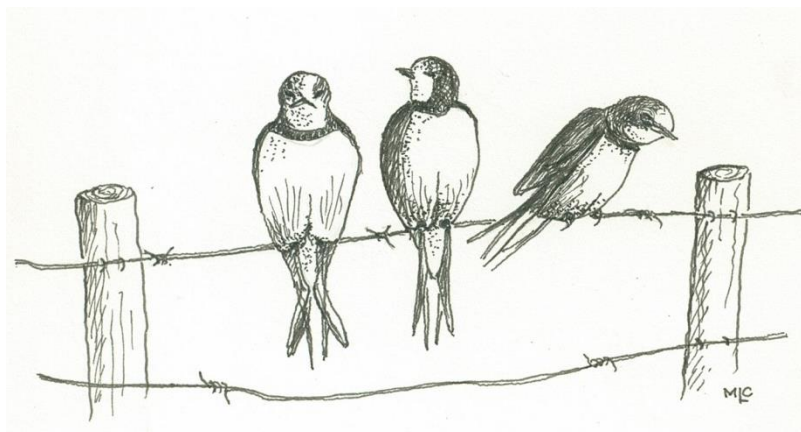


Outlook

September 2015



Serving the parishes of

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

www.hempnallgroup.co.uk

Hempnall Group Services

SEPTEMBER

Sunday 6th		14th Sunday after Trinity	
Green			
Group Eucharist from Iona Peace and Justice	10.00am	Hempnall	
Holy Communion	2.30pm	The Hollies	
<i>Readings: Isaiah 35:4-7a, Mark 7:24-end</i>			
Sunday 13th		15th Sunday after Trinity	
Green			
Eucharist (BCP)	8.00am	Morningthorpe	
Eucharist	9.30am	Woodton	
Eucharist	9.30am	Hempnall	
Eucharist	11.00am	Topcroft	
Matins	11.00am	Shelton	
<i>Readings: Isaiah 50:4-9a, Mark 8:27-end</i>			
Sunday 20th		16th Sunday after Trinity	
Green			
Harvest Eucharist	9.30am	Bedingham	
Morning Service	9.30am	Hempnall	
Eucharist	11.00am	Topcroft	
Eucharist	11.00am	Fritton	
<i>Readings: Song of Solomon 1:16-Chp2v1, 12-22, Mark 9:30-37</i>			
Sunday 27th		Harvest	
Green			
Harvest Thanksgiving	9.30am	Woodton	
Harvest Thanksgiving	9.30am	Hempnall	
Harvest Thanksgiving	11.00am	Topcroft	
Harvest Thanksgiving	11.00am	Fritton	
Harvest Songs of Praise	5.00pm	Shelton	
<i>Readings: to be arranged</i>			

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

The Rectory
The Street
Hempnall

Dear All

The other Monday evening I spent four hours at the accident and emergency department at the hospital. Maggie had a fall, injured her arm and was in a lot of pain. The department was busy, but everybody seemed patiently to take their turn before being sent home, in our case with a sling and some pain killers. We all realised that the staff were working flat out and it was holiday time.

We are so fortunate to live in a country that has such a facility. I know we pay, through our taxes, but it is there for all – whatever our age or our circumstances.

This experience made me think about the migrants in Calais, many of whom had escaped horrendous situations – in countries like Libya, Eritrea, the Sudan and Iran and Iraq. Countries being torn apart by war or ravaged by poor leadership. Many who had come were looking for the golden land that they saw in the United Kingdom. Some are well educated and had an incredible journey to get this far. They wanted to come because they saw this as a country of opportunity. What are the answers? – there are no easy solutions to these problems. Perhaps we need to look at the root of the dilemma – the countries the migrants are fleeing from and some of these skilled people are needed to improve their own country.

It is so easy to moan about the NHS and condemn the migrants. Perhaps we should stop and learn to be thankful for all we have; learn to be more patient and offer a prayer for the many who live in places of injustice and violence.

Don't forget there is the monthly collection for the local Foodbank and, as autumn approaches, we can help others less fortunate than ourselves by filling shoe boxes for the Samaritan's Purse. These will be sent to children who may otherwise go without at Christmas.

Best wishes

A handwritten signature in black ink that reads "Michael". The letters are cursive and slightly slanted to the right.

Events for your diary in September:

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 **Wednesday 2nd September, 9.30am-2.00pm**. Bring and share lunch. Everyone welcome!

HEMPNALL WOMEN'S INSTITUTE

The next meeting takes place on **Wednesday 2nd September** at 7.30pm at Hempnall Mill Centre, when our speaker will be **Pip Jenkinson- on "There's No Business Like Show Business"**

Afterwards there will be 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.

WOODTON DEFIBRILLATOR IS NOW 'LIVE'

Woodton Public Access Defibrillator is now LIVE and stationed at the Village Hall under the lobby in a key-code operated box. The first training session has now been completed. However, living in a rural setting with an ageing population, this community needs more of us to be competent in both basic life support and the use of a 'defib'.

Personally, I see this as an essential life skill to have, especially with so many of these public access defibrillators now available within our society. This training will not make you an expert, although it will ensure you are familiar with the equipment, speed up the rescue process and increase the chance of a patient's survival.

As such, the next free training session will be held on **Friday 4th September 2015 at 7.00pm in Woodton Village Hall**. Further dates will follow. Should you wish to attend or for further information, please contact me or my wife Annie. Mat Phillips matdphillips@aol.com 01508 483948/ 07794 745212 Hope to see you there

EASY WALKS: 6 Sept Shelton Leader 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 walk leader.

FOODBANK NEWS We are hoping to arrange a visit to the Food Bank warehouse/distribution centre at Eye probably in October. Please could you let me know, or the office know, as soon as possible if you would like to come. Penny Wall (01986 895159). The office 01508 498157

Next Collections: Group Services: **August 30th at Topcroft Sept 6th at Hempnall** or drop items into Hempnall Rectory, Mon-Thurs 9am-1pm.

COME AND JOIN US AT HEMPSTALL MILL CAFÉ on 7th September

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

Future dates 5th October & 2nd November

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 BADMINTON CLUB

Junior Coaching by a qualified coach. On a Tuesday Evening 5 to 7pm. Age from 7 to 16, all abilities welcomed. **Starts Tuesday 8th September**

Senior Badminton. We play on a Wednesday and Thursday evening 8 to 10pm.

All abilities welcomed. **Start dates 9th & 10th September**

For more details please ring David Key on 01508 499342

WOODTON & BEDINGHAM LADIES TOGETHER

Our next meeting is on **Wednesday 9th September** at 7.30 p.m. in Woodton Village Hall. Our speaker will be Matt Parrott who will be giving us a talk about owls. 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.

HEMPSTALL CINEMA CLUB starts the Autumn/Winter Film Season on **Friday 11th September with “The Second Best Marigold Hotel”**, a light hearted comedy with Judi Dench and Richard Gere. Tickets are still only £5 including refreshments. To avoid disappointment be sure to get your tickets early from Ned Potts 01508 499741.

CAKE STALL Saturday 12th SEPTEMBER 10am - 12 midday

At Hempnall Village Sign (opposite butchers) or in St Margaret’s church Hempnall if weather is wet. Donations of cakes would be most welcome. They can be brought on the day or contact Claire Key 01508499342

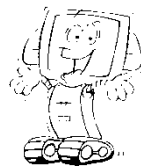
The **DEFIBRILLATOR OUTSIDE HEMPSTALL VILLAGE HALL** is now up and running. There will be an **introductory evening** to learn more about it. All are invited to attend at **Hempnall Village Hall on Monday 14th September at 7.30pm** when **Dr Steven Griffiths** will explain access and use, with a video presentation. Coffee & Biscuits will be served. Please come along – you never know when it might be needed!

PILATES EXERCISE CLASSES AT HEMPSTALL VILLAGE HALL

Pilates classes are still going strong after 9 years! There are 7 classes + a beginners class and an improvers class. All take place on either Mondays or Tuesdays and begin again in **September 14th & 15th**. Please contact Carin on 01603 503718 or Jo 01508 530261 or visit the website www.nuttsaboutpilates.co.uk for further details.



FREE TASTER COURSE “A GUIDE TO USING A COMPUTER – no need to be afraid!” on Thursday 10th SEPTEMBER drop in anytime **between 2pm – 6pm** at **Hempnall Village Hall in the Loft computer suite**. All welcome – just turn up - no pre booking required. Refreshments will be served. Enquiries 01508 499405



COMPUTER CLASSES AT HEMPSTALL VILLAGE HALL

A new season begins on Tuesday 15th & Thursday 17th September

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 from Excel to PowerPoint, word processing to Mail Merge to digital photography. Why not come and give it a try? Refreshments also available.



For further details or to sign up phone Yvonne Davy 01508499405

TOPCROFT PARISH COUNCIL MEETING at Topcroft Pavilion on: **Monday 14th September** - 7:30pm All Parishioners of Topcroft are welcome!

'THE GREAT LONG STRATTON TRIFLE OFF' hosted by The Pampered Chef and Friends of LSHS. Long Stratton High School. **Thursday 17th September 7.30pm**. £2 entry fee includes welcome drink & canapés.

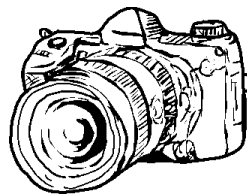
CANCELLATION - Unfortunately, the **Quiz and Posh Mash evening** at Woodton Village on Saturday, **19 September** at 7 pm has had to be cancelled. Another date will be arranged later in the year.

TOPCROFT PHOTO COMPETITION: This year's competition will be held on **Saturday 26th September 2015** at Topcroft Church, to raise funds for the church kitchen extension:

Categories this year will be:

1. **A Coastal Scene:**
2. **A Favourite Animal or Bird :**
3. **Wings and Wheels:**
4. **Childhood Fun:**

You may enter up to four photographs per category. Entry fee 50 pence 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 19th September from 10am-11am or from 2pm-3pm.

Judging will take place in the morning of the 26th September and the church will be open for viewing from 2pm. Roger Preston, our judge this year, has kindly agreed to comment on the entries.

and Margaret Ferre – Tel. 01508 482562

Any enquiries to David



Come and join us for our Harvest Services

Sunday 20th September

9.30am Harvest Eucharist at Bedingham Church

Sunday 27th September

9.30am Harvest Thanksgiving at Woodton Church

9.30am Harvest Thanksgiving at Hempnall Church

11.00am Harvest Thanksgiving at Topcroft Church

11.00am Harvest Thanksgiving at Fritton/Morningthorpe Church

5.00pm Harvest Songs of Praise at Shelton Church

STEP AEROBICS Woodton Village Hall Thursday 6.30pm-7.30pm

All levels welcome. Call Jacqui 482679

Also running classes Tuesday am and Saturday am

WEA HEMPNALL

Autumn lectures start in September, 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.

Wednesday 30th September: Ian McLachlan presents “**Over Paid, Over Sexed and Over Here**” - a fun lecture recalling the social and cultural fallout from the American presence in East Anglia during World War II. This is a **FREE** 2-hour lecture open to everybody whether or not they wish to come to the autumn course.

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 Ian a prompt start.

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

WEA Hempnall 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.

Future events for your diary:



CELEBRATING WITH THE ANIMALS
ANIMAL SERVICE at St Andrew's Church, Bedingham
SUNDAY 4TH OCTOBER at 10.00am
Please come along and bring your pet!
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

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.

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....

THE FLOWER FESTIVAL AT ST MARGARET'S CHURCH, HEMPSTALL raised the amazing sum of £1002.39. Thank you very much to all who took part, who helped and those who came along and supported us. We have had lots of positive feedback. The Festival was enjoyed by all!!

THE ANGLIAN SINGERS CONCERT at Hempnall Church raised £459.38 (£190 for St Margaret's Church and £269.38 for Home from Home Charity in South Africa in memory of Robert Key). Thank you to all who helped and those who came along to enjoy a lovely evening.

MAGGIE'S BIRTHDAY CHARITIES

Thank you to all who gave donations for my birthday, this has been passed on to two charities working in India - The Vidiyal Trust and Mission Direct. Altogether we raised £430! Well done and thank you so much. Maggie Kingston

A big thank you to everyone who supported the Coffee Morning at Kingston House, Woodton on Thursday 13 August. Over £200 was raised for Woodton Church's new heating system.

FRIENDS OF BEDINGHAM CHURCH.

Once again a huge thank you to everyone who supported our garden evening on July 17th. by sending in prizes, donations, and all who helped and those who came and took part in the events, challenges, raffles etc. It was a lovely evening and a great social atmosphere, and as a result the evening raised £875.00 to help continue with the maintenance of the church. Well done and many thanks again to everyone. BRYAN AND MARGARET JARVIS

*Bedingham PCC thank Bryan & Margaret and all who attended.

Daphne Beckett would like to thank everyone who gave so generously in memory of her Mum, Rose, to St. Margaret's church totalling £1092. I am, as would Mum have been, so proud of such an amount given to the church where she worshipped from a child and was so dear to her in every way. Thank you

A VERY BIG THANK YOU FROM DR STEPHEN BAMBER

I have been overwhelmed by the very large number of patients who have marked my retirement with such lovely cards and letters, or who have come in person to give me their good wishes. Many of you have also given me gifts which Judith and I will both enjoy....splendid bottles, book tokens, well-chosen books and store vouchers. You obviously know me well! All of these things will give me great pleasure, but I value even more the kindness and huge generosity of your donations to my favourite charity Help for Heroes. The total including Gift Aid now exceeds £1760! Help for Heroes have written to me at the Surgery to add their thanks for your generosity. As I know from personal experience of H4H, the money will be put to very good use, with minimal administrative costs and maximum front-line expenditure where it is needed. The services and care it can buy now will make a lasting difference to many wounded soldiers for the rest of their lives. On their behalf and for your kindness to me I am more grateful than I can say in words.

It has always been enjoyable to work in this community, and I shall miss trying to help where I can, not least in trying to minimize the impact of NHS difficulties that have brought increasing challenges to patients and to staff in the last few years. It has been a privilege to work here.

Thank you all and Best Wishes. Stephen Bamber.

Thank you to all who contributed to the Lent jam jar collection. The sum of £120.30 was raised towards Nicola and Sophie's Cycle Africa appeal.

HEMPNALL FOOTBALL CLUB NEEDS HELPERS

Do you like football and do you like seeing local people from Hempnall (and around) enjoying sport? Hempnall Football Club needs occasional help with match day tasks like putting up nets and crowd control ropes, and post-match hospitality tasks like room preparation and serving refreshments. These are generally on Saturday afternoon and only require a few hours. No regular commitment needed but occasional help would be very useful. If you have a few hours to spare and could help us please contact Trevor Shurmer (secretary) on 01508 499688 or Steven Griffiths on 499421 or come along on a Saturday afternoon to a game.



SAVE £s ON BUYING FUEL

As winter approaches, temperatures get lower and the price of heating oil goes up. You can save £s by being a part of the Hempnall Oil Bulk Buying Scheme which is part of the Norfolk countywide oil bulk buying scheme. Members can order 2 times a month on specific days. All the orders are grouped together countywide giving a saving of £s by being a part of the bulk buy. Members can order as much or as little (minimum 500lt) as needed and everyone pays the same price.

Residents who live in Hempnall can join the scheme for free. You have to be a member first to be a part of the scheme. More information and application forms can be downloaded from the Parish website www.hempnallpc.org.uk or from Sylvia Driver tel. 01508 498890 or sylviadriver51@gmail.com

DON'T GO COLD

Hempnall residents who are on a low income and are having a difficulty with buying fuel in order to keep warm, may be eligible to apply to The Hempnall Trust for help. Application forms can be downloaded from www.hempnalltrust.org.uk or from the Trust secretary Jackie Jackson tel. 01508 499061, the Mill Centre or from the Millgate Surgery waiting room. The Trust is a charity and all enquiries and applications are dealt with confidentially.



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

HEMPNALL VILLAGE HALL TOTE WINNERS June & July 2015

£40 E. Allen £30 S. Scott £20 J. Giddy
 £15 R. Tye £10 P. Hickling
£40 L. Everett £30 J. Leithall £20 S. Smith
 £15 A. Pinder £10 C. Williams

BEDINGHAM 49 CLUB WINNERS the winners are.

No 27 P Warner No 22 R Hadman No 3 L Trudgill
No 1 S Williamson No 35 R Gray No 37 T Holden No 24 R Day
No 33 R Holden No 28 A Gunson

Are you a community group or organisation looking for transport to take you on outings or to an event?

If you are a member of a local not for profit community group, you can hire our minibuses for outings. Go to destinations of your choice, visits to your favourite places, shopping trips or any other place your group wants to visit.



Our requirements are very simple. You must register with us as a not for profit organisation and tell us what your group does and when and where you would like use of a minibus

Hire of bus with a Borderhoppa driver for non-profit making organisations

To hire one of the Borderhoppa buses you must have a Group Membership. The cost of our annual group membership is £15.

Hire fee - £15 per day Driver - £10 per hour Fuel costs - £1 per mile

We currently operate 9 mini buses, 6 of which have wheel chair lifts.

If you have a group member who is having transport problems getting to your meetings/social events we can also offer a friendly door to door Dial-a-Ride service with helpful drivers.

If you would like to make a booking or would like more information then please call 01379 854800 or visit: www.borderhoppa.org

SHOE BOX APPEAL

We will be having our Christmas Shoe Box Appeal again this year, filling a shoe box for children who live in the poorest countries in the world.

This is just a reminder so you can start collecting items!

More details in next month's magazine.

NEWS FLASH ~ Woodton Book reprint ~ A small reprint of the Woodton Book 'Walking Down Memory Lane' is taking place. Did you miss buying your copy the first time? Well, be sure to get your hands on a copy this time, names are being taken, so be sure not to miss out again by letting Clare know your interest soon (only limited copies being reprinted). Phone 01508 499594 or email woodtonbook@aol.co.uk Many thanks, Clare Andrews

Happy Birthday to:

Children

Samuel Alexander Johnson who will be 7 on the 21st

Daisy Alice Gosling who will be 6 on the 24th

Teenage

George Taylor who will be 17 on the 3rd

Adam Garrod who will be 14 on the 12th

Jasmine Pretty who will be 13 on the 15th



From the Registers

Baptisms

7 th June	Mason Chad Smith-White	Shelton Church
19 th July	Taylor Luke Andrew Dobson	Morningthorpe Church
15 th August	Lucille Eliza Mariner	Hempnall Church

Weddings

18 th July	Ian Shurmer & Lora-Jane Reynolds	Hempnall Church
24 th July	Christopher Ward & Lauren Squire	Hempnall Church
8 th August	Andrew Saunders & Gemma Workman	Hempnall Church

Funerals

8 th June	Bob Tweeddale (89)	Hempnall Church
24 th June	William Algar (91)	Hempnall Church
26 th June	John Simmons (77)	Morningthorpe Church
3 rd July	Jane Ratcliffe (56)	Hardwick Church

Burial of Ashes

15 th July	Erika Bullen (95)	Woodton Church
-----------------------	-------------------	----------------

CHURCH DIARY

September 2015

Tues 1 st	9.00am	Chapter Meeting	Long Stratton Rectory
	7.30pm	Hempnall PCC Meeting	Hempnall Church
	7.30pm	Topcroft PCC Meeting	2 Kerrison Cottages
Wed 2 nd	9.30am-2.00pm	Quiet half-day	Diss Rectory
Fri 4 th	2.00pm	Funeral of Pauline Cowan	Woodton Church
Sun 6 th	3.00pm	Shelton Church Walk	Meet at Shelton Church
Wed 9 th	7.00pm	Bedingham PCC Meeting	The Flat
	7.30pm	Fritton & Morningthorpe PCC Meeting	The Cooper's house The Old Rectory
Thurs 10 th	7.30pm	Woodton PCC Meeting	Old Post Office
Tues 15 th	11.00am	Wholeness Team Meeting	Hempnall Rectory
Wed 16 th	7.30pm	Young People & Families	Hempnall Rectory
Thurs 17 th	12 noon	Hardwick & Shelton PCC Meeting	Fidelis
Wed 23 rd	4.00pm	Outreach Team Meeting	Brick Kiln Cottage
Thurs 24 th	12.00-4.00pm	Lay Deacons & Intercessors Day	Quiet Waters
	7.30pm	Quiet Prayer	Hempnall Church
Sat 26 th		Photographic Competition	Topcroft Church

Every Tuesday at 5.00pm Evening Prayer at Llamedos (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

What to do with old candles??

We have some large used candles 2" by 18" which are surplus to our requirements – we wondered if anyone has any use for them if so, please ring the office on 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

RJF PROPERTY MAINTENANCE - Kitchens, Bathrooms, Painting and more 499026 / 07518 075409

R. H. TREE SERVICES contact Robert Herring 482552 or 07926751987

ROSDALE 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

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