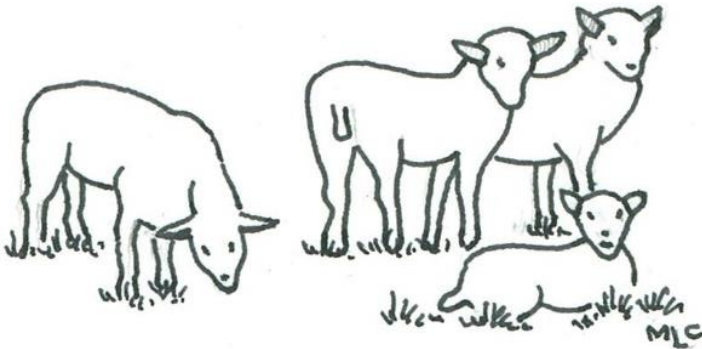


Outlook

March 2016



Serving the parishes of

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

www.hempnallgroup.co.uk

Hempnall Group Services MARCH

Sunday 6th		4th Sunday of Lent Mothering Sunday	Purple
Family Service	9.30am	Woodton	
Family Service	9.30am	Hempnall	
Family Service	11.00am	Topcroft	
Family Service	11.00am	Shelton	
Family Service	11.00am	Fritton	
Holy Communion	2.30pm	The Hollies	
Lent Reflection	4.00pm	Hempnall	
<i>Readings:</i>			
Sunday 13th		5th Sunday of Lent	Purple
Eucharist (BCP)	8.00am	Fritton	
Eucharist	9.30am	Bedingham	
Eucharist	9.30am	Hempnall	
Eucharist	11.00am	Topcroft	
Eucharist	11.00am	Hardwick	
Sung Evensong	3.00pm	Shelton	
<i>Readings:</i>			
Sunday 20th		Palm Sunday	Red
Group Eucharist	10.00am	Hempnall	
Lent Reflection	4.00pm	Hempnall	
<i>Readings:</i>			
Sunday 27th		Easter Day	Gold or White
Easter Vigil	6.30am	Topcroft	
Eucharist	9.30am	Woodton	
Eucharist	9.30am	Hempnall	
Eucharist	11.00am	Shelton	
Family Communion	11.00am	Morningthorpe	
Eucharist	11.00am	Topcroft	
Holy Communion	2.30pm	The Hollies	
<i>Readings:</i>			

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

The Flat, George's House, The Street, Woodton, Bungay, NR35 2LZ

Dear Friends,

Our oldest son Simon for several years worked in New York and Washington DC. As you might imagine Tony and I took the opportunity on more than one occasion to visit him. At the moment we are watching the American series "The West Wing", it's about life in the White House in a Democratic administration. It brings back many happy memories of times and places visited. In the story line of the last episode we watched, there was this story. It had particular meaning for two characters. I think it speaks for itself, it did to me. I will leave you to work out its meaning for yourself.

"There was a man walking down the street and he falls into a hole. The walls are so steep that he can't get out.

A doctor passes by, and the man in the hole shouts,

"Hey, can you help me get out of here?"

The doctor writes a prescription, throws it down the hole and passes by.

A priest comes along and the guy shouts,

"Hey Father, I'm down in this hole, can you help me get out?"

The priest writes a prayer, throws it down the hole and moves on.

A friend comes by, "Hey Joe," he says, "can you help me, I'm down here in this hole, can you help me get out?"

The friend jumps into the hole. The man in the hole says, "Are you stupid or something, now we're both down here together."

The friend says, "Yes I know, but I've been down here before and I know the way out."

With love

A handwritten signature in blue ink that reads "Wiz". The letters are stylized and cursive, with a small dot above the 'i'.

Events for your diary in March

HEMPNALL WOMEN'S INSTITUTE

The next meeting will be on **Wednesday 2nd March at 7.30pm at the Mill Centre Hempnall** when Chris Alderson will entertain us with **"Me and my Guitar"**. Chris is a blind classical guitarist and a remarkable entertainer. This will be an **Open Meeting** which anyone may attend. 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.



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 individually priced.

March 2016

Thurs 3rd – Lunch at Chip Inn, Long Stratton - £5 (lunch extra)

Weds 16th – Thetford - £12

Mon 21st – Lunch at The White Horse, Stoke Ash - £6 (lunch extra)

April 2016

Thurs 7th – Lunch at Chip Inn, Long Stratton - £5 (lunch extra)

Thurs 14th – Lunch at Half Moon, Rushall - £5 (lunch extra)

Mon 25th – Stowmarket - £12



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 4th 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.

QUIZ NIGHTS AT TOPCROFT Social Club Friday 4th and Saturday 19th March in the Bar Area. 8 pm for 8.30 start. All welcome.

BARN DANCE AND CEILIDH Saturday 5th March at Street Farm Barns, Topcroft Street, Topcroft, Nr Bungay Suffolk, NR35 2BL. 7.30pm onwards. Tickets £8 each. Bring your own booze. Light Drinks and Refreshments for sale. Raffle. To reserve a ticket Email



Hannah hannah@hannahgiffard.com
or 01508-482604. Profits to Quidenham Children's hospice.

WOODTON & BEDINGHAM LADIES TOGETHER

Next meeting **Wednesday 9th March at 7.30 p.m. in Woodton Village Hall.**

Our speaker will be Pat Evison talking about the USAF at Seething.

Visitors are always welcome.

For further information please contact Tricia Gunson on: 01508 482543.

FRITTON AND MORNINGTHORPE - QUIZ, SUPPER AND BINGO NIGHT!

Friday 11th March (please note change of date to avoid clashing with Hempnall Cinema Club). Come for a varied evening of fun: 5 quiz rounds, 2 course supper followed by Bingo. Licensed Bar. Friar's Farm Barn, Morningthorpe; doors will open at 7pm for a 7.15pm start. Tickets £12.50 adults and £5 children, available from Judith on 499575. All proceeds to be shared by The Fabric Funds of the two churches and All Hallows Hospital, Ditchingham.

STEPH'S JUMP!!!

On **Saturday, 12th March**, at Ellough Airfield, Beccles, (weather permitting – otherwise at a later date), I will be making **A TANDEM SKY DIVE** in aid of **Hempnall Mill Centre**. I do hope that you will sponsor me – forms are at the Mill Centre or you can phone me (01508 499822) or email (rogerstretton@onetel.com).

LONDON MARATHON RUNNERS!

Myself and my husband are both running the marathon in aid of The Roy Castle Lung Cancer Foundation and are holding a **Quiz and Chip Night at Woodton Village Hall** on **Saturday 12th March** at 7.30pm. Tickets £10 per person and include quiz, fish and chips (vegetarian option available), licensed bar and raffle. Great prizes for the winners! Please purchase tickets by **8th March**. Tickets and further information available from Sarah/Tony Shipley, Tel 01508 482716 or email: sarahshipley1@icloud.com



TOPCROFT PARISH COUNCIL MEETINGS to be held at **Topcroft Pavilion** on:

Monday 14th March 2016 – 7:30pm

Monday 9th May 2016 – 7:30pm (Parish Meeting and AGM)

Monday 11th July 2016 – 7:30pm

All Parishioners are welcome

THREE HORSESHOES KNIT & STITCH GROUP was formed eight months ago to knit and sew for a variety of charities both locally, nationally and internationally. We now meet on the 2nd and 4th Mondays of the month from 9.30 am -11 am at the Three Horseshoes Public House, Hempnall Green. Come along and learn to knit with our experienced knitters. Alternatively join our resident patchworker and quilter who will be able teach you the art of patchwork, give tips on hand sewing, dressmaking and making the most of your sewing machine. So if you would like to know more pop in for a coffee on **Mondays 14th March**, (not 28th March as Easter Monday), 11th April or 25th April 2016 or contact Sandra on 01508 498988 or email: quiltingmum64@gmail.com.

EASTER BINGO in aid of East Anglia Air Ambulance

On **Thursday 17th March**, at the Hempnall Mill Centre. Door open at 7pm and eyes down at 7:30pm. Any donations would be kindly received. Any questions, please do not hesitate to contact Kayleigh Gallant on: 07549246352 or email on: kayleighgallant@gmail.com.

HEMPNALL CINEMA CLUB

Our March film will be shown on **Friday 18th March** another night of laughter with **“THE LADY IN THE VAN”** Tickets are still only £5 including refreshments, to avoid disappointment get your tickets early from Ned Potts on 01508 499741.

COFFEE MORNING

Woodton Village Hall Saturday 19th March - 10.00am – 12.00

Drop in for a chat, a drink and some home-made cake.

There will also be a raffle and stalls with books, bric a brac and

an Easter Tombola. Any donations for the stalls can be left at Woodton Village Shop. Proceeds in aid of Village Hall Funds



TOPCROFT EASTER BINGO

Come and win some Easter treats at the pavilion, Topcroft on **Wednesday 23rd March** 8pm start. The Bar will be open - everyone very welcome.

LENT AND EASTER 2016



FILL A JAM JAR FOR LENT

Tom Dannatt founded Street Child in 2008 and has led the organisation since its inception. Tom provides hands-on leadership to all aspects of the organisation including fundraising and programmes and visits the field most months.

Research shows that there are close to 50,000 children that rely upon the streets of Sierra Leone for their survival. Around 3,000 of those are living and sleeping on the streets. Our goal is to help them all.

Tom says “many children suffer and, critically, do not access education because they live on the street and/or lack a supportive family environment. Some may be living at home but engaged in child labour during the day. At the more extreme end of the scale, we work with children living 100 percent of their time on the streets, for whom life is a daily struggle.

Our street teams exist to change this for as many children as possible. They find and befriend street children, becoming the safe adult that is missing in most street children's life. Our social workers then aim to unite a child with a family - usually their own - through a process of counselling and mediation. Settled in a secure family environment, the child is safer and, most importantly ready to go to school, and build a better future for themselves. Between 2008 and 2013, our street teams reunified more than 2,500 children with their families.”

*This is the Hemptnall Group Lent Charity for 2016. Tom will be coming to speak about ‘**Street Child**’ at Fritton Church on Sunday 1st May at 10.00am – please could all jam jars be returned before that date.*

LENT REFLECTIONS

The Lent Reflections this year will looking at characters in Bishop Graham’s book ‘The Lent Factor’

Held on **Sundays 6th March and 20th March**, 4.00pm at Hemptnall Church

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:

3rd Mar Canon Keith James Continuing Ministerial
Development Officer

10th Mar Bishop Alan

17th Mar Canon 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 LUNCHESES

Lent Lunches will be held in our villages:

2nd Mar 1.00pm Topcroft Lent Lunch at
Woodlands

Contact: Jackie Leggett 482267

15th Mar 1.00pm Fritton & Morningthorpe Lent Lunch at
The Old Rectory, Morningthorpe

Contact: Nicky Ward-Aldam 532187



EASTER LILIES

St Margaret's Church, Hempnall on Sunday 27th 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.





SERVICES:

20th March PALM SUNDAY

10.00am Group Eucharist at Hempnall Church

Monday 21st March 7.30pm Eucharist Hempnall Church

Tuesday 22nd March 7.30pm Eucharist Morningthorpe
Church

Wednesday 23rd March 7.30pm Eucharist Woodton Church

Maundy Thursday

11.00am Chrism Service at Norwich Cathedral

7.30pm Eucharist and Vigil Topcroft Church

Good Friday

10.30am Family Service at Hempnall Church

2.00pm The Cross at Morningthorpe Church

7.00pm Evening Reflection at Bedingham Church

27th March EASTER DAY

6.30am Vigil Service at Topcroft Church

We wait for the dawn of this new day with a vigil of readings and music, the lighting of the Easter Candle, renewal of baptism promises and celebration of the Eucharist, followed by breakfast.



9.30am Eucharist Woodton Church

9.30am Eucharist Hempnall Church

11.00am Eucharist Shelton Church

11.00am Family Communion Morningthorpe
Church

11.00am Eucharist Topcroft Church

2.30pm Holy Communion at The Hollies

CONFUSION!!

“Two for the price of one?” Not quite, but there are two Keith James’s in the Diocese. The Revd Canon Keith James arrived quite recently and has taken up the post of Diocesan Continuing Ministerial Development Officer, concerned mainly with the ongoing training and encouragement of parish clergy. I am sure you will give him a warm Hempnall Group welcome when he comes to speak to us on **March 3rd in our Lent Talks.**

The other Keith is myself, former curate in the Group way back in 1987, having been retired some twelve years but still worshipping in the Group.

I am privileged to have been asked to lead the worship in the first three evenings of Holy Week. Each Eucharist, though complete in itself, will be part of a theme built around the hymn “My Song is Love Unknown”, asking “Who am I?”, “Why, what has my Lord done?” and concluding with “This is my friend.” All are invited.

FOOD BANKS

We are so grateful to people who have supported the FOOD BANK in the past. If you would like to donate any items during March, please drop these off at Hempnall Rectory, Monday-Thursday 9am-1pm. All items are so appreciated by the recipients. Our next collection from church will be Palm **Sunday, 20th March** at Hempnall Church. Following collections will be on: 3rd April at Woodton Church and 1st May at Fritton Church.

HEMPNALL MILL CENTRE LUNCHEON CLUB



Wednesdays and Thursdays 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).

Future Events For Your Diary

WOODTON VILLAGE LITTERPICK – Saturday 9 April 2016 from 10 am.

Meet outside Woodton Stores. This is part of the annual Big South Norfolk Litter Pick. Volunteers will be provided with litter pickers, gloves and hi-visibility vests, waste and recycling sacks. **If you can spare an hour or two to help with the litterpick, please contact: Daphne Littleboy on 01508 482479 or email: daphnelittleboy@hotmail.com**

MOUSE RACING

Topcroft Social Club, **Saturday April 9th**

CHARITY LADIES NIGHT AT HEMPSTALL VILLAGE HALL

On the evening of **Friday 15th April**, anybody who may be interested in booking a stall please contact Sarah Shipley on 01508 482716 or Rachel Shreeve on 01508 499128. Full Details in the April Issue.

QUIZ EVENING at Woodton Village Hall on Saturday 16 April from 7 pm. More details in the April edition of Outlook.

CHURCH WALKS 2016

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

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

FLOWER FESTIVAL AT ST. CATHERINE'S, FRITTON

This year is the 300th anniversary of the birth of Capability Brown, arguably England's greatest landscape gardener. To celebrate this anniversary Visit England has declared 2016 'Year of the English Garden'. St Catherine's church, Fritton, will be having a flower festival to commemorate this event and to raise funds in order to lay stone outside the Church porch. The flower festival will be held on the 18th and **19th June** and the theme is "My Favourite Book". Over the weekend we will be serving refreshments and ploughman's lunches, at specified times. We will also be having a Home Produce stall selling homemade cakes, preserves and other mouth-watering goodies. Even if you don't fancy flower arranging, you could bring a cake along for the produce stall. Anyone interested in taking part please ring Sandra Mahé on 01508 499308.

FRIENDS OF BEDINGHAM CHURCH are hoping to hold an **open garden event** on **Sunday June 5th**, also the garden party at the Jarvis house on **Friday July 8th**.

TOPCROFT FLOWER FESTIVAL

The theme this year is 'Village Life'. If you would like to join us to make a flower arrangement you will be most welcome. St. Margaret's Church **16th and 17th July**. For more information please ring Jackie 01508 482 267

BEDINGHAM CHARITIES have a small fund available for the benefit of any resident of the Parish. If you know of anyone, or we can help you please contact Liz Billett 01508 482366.

HEMPNALL LITTLE ONES COMING SOON...a new baby and toddler group for the area! We are setting up a weekly group to be held in Hempnall for children 0-4yrs old. If you would like to attend or help us please visit our Facebook page: www.facebook.com/littleonshempnall "Like" our posts to receive regular updates, information and to have your say (so we stay in your fb newsfeed!) To help us get started, we would appreciate DONATIONS of any good quality, pre-school toys. If you have anything that may be suitable, please contact us via Facebook or call Katie 07940436805

Thank you....

Pauline and Michele would like to give a sincere thanks to all neighbours, friends, family, members of the village and Rector Michael for the over whelming kindness, letters, cards, support and offers of help following the sudden loss of Bob Peck. Words cannot express how much this has meant to us.

Yvonne, Elizabeth & John Davy would like to thank friends, neighbours & colleagues for the many messages, kindnesses and cards received following the death of Roger, a true servant of the local community. We felt cradled and upheld by the love and sympathy expressed. Hempnall is such a good place to live!

HCPT CHILDREN'S EASTER PILGRIMAGE TO LOURDES Georgina Davey
Thank you to everyone who has contributed to the cost of my travel and accommodation. For those of you who were not at the Group Service at Hardwick maybe I should explain. I and my friend Debbie, who are both qualified nurses, are volunteering to help with the care of four disabled children who are travelling to Lourdes for Easter with HCPT. The children have complex needs and require 24 hour care. Debbie and I each need to find £650 to pay for our flights and accommodation. Thank you once again to those of you who have helped.

Thanks to all the BEDINGHAM FRIENDS and SUPPORTERS . Some vital work can soon be undertaken which involves trenching at the base of the tower and elsewhere and in filling with porous materials to prevent further damp rising up the walls and tower. This is a very old building and damp courses were not in the plan all those hundreds of years ago.

HEMPNALL VILLAGE HALL TOTE WINNERS January 2016

£40 A. Walker £30 A & G Pinder £20 E. Williams

£15 S. Banham £10 J. Sparham

If you would like to join the Village hall Tote at only 50p per number per month - please contact Valerie Carter 01508 498181 or Yvonne Davy 499405
This is a way of supporting this great Hempnall asset- the Village Hall.

BEDINGHAM 59 CLUB

Winners for the last 4 weeks are. R Day no 24. A Binks. No 42.

C Palmer. No 50. N Goulborn. No 36.

Thank you all so much for your support, all 59 numbers are now filed

Happy Birthday to:

Children:

- * Monty Wood who will be 8 on the 6th
- * Briannon Mary Keeler who will be 9 on the 21st
- * Ethan Storey who will be 6 on the 21st
- * Tiffany Lloyd who will be 9 on the 24th
- * Isobelle Elizabeth Johnson who will be 5 on the 27th



Teenage:

- * Kayleigh Gallant who will be 18 on the 2nd
- * Ella Piggini who will be 17 on the 12th

From the Registers

Funerals

14 th Jan	Anthony Marshall (86)	Earlham Crematorium
18 th Jan	Sheila Barclay (84)	Gorleston Crematorium
27 th Jan	Kathleen Cann (65)	Shelton Church
10 th Feb	Constance Phillippo (91)	Morningthorpe Church
12 th Feb	Roger Davy (84)	Hempnall Church
16 th Feb	Leonard Farrow (82)	Shelton Church

CHURCH DIARY

March 2016

Tues 1 st	2.30pm	Get Together at Joyce's	Chapel Hill Woodton
Wed 2 nd	1.00pm	Topcroft Lent Lunch	Woodlands
Thurs 3 rd	7.30pm	Lent Talk with Canon Keith James	Hempnall Village Hall
Fri 4 th	1.00pm	Women's World Day of Prayer	Hempnall Village Hall
Thurs 10 th	2.30pm	Hymn Choosing	Kath Wilby's Highfields, Wodton
	7.30pm	Lent Talk with Bishop Alan	Hempnall Village Hall
Fri 11 th	7.00pm	Fritton & Morningthorpe Quiz Night	Friars Barn Morningthorpe
Sun 13 th	3.00pm	Evensong with Choir	Shelton Church
Tues 15 th	1.00pm	Fritton & Morningthorpe Lent Lunch	Old Rectory Morningthorpe
Wed 16 th	7.30pm	Treasurer's Meeting	Topcroft Lodge
Thurs 17 th	11.00am	Young People's Meeting	Hempnall Rectory
	7.30pm	Lent Talk with Canon Judith Wilson	Hempnall Village Hall

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

Woodton Primary School is looking for a **Midday Supervisory Assistant**.

For job description and application form please see their website

www.norfolk.gov.uk/schooljobs.

ALL PHONE NUMBERS BEGIN WITH 01508 UNLESS STATED OTHERWISE

ALINE TURNER ACA - bookkeeping, accounts, tax returns, payroll	Call 550403 or 07785 528069
ANDRE SANTANDER All plumbing, repairs, tiling and bathrooms	499283 or 07775 575796
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 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 – 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 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 HOME CARE SERVICES: personal care and support in your home Contact	Karen 07538 936249
HEMPNALL LAWNMOWER CENTRE Brick Kiln Lane Morningthorpe www.mowdirect.co.uk	473700
HEMPNALL PARISH COUNCIL	website address: www.hempnallpc.org
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.	498393

More Adverts inside back cover

NURSERY SCHOOL – SPRING-BOARD Saxlingham Nethergate Contact: Joanne/Julie 498796
OIL, GAS HEATING AND PLUMBING SERVICES – Alan Bell 07710 515775 or 532393
OSTEOPATHY, Cranial-accidents, back, headache. 01953 789629 e-mail acorns.aylsham.clinical@gmail.com
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
PIANO LESSONS Bedingham. All ages welcome. Marian 482746
PLASTERING – Gary of Jarman Plastering Services 482709 or 0771 7174617
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
S.W. CONTRACTORS Groundwork, Gardens, Fences, Patios & Hedge Trimming 495528
THE LAUNDRY PRESS – Washing & Ironing Services – www.thelaundrypress.co.uk 219178
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 April issue of Outlook should be
delivered/posted to:**

**Group Office, The Rectory, The Street, Hempnall, NR15 2AD
before 15th March**

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