shop in Long Stratton.

Pat Westley

A BIG THANK YOU to all who contributed, helped and baked cakes for our Cake Stall in Hempnall on Saturday 12th September, also thanks to those who supported us and bought cakes. £184.50 was raised which will be split between Hempnall Mill Centre and Hempnall Church.

Conal and Jackie would like to thank everyone for their thoughts and prayers, and those who sent cards following Conal's recent surgery. All has gone well and he is making a good recovery.

CYCLE AFRICA CHALLENGE

It is with much sadness that Sophie and I have had to withdraw from the Cycle Africa Challenge.

It has been a very difficult and heart wrenching decision to make, but since being poorly for several weeks after having a bad reaction to my vaccinations, I have been unable to continue training and therefore had insufficient time to regain enough fitness to be able to go.

We have raised in excess of £6000, which has been paid to Women v Cancer, but should anyone feel that now we are not completing the challenge that they would like their donation returned, I will of course reimburse you myself.

Thank you all so much for your generosity. We feel proud that with your help to raise this amazing amount we can make a difference in the fight against cancer.

VACANCY FOR TRUSTEE

The Hempnall Trust is a long standing village charity.

It runs the Mill Centre for Day 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 GROUP CHOIR On behalf of Ken Hytch and Top Brass I would like to thank everyone for their support in making the Christmas Carol Concerts such a success over the past years.

The Hempnall Group Choir has been an important part of Christmas in the Group but over the past few years it has become increasingly difficult to form a balanced choir as members have left or moved away.

So this year it has been decided there will not be a Hempnall Group Choir Carol Concert. Joy Allen

RAY YOUNGMAN - RETIREMENT.

As most people by now are well aware that after 63 years of maintaining Hempnall Playing field and football pitch I have recently retired from it all. It has been hard work but more importantly enjoyable. As I started as a teenager there was a lot of help available in the early years from my late brother Stanley the late G H Allen and Jim Rodger whose machinery and time were given so generously. Following on from them the late Hugh Tweeddale was always on hand to help and we will all remember Hugh riding around on the little grey Ferguson tractor and so often running out of petrol. From then on Nick Page could often be seen lending a hand with various tasks around the field.

All through the years we have had to work with a limited amount of equipment but have always managed to master the situation. The Parish Council and the Playing Fields Users Association have allowed me to do things my own way and I must say must have been happy with my work.

Of late it has been the generosity of Kevin Cunningham who has loaned us one of his machines to pull the roller etc and for that I sincerely thanks him and his staff I must be honest and admit that I don't miss the work as much as I thought but one thing I do miss is my weekly chats with Richard Stamp and Graham of the Art Club on most Mondays.

I trust I have left the field in a reasonable condition for those who are following on from me. Ray Youngman

HEMPNALL VILLAGE HALL TOTE WINNERS August 2015

£40 S. Goddard £30 D. Whiting £20 M. Carter
 £15 R. Hollands £10 S. Stretton

BEDINGHAM 49 CLUB WINNERS

Winners for the last 4 weeks are no. 31 W. Beasley No 10. C. Buckland.
No. 22 R. Hadman. No 44. B. Clutten.

Judith Yallop was the proud winner of the signed Norwich City pennant and she was photographed in Hempnall shop.

HEMPNALL TOWN ESTATE PROPERTY CHARITY – ALLOTMENTS FOR RENT

We currently have allotments for rent on the Mill Road site, Hempnall
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

" Happy Birthday to"

Children:

- * Thomas Brooke who will be 4 on the 1st
- * Rosanna Brooke who will be 4 on the 1st
- * Evie Hanner who will be 2 on the 17th
- * Oscar Wood who will be 9 on the 27th
- * Emily Pretty who will be 8 on the 30th



Teenage:

Happy Birthday!



- * George Burrough who will be 15 on the 12th
- * Max Warde-Aldham who will be 14 on the 13th
- * Louise Starling who will be 13 on the 15th
- * Liam Thompson who will be 17 on the 31st

From the Registers

Baptisms

- 22nd August Megan-Lee Reader Rodger
Fritton Church
- 23rd August Lily Rose Corbyn-Last
12th Sept Phoebe Emily Ratcliffe-Crisp



Topcroft Church
Bedingham Church

Weddings

- 22nd August Andrew & Michelle Rodger
28th August Philip & Emma James

Fritton Church
Hempnall Church

Funerals

- 4th Sept Pauline Cowan 97 years
9th Sept Beryl Walpole 86 years

Woodton Church
Hempnall Church

CHURCH DIARY

October 2015

Thurs 1 st	9.30am	Hempnall School Harvest Festival	Hempnall Church
	12noon	Hardwick & Shelton PCC Meeting	Fidelis
	7.30pm	Home Group	Kate Daynes' home
Tues 6 th	9.00am	Chapter Meeting	Carleton Rode
	2.30pm	Get Together at Joyce's	Home of Joyce Andrews Chapel Hill, Woodton
Wed 7 th	7.30pm	Treasurer's Meeting	Topcroft Lodge
Thurs 8 th	9.30am	Shelton School Harvest Festival	Shelton Church
	7.30pm	Team Council Meeting	Topcroft Pavilion
Fri 9 th	2.00pm	Burial of Ashes	Hardwick Church
Sun 11 th	2.00pm	Baptism of Betty Keal	Woodton Church
	3.00pm	Baptism of Harrison Ciocan	Topcroft Church
Wed 14 th	7.00pm	Deanery Synod	Newton Flotman Church
Tues 20 th	2.00pm	Woodton School Harvest Festival	Woodton Church
Wed 21 st	7.30pm	Home Group	Kate Daynes' home
Thurs 22 nd	2.30pm	Learning & Growing Team	The Flat
Thurs 29 th	7.30pm	Quiet Prayer	Hempnall Church

Every Tuesday at 5.00pm Evening Prayer at Llamados (Bill Clutten's)
 Every Wednesday at 5.00pm Evening Prayer at Hempnall Rectory
 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 commercials	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 / 550519
- 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 / 07850722094
- PLUMBER/ELECTRICIAN/BLOCKED DRAINS & LOOS minor or major jobs James 07896335618 or 482243
- PLUMBING, HEATING, BATHROOMS and More. Here to help with every 'Chore'. Alan 499689/07973967570
- RACKHAMS BUILDING SUPPLIES Glass & keys cut, paint mixed, all building requirements 01379 853885
- R.B. COPPING FUNERAL SERVICES, PORINGLAND 494434
- R. H. TREE SERVICES contact Robert Herring 482552 or 07926751987
- ROSEDALE FUNERAL HOME Beccles & Bungay, a family business 01986 892790/ 01502 714445
- R.S TREE CARE. All aspects of tree care undertaken, firewood supplier. 01986 896154 or 07990 510412
- 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
- SP HEATING All plumbing, heating, boiler servicing & repairs 07808 454500
- S.W. CONTRACTORS Groundwork, Gardens, Fences, Patios & Hedge Trimming 495528
- THE LAUNDRY PRESS – Washing & Ironing Services – www.thelaundrypress.co.uk 219178
- VIOLIN LESSONS in Topcroft, Adults and Children, all standards welcome – Liz Marjoram 483803
- WHERRY VETERINARY GROUP Surgeries at Hempnall and Bungay 01986 892771
- WINDOW WONDERLAND: window cleaning services contact Sam Raynes 482679 or 07975579292
- www.mouse-computing.co.uk For all your computer problems & advice Mike 07813026580

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before 15th October**

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