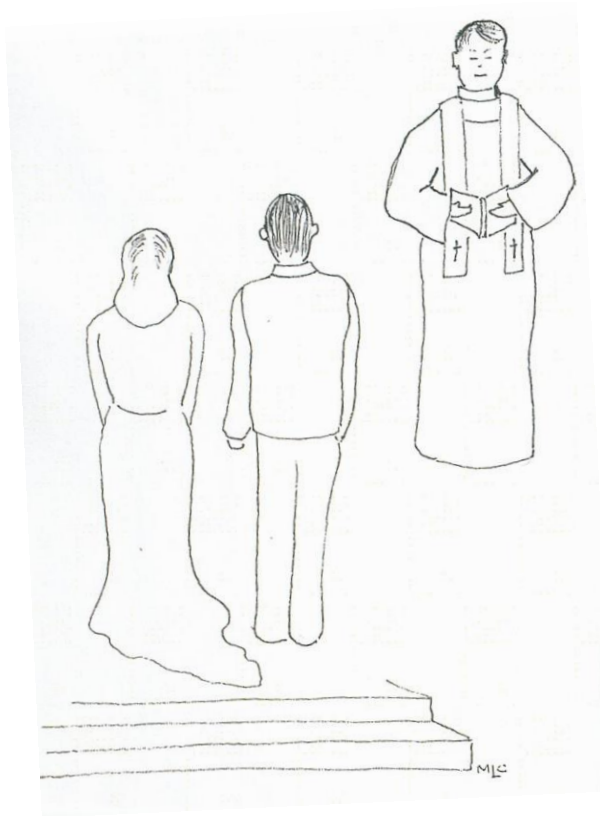


# *Outlook*

## February 2016



**Serving the parishes of**

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

[www.hempnallgroup.co.uk](http://www.hempnallgroup.co.uk)

## Hempnall Group Services FEBRUARY

<b>Sunday 7<sup>th</sup></b>		<b>Sunday before Lent</b>	<b>Green</b>
Group Eucharist	10.00am	Hardwick	
Renewal of Marriage Vows	3.00pm	Hempnall	
<i>Readings: Exodus 34:29-35, 2 Corinthians 3:12-Ch4:2, Luke 9:28-36</i>			
<b>Wednesday 10<sup>th</sup></b>		<b>Ash Wednesday</b>	<b>Purple</b>
Eucharist	7.00pm	Hempnall	
<i>Readings: John 8:2-11</i>			
<b>Sunday 14<sup>th</sup></b>		<b>Lent</b>	<b>Purple</b>
Eucharist (BCP)	8.00am	Morningthorpe	
Eucharist	9.30am	Woodton	
Eucharist	9.30am	Hempnall	
Eucharist	11.00am	Topcroft	
Matins	11.00am	Shelton	
Holy Communion	2.30pm	The Hollies	
Lent Reflection	4.00pm	Hempnall	
<i>Readings: Deuteronomy 26:1-11, Romans 10:8b-13, Luke 4:1-13</i>			
<b>Sunday 21<sup>st</sup></b>		<b>Lent 2</b>	<b>Purple</b>
Eucharist	8.00am	Topcroft	
Eucharist	9.30am	Bedingham	
Morning Service	9.30am	Hempnall	
Eucharist	11.00am	Hardwick	
Lent Reflection	4.00pm	Hempnall	
<i>Readings: Genesis 15:1-12, 17-18, Philippians 3:17-Ch4:1, Luke 13: 31-35</i>			
<b>Sunday 28<sup>th</sup></b>		<b>Lent 3</b>	<b>Purple</b>
Eucharist	9.30am	Woodton	
Eucharist	9.30am	Hempnall	
Morning Praise	11.00am	Topcroft	
Matins	11.00am	Fritton	
Lent Reflection	4.00pm	Hempnall	
<i>Readings: Isaiah 55:1-9, 1 Corinthians 10:1-13, Luke 13:1-9</i>			

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

Dear All

'Where there is love, there is life' wrote Mahatma Gandhi. The Beatles sang 'All you need is love.'

This month we celebrate and remember our love for each other. As this is leap year, the ladies have an opportunity to jump in first! Probably the oldest surviving Valentine's letter was discovered in 2000 and is now at the British library. It was written by Margery Brews, of Topcroft to her fiancé, John Paston in February 1477. Margery described John as her 'right well beloved valentine.' She goes on 'but if you love me, as I trust verily that you do, you will not leave me therefore.' There was a happy ending because they eventually married and had two children.

Sometime earlier, the apostle Paul wrote about love in his epistle to the church in Corinth. You may remember hearing this at your own wedding or that of a friend or relative. *'Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. It always trusts, always hopes, always perseveres. Love never fails.'*

Finally I came across this wedding cake recipe. Try it sometime

1/2lb good looks

1lb of sweet temper

1lb butter of youth

1lb blindness of faults

1lb of wit

1lb of good humour

2lbs of sweet argument

1 pint of rippling laughter

1 wine glass of common sense

a dash of modesty

There is a service to celebrate marriage and renewal of marriage vows at St Margaret's **Hempnall on Sunday 7<sup>th</sup> February** at 3pm. Do come if you can—whether you have been married 1 year or 61 years—you will be made most welcome.

With every blessing

## Events for your diary in February:

**THE HEMPSTALL CINEMA CLUB.** We will be starting the new season of films on **Friday 29<sup>th</sup> January**, with our screening of another box office winner “**SUFFRAGETTE**” starring Helena Bonham – Carter and Meryl Streep. Closely followed on **Friday 26<sup>th</sup> February** with another winner “**THE WALK IN THE WOODS**”. I am pleased to announce that thanks to our loyal club patrons both films are sold out. The March film will be shown on **Friday 18<sup>th</sup> March** another night of laughter with “**THE LADY IN THE VAN**” Tickets are still only £5 including refreshments and as we are sure this will be another sell out, to avoid disappointment, be sure to get your tickets early from Ned Potts on 01508 499741.

### **TABLE TOP SALE (indoor Car Boot)**

**Hempnall Village Hall Sunday 31st January 2016 10 am - 12 noon**

A great way to clear out all your unwanted Christmas presents or just have a good New Year sort out! We'll even provide you with a table. Come along and browse, buy, sell in the warmth. Refreshments provided. Tables are only £5. Limited spaces so please call Emma Wood on 01508 498454 or email: [spwood@btinternet.com](mailto:spwood@btinternet.com) to book. All proceeds go to Shelton School. Please support us!

### **COME AND JOIN US AT HEMPSTALL MILL CAFÉ on Monday 1<sup>st</sup> February 2016**

Bacon rolls and tea or coffee meal deal, to eat in or take away, from 9-11am  
Homemade scones and cake from 10am, light lunches 12 noon -2pm  
at the Mill Centre, Mill Road Hempnall NR15 2LP

For more information contact Margaret Sparham -Phone no:

01508499766 on Café days only 9am – 2pm

or 01508 499579 at other times. **Future dates 7<sup>th</sup> March & 4<sup>th</sup> April**



### **HEMPSTALL WOMEN'S INSTITUTE**

The next meeting will be on **Wednesday 3<sup>rd</sup> February at 7.30pm** at the Mill Centre Hempnall when **our** speaker will be Margaret Johnson giving a talk on **Women's Fiction**. There will be a social time, 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.

## **FOOD BANKS – The Continuing need and the generous response:**

The response from the Hempnall Group has indeed been generous.

The need for Food Banks was recognised 15 years ago. They fill the gap arising from an emergency such as late payment, bereavement, redundancy, illness, benefit delays and changes – this is likely to become even more evident after April. Those in need are usually first assessed by a care professional, pastoral workers within schools, Age UK etc. The Waveney Food Bank had a 10% rise in applications between April 2015 and December. They supplied 18 tonnes of food to 1,200 people (685 adults, 515 children). 40% of the recipients had a single voucher during the year, and 15% had 3 for the year.

The collections for this Spring will be on:

**7<sup>th</sup> February at Hardwick Church**

20<sup>th</sup> March at Hempnall Church

3<sup>rd</sup> April at Woodton Church

1<sup>st</sup> May at Fritton Church

or drop items in to Hempnall Rectory Monday-Thursday 9am-1pm

On behalf of all the recipients and the volunteers at the Food Bank – thank you for your generosity in 2015.



## **BORDERHOPPA MEMBERS OUTINGS**

Borderhoppa has lots going on for our members in 2016 including lunches out, visits to garden centres and places of interest. If you or someone you know would like to join us, please call us on 01379 854800.

Membership is £6 for 6 months or £10 for 12 months, outings are individually priced.

### **February 2016**

**Thurs 4<sup>th</sup>** – Lunch at Chip Inn, Long Stratton - £5 (lunch extra)

**Mon 8<sup>th</sup>** – Bury St Edmunds - £14

**Weds 17<sup>th</sup>** – Lunch at The Buck, Flixton - £7 – (lunch extra)

March 2016

**Thurs 3<sup>rd</sup>** – Lunch at Chip Inn, Long Stratton - £5 (lunch extra)

**Weds 16<sup>th</sup>** – Thetford - £12

**Mon 21<sup>st</sup>** – Lunch at The White Horse, Stoke Ash - £6 (lunch extra)

## **DATES FOR TOPCROFT SOCIAL CLUB QUIZ NIGHTS**

**February Sat. 6th and Sat. 20th - March Friday 4th and Sat. 19th.**

Doors open at 8 o'clock - Quiz starts 8.30.

## **TOPCROFT VALENTINES DINNER**

**Will be held at Topcroft Sport's Pavilion on Saturday 13<sup>th</sup> February 7 for 7.30pm**

Three courses + a glass of Bubbly £15

Vegetarian, Gluten free and Dairy free options.

Tickets from Christine 01508 482268 or from the Social Club.

## **A SCOTTISH/BURNS NIGHT WITH A HAGGIS SUPPER.**

Dig out your tartan and come and join us at Woodton Village Hall for our popular

Burns Night on **Saturday 13<sup>th</sup> February** 2016. 7pm for 7-30pm start.

There will be a two course supper: Haggis and Neaps and a tot of whisky, a Sweet and tea/coffee. Please bring your own drink for the evening.

Scottish music to dance to. Ticket £12.00 available from Tony 01508 482313

Christine 01508 482276 or Jane 01508 518007

## **WOODTON & BEDINGHAM LADIES TOGETHER**

Next meeting is on Wednesday **10<sup>th</sup> February** at 7.30 p.m. In Woodton Village Hall

Our speaker will be Jonathon Carrie from Norfolk Hedge Baskets giving a talk and demonstration on basket making. He will also have a selection of baskets for display and available for purchase.

Visitors are always welcome.

For further information please contact Pam Mariner on: 01508 483796.

## **WOODTON AND BEDINGHAM PUBLIC ACCESS DEFIBRILLATOR**

Firstly, apologies for cancelling the last training session at short notice.

The 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 and how to both access the defib and its use. This training will include the latest 2015 Resuscitation Guidelines for both basic life support and defibrillator for adults and children.

The next training date is **Thursday 18<sup>th</sup> February** 2016, commencing at 7.00pm in Woodton Village Hall. Please contact me should you wish to attend, or for further information. All are welcome, young and not so young.

Hope to see you there. Mat 01508 483948 [matdphillips@aol.com](mailto:matdphillips@aol.com)

## **NORFOLK'S INDUSTRIAL PAST**

A new **WEA Hempnall Branch** course starts in January with historian Mary Fewster. Seven sessions will cover the variety and scale of Norfolk industry from the 18<sup>th</sup> to 20<sup>th</sup> centuries, including textiles, engineering and the development of services.

The course starts **Wednesday 20<sup>th</sup> January (no meetings 10<sup>th</sup> or 17<sup>th</sup> February)**. We meet in the Nelson Suite at Hempnall Village Hall, 2.30pm. New members are always welcome. Fee £44.80.

For more information contact Gill on 01508 499495 or visit

<http://eastern.wea.org.uk/map/norfolk/hempnall-branch/>

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.

## **SPRING CLEAN, St. Margaret's Church, Topcroft on Saturday 27th February.**

Starting 10.00am. Please if you can help us in any way cleaning, polishing, cob webbing or brass cleaning. The more help we have the quicker we can finish.

There will be refreshments for all during the morning. If you can help please ring Jackie Leggett on 01508 482267.

**HEMPNALL VILLAGE HALL COMPUTER CLASSES on Tuesdays 3pm -5pm and Thursdays 4pm -6pm in The Loft.** There are a few places left if you wish to join in. All levels offered and individual programmes. Refreshments served too! Any enquiries to Yvonne Davy 499405. Windows 7, 8 & 10 available + Internet



## **FILL A JAM JAR FOR LENT – Our Lent Jam Jar**

Collections this year will be donated to **Street Child**.

Tom Dannatt founded Street Child in 2008 and has led the organisation since its inception. Street Child began its work in Sierra Leone in 2008 working with a small number of street children. As little as five years later,

they had helped around 2,000 street children create stronger bonds with their families and have helped more than 20,000 out of school children gain access to education.

Jam jars available if needed.

## **LENT 2016**

### **ASH WEDNESDAY SERVICE**

10<sup>th</sup> February 7.00pm at Hempnall Church

### **LENT REFLECTIONS**

Held on Sundays 4.00pm at Hempnall Church

14<sup>th</sup> February, 21<sup>st</sup> February, 28<sup>th</sup> February

6<sup>th</sup> March, 20<sup>th</sup> March

### **LENT TALKS**

The theme for our Lent talks are based on the Parables, from which our four speakers will talk on their personal experience on how one or more of the parables have been represented into a meaning for their own lives. These talks are open to everyone. Dates are as follows:

25<sup>th</sup> Feb Revd John Madinda - originally from Tanzania, now  
serving in the Pilgrim Benefice

3<sup>rd</sup> Mar Revd Keith James - Continuing Ministerial  
Development Officer

10<sup>th</sup> Mar Bishop Alan

17<sup>th</sup> Mar Revd Judith Wilson - spent many years as a prison Chaplain

Venue is Hempnall Village Hall, Nelson Room. Start 7.30pm to finish around 9pm. Includes refreshments. Any queries please contact Jackie 01362 288195 or Jane during office hours. Thank you.

### **LENT LUNCHES**

Lent Lunches will be held in our villages:

Weds. 2<sup>nd</sup> Mar 1.00pm Topcroft Lent Lunch at Woodlands

Contact: Jackie Leggett 482267

Tues. 15<sup>th</sup> March Morningthorpe & Fritton Lent Lunch at The Old Rectory,  
Morningthorpe Contact: Nicky Ward-Aldam, tel: 01508 432187

Further venues/dates to be arranged, these will be in next month's Outlook.

Everyone welcome.



# Future events for your diary:

## WOMEN'S WORLD DAY OF PRAYER

Join us in a wave of prayer across the globe, through 170 countries and islands. This year's service is made up by women from Cuba, with the theme "receive children, receive me". The service is for all men, women and children, held at Hempnall Church at 2.00pm on **Friday 4<sup>th</sup> March 2016**. A lunch is served before the service at 1.00pm, with refreshments after. Do come along and enjoy this informative time and a chance to pray for Cuba's problems and our own local issues. Any questions please ring Maggie 01508 498157.

**Fritton and Morningthorpe** are holding a **QUIZ AND BINGO NIGHT** with a course supper on **Friday 18<sup>th</sup> March** at Friars Farm Barn , Morningthorpe 7 for 7.15pm. Tickets £12.50 children £5. Licensed bar. Full details in the March edition of Outlook or contact Judith on 499575

## Easter Lilies

St Margaret's Church, Hempnall on Sunday **27<sup>th</sup> March**

Anyone wishing to purchase a lily for Easter in memory of loved ones, please contact Claire Key – 499342. The cost per lily is £2.50.

## CHURCH WALKS 2016

Date		Contact:	Tel:
10 <sup>th</sup> April	Hardwick/Shelton	Josephine Murgatroyd	530453
24 <sup>th</sup> April	Bedingham	Elisabeth Garrod	482360
17 <sup>th</sup> July	Woodton	Daphne Littleboy	482479
7 <sup>th</sup> August	Fritton/Morningthorpe	Pat Parsons	498106
		Or Brian & June Cutting	499600
4 <sup>th</sup> Sept	Topcroft	Margaret & David Ferre	482562
18 <sup>th</sup> Sep	Hempnall	Ron Cooper	499428

All walks begin at 3.00pm except on 7<sup>th</sup> August when the walk will follow the Lammas picnic lunch.

## TOPCROFT OPEN GARDENS.

Advance notice- **Sunday May 29 & 30 2016** please put the dates in your diary! Perhaps you would like to open your garden or help this year. Further details from Daphne. 07850709297/01508 482448

# Thank you....

The total collected in Hardwick for the **Poppy Appeal** was £248.25. Many thanks to all who contributed. Robert Lewis and Anne Ling

**WOW !** This year we sent **210 shoe boxes** to needy children and young people. I did take a peek inside some boxes as I am always amazed by the range of gifts inside. So much thought must have gone into them. It was lovely too, to see the photos and messages of love from individual children and families. I thought that we would support this charity for a couple of years and then the enthusiasm would dwindle. How wrong I was. Every year we manage to exceed last year's target and this year was no exception. The couple who came to collect the boxes were really surprised and left saying " See you next year, you will soon need a bigger garage." Thank you all so much. Claire Noakes, on behalf of the Outreach Team

**Our Harvest Service** collections in The Hempnall Group Churches raised a total of £257 which will be donated to the Addington Fund. Thank you to all who contributed.

**Hempnall Christingle** raised £288.16 for 'The Children Society'. A big thank you to everyone who helped organised this wonderful event.

**Hempnall Carol Singing** around the village raised £413.58. This was divided between "Age UK, Norwich" and "EACH, Nook Appeal.

**Woodton Carol Singing** raised £190.00 which was sent to The Nook and the Clare School, thanks to all who donated and also thank you to David and Sarah Patey, Amy Caired, Louise and Michael for turning out and doing a great job!

**Hardwick and Shelton** - Many thanks to all who took part in the carol singing. £76.55 was raised for The Children's Society. A special mention must be made for Marilyn and Alan who provided an excellent spread afterwards for the carol singers.

**Hardwick and Shelton Christingle** - there was once again an excellent attendance and £74.64 was raised for The Children's Society.

### **TOPCROFT CAROL SINGING**

A small but select group of singers turned out on the 14th December to raise money for the Childrens' Society and wish everybody a Happy Christmas. As there were not enough of us to split into two groups we did not have time to serenade every single home in Topcroft, but were touched that those we failed to reach because it was getting late actually missed us! We wish you a very Happy New Year, and will try to do better next time. Meanwhile, our grateful thanks to all the generous people who helped us to collect just under £200, our singers, Russell Tidnam who provided the transport, and Cathy and Andy Hipper who warmed us up with mince pies and mulled wine at the end of the evening.

**BRIAN AND JUNE** would like to say a big thank you to everyone who helped raise money for the maternity ward in Laliptur in India. We were so grateful for the great efforts made by everyone. Shelton School organised a sponsored read, - thank you children and parents. Pat and Eric organised a coffee morning, lovely scones! and Maggie gave up her birthday presents and collected for us instead. We are also grateful for all those who gave directly to us. All together we raised the magnificent sum of £2495 which was 15% of the cost of the maternity ward. We were privileged to help finish the ward, which will mean some of the poorest women will now have a clean safe place to have their babies. As we watched the simple opening ceremony early one morning I thought of the people so far away who had helped to make this possible and the love that you had all shown to people who you will never meet but whose lives you have helped to change. Thanks to Morningthorpe and Fritton PCC for their contribution

### **FRIENDS OF BEDINGHAM CHURCH**

We would like to thank Richard and Jane for hosting a lovely friendly evening at their Stag Farm Barn in December. Everybody enjoyed a tasty buffet, mulled wine, and a pre-Christmas atmosphere. Ticket sales and a raffle resulted in a further sum of £349 to support the maintenance of our historic church. Thank you so much to all who came and contributed to another successful community event.

### **HEMPNALL VILLAGE HALL TOTE WINNERS      December 2015**

Bonus £75	E. Peck	£40	Jon Sparham	£30	D. Ingram
£20	A. Allen	£15	M. Rudling	£10	D. Tooms

**BEDINGHAM 59 CLUB. RECENT WINNERS.**

No 23 L Bond. No 42 A Binks. No 20 B Seaman. No 52 M Thomas.  
No 48 J Jarvis. No 38 K Ripley who have all won £25 each.

We have 2 numbers vacant for the weekly prize, so if you would like to join us for £1 per week, please ring Margaret on 01508482421.

**WOODTON FC** is looking to appoint a manager to lead them into their first season of league football from September.

The team currently train at Woodton Playing Fields on Sunday mornings from 10:30am and have a core group of players who turn up regularly. If you are interested in taking this exciting opportunity, please contact James on 483761. Any new adult players are welcome to join us for training, simply turn up on a Sunday.

**Hempnall Mill Centre Luncheon Club  
Wednesday and Thursday  
From £4.50**

morning tea or coffee served on arrival from 11am

a two course lunch served at 12 noon

pick up travel can be arranged

for more information contact: Margaret Sparham (Wed and Thurs on 499766 or 499579 at other times)



**Happy Birthday to:**

*Children*

\* Daisi Lili-May Reeder Rodger who will be 9 on the 5th

\* Thomas Potter who will be 11 on the 22nd

*Teenage*

\* Benjamin James who will be 16 on the 5th

**From the Registers**

**Funerals**

8<sup>th</sup> December Claude Lambert aged 86

Topcroft Church

## Need somewhere to hold a function, club or meeting?

anniversary celebration, childrens' party, christening  
birthday party, family & friends get-together, clubs & community  
events

The Mill Centre in Hempnall is available for hire for regular and  
one off bookings at weekends, on weekdays and in the evenings

Jackie Jackson 01508 499061 (tel/fax/aph)

[jackson.jc@btinternet.com](mailto:jackson.jc@btinternet.com) [info@hempnalltrust.org.uk](mailto:info@hempnalltrust.org.uk)

[www.hempnalltrust.org.uk](http://www.hempnalltrust.org.uk)



## 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](mailto:jackson.jc@btinternet.com)

## HEMPNALL TOWN ESTATE EDUCATIONAL FOUNDATION

Meetings for the consideration of grants for the financial year 2016 will take place in March, July and November. Requests for reimbursement accompanied by current receipts should be sent direct to Miss M J Emery, 17 Roland Drive, Hempnall by **1<sup>st</sup> March, 1<sup>st</sup> July and 1<sup>st</sup> November**. Grants can only be made to Hempnall Residents who have lived in the parish for over one year. Requests without receipts will not be considered.

The Education Foundation is introducing a new grant application system. As from 1<sup>st</sup> January 2016 all applications should be submitted using the new application form. This can be obtained from The Mill Centre, the Doctor's Surgery, The Rectory, the Church and the Village Hall. Completed forms should be handed to Miss Emery, 17 Roland Drive. Please note Miss Emery does not hold forms.

## CHURCH DIARY

### February 2016

Tues 2 <sup>nd</sup>	2.30pm	Get Together at Joyce's	Chapel Hill, Woodton
Wed 3 <sup>rd</sup>	7.00pm	Young People's Meeting	Hempnall Rectory
Thurs 4 <sup>th</sup>	7.00 for 7.30pm	Deanery Synod Meeting	Long Stratton
Tues 9 <sup>th</sup>	7.00pm	Hempnall PCC Meeting	Hempnall Church
Thurs 11 <sup>th</sup>	12noon	Hardwick & Shelton PCC Meeting	Fidelis
	2.30pm	Learning & Growing Team Meeting	The Flat
	7.00pm	Bedingham PCC Meeting	The Flat
	7.00pm	Woodton PCC Meeting	Woodton Barn
Tues 16 <sup>th</sup>	7.00pm	Team Council Meeting	Woodton Village Hall
Wed 17 <sup>th</sup>	7.00pm	Fritton & Morn'thorpe PCC Meeting	The Cooper's Old Rectory, Fritton
Thurs 18 <sup>th</sup>	7.00pm	Topcroft PCC Meeting	Woodlands
Wed 24 <sup>th</sup>	7.00pm	Team Council Meeting	Woodton Village Hall
Thurs 25 <sup>th</sup>	7.30pm	Lent Talk with Revd John Madinda	Hempnall Village Hall

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

**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
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 in Hempnall offering Sienna X Spray Tans	Barley Moyes 498855/07789722533
BED & BREAKFAST at George's House, Woodton <a href="http://www.rossmag.com/georges/">www.rossmag.com/georges/</a> 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 – Corns, calluses, nail cutting and more, treated in your home	Wendy 01379 676872
FEET – Have your feet treated at home – nails cut, corns and dry skin removal etc.	Nicky 07719727581
FLORIST, Tyler Lilley Flowers, weddings, sympathy, events <a href="http://tylerlilleyflowers.co.uk">tylerlilleyflowers.co.uk</a>	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 HOME CARE SERVICES: personal care and support in your home Contact	Karen 07538 936249
HEMPNALL LAWNMOWER CENTRE Brick Kiln Lane Morningthorpe <a href="http://www.mowdirect.co.uk">www.mowdirect.co.uk</a>	473700
HEMPNALL PARISH COUNCIL	website address: <a href="http://www.hempnallpc.org">www.hempnallpc.org</a>
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 SKILLED HANDYMAN AVAILABLE only £12 per hour	Call Mike 07534694673 or 494547
NORFOLK WOODBURNERS, Hempnall. Suppliers and Hetas installers.	498939

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