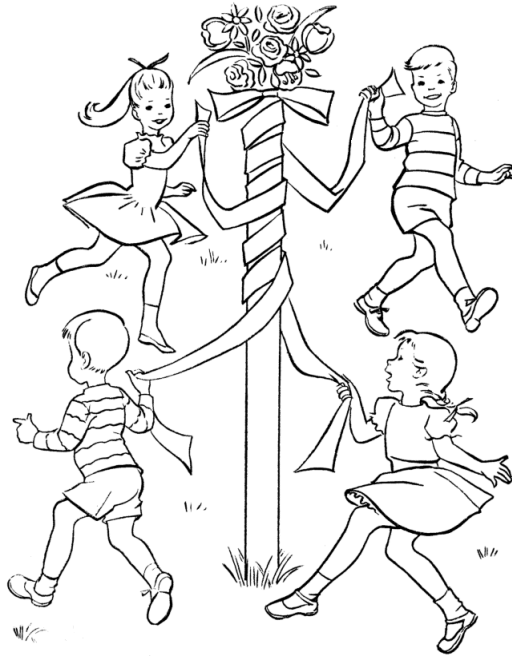


Outlook

May 2016



Serving the parishes of

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

www.hempnallgroup.co.uk

Hempnall Group Services May

Sunday 1st		6th Sunday of Easter		White
Group Eucharist	10.00am	Fritton		
Holy Communion	2.30pm	The Hollies		
<i>Readings: to be arranged</i>				
Thursday 5th		Ascension Day		
Eucharist	7.00pm	Hempnall		
<i>Readings: Luke 24:44-53</i>				
Sunday 8th		7th Sunday of Easter		White
Eucharist (BCP)	8.00am	Fritton		
Eucharist	9.30am	Woodton		
Eucharist	9.30am	Hempnall		
Eucharist	11.00am	Topcroft		
Matins	11.00am	Shelton		
<i>Readings: Acts 16:16-34, Revelations 22:12-14,16-17,20-21, John 17:20-26</i>				
Sunday 15th		Pentecost		Red
Eucharist	8.00am	Topcroft		
Eucharist	9.30am	Bedingham		
Morning Service	9.30am	Hempnall		
Eucharist	11.00am	Hardwick		
<i>Readings: Genesis 11:1-9, Acts 2:1-21, John 14:8-17</i>				
Sunday 22nd		Trinity Sunday		Gold or White
Trinity Group Service	10.00am	Bedingham		
<i>Readings: Proverbs 8:1-4, 22-31, Romans 5:1-5, John 16:12-15</i>				
Sunday 29th		1st Sunday after Trinity		Green
Eucharist	9.30am	Woodton		
Eucharist	9.30am	Hempnall		
Eucharist	11.00am	Morningthorpe		
<i>Readings: 1 Kings 8:22-23, 41-43, Galatians 1:1-12, Luke 7:1-10</i>				

Every Thursday at 8.00am there is Holy Communion in
Hempnall Church, except on Ascension Day, 5th May

The Flat, The Street, Woodton, Bungay, NR35 2LZ

Dear Friends,

I wonder what gives you courage to face the challenges of life, what gives you comfort when there is no other way than to go other than through troubles or fears?

My dear aunt, who reached the wonderful age of 92 years died recently. I miss her. In later life we had become very good friends. Psalm 23 is often used at such times, as it was at her funeral, but it is also a psalm for living. I often imagine Jesus in the garden of Gethsemane, a man just like, praying to God to refresh his soul, calm his fears and guide him in life as he approached the single greatest adversary.

*“The LORD is my shepherd, I shall not want.
He makes me lie down in green pastures;
he leads me beside still waters;
he restores my soul.”*

Life was not all green pastures for him, neither is it for us. In Israel/Palestine it rains from November to early February. This means that the fields are only green for two and a half months of the year; otherwise they are brown and dry. This reality is very much like life. Green sometimes, with ease of living, at other times hard and dry. Psalm 23 is saying, that even in dry hard times, God will provide that “tuft” of greenness to nourish us and a “still” place of refreshment in troubled waters.

What gives me courage and comfort?

Well, being here with you in the Hempnall Group, a place where I find acceptance, love, kindness and compassion. Knowing I am with people here, and in other places, where I can be myself. Knowing there are those who will listen to me, without trying to make me feel better, and that offer practical help when needed. Such communities of faith and communities of love, give me and us courage and comfort at such times. Thank you all.

How about you?

With love



Events for your diary in May



ANNUAL ART EXHIBITION

29th & 30th April and 1st May 2016

Hempnall Village Hall

Friday 29th April 7 – 9pm (by ticket)

Saturday 30th April & Sunday 1st May 10.30am until 4.00pm

Entrance £1 per person including catalogue

Over 300 exhibits for sale by club members and invited local artists

Refreshments available

A donation from the profits will be given to a chosen charity

Call Richard 499498 or Graham 01508 550775 for further details

Please come, browse and enjoy this interesting display. All welcome.

FOOD BANK

We are so grateful to people who have supported the FOOD BANK in the past. If you would like to donate any items, please drop these off at Hempnall Rectory, Monday-Thursday 9am-1pm. All items are so appreciated by the recipients. Next collections at our **Group Services** will be on **1st May** at Fritton Church, **22nd May** at Bedingham Church, **5th June** at Topcroft Church, **3rd July** at Bedingham Church and **24th July** at Hempnall Church.

HEMPNALL WOMEN'S INSTITUTE

The next meeting will be on **Wednesday 4th May at 7.30pm at the Mill Centre Hempnall** when **Resolutions for the national annual meeting** in Brighton will be discussed.

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.

TOPCROFT PARISH COUNCIL MEETINGS

to be held at Topcroft Pavilion on:

- **Monday 9th May** at 7.30pm (Parish Meeting and AGM)
- **Monday 11th July** at 7.30pm All parishioners welcome!

THREE HORSESHOES KNIT & STITCH group would like to welcome Helen, Mary, Liz and Mary our newest members to the group. We are currently working on a variety of projects including toy making, sewing outfits for toddlers, knitting blankets, jumpers and hat making. We always welcome new members and visitors to the group and meet on the second and fourth Mondays of the month from 9.30 -11.00 am. Our next few meetings will be held on **Mondays 9th May**, (NOT 23rd May), 13th June and 27th June. For further information contact Sandra on 01508 498988 or email: quiltingmum64@gmail.com.

THE HEMPSTALL GROUP PRESENTS:

THE ARK

For carers and toddlers 0-4 years

Wednesday 11th May 2pm-3pm at

St Margaret's Church, Hempnall.

There will be a sing time, play time, food time, and story time.

Come and join us - all are welcome, it's free!



WOODTON AND BEDINGHAM LADIES TOGETHER

Next meeting **Wednesday 11th May at 7.30 p.m.** in Woodton Village Hall.

Our speaker will be Dr Mary Fewster who will be giving a talk entitled 'Norwich Goldsmiths and their work'. Visitors are always welcome.

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

HARDWICK CAFÉ MORNING

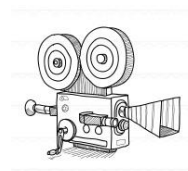
Due to the Hardwick Village Hall being used as a voting venue on the 5th May, the Café Morning will be held the following week on **Thursday 12th May**, 10.30am-12noon. All welcome.

TRIP TO KING'S COLLEGE

We have arranged to attend Evensong at King's College Cambridge on **12th May** 2016 at 5.30pm. The college have kindly agreed to provide a meal after.

Please let the office know if you would like to come – 498157.

TOPCROFT SOCIAL CLUB QUIZ NIGHTS on Friday Nights during the Summer Dates **May 13th** - June 10th - July 8th - Aug 5th - Sept 2nd and Sept 30th.



HEMPNALL CINEMA CLUB. We have the newly released, hilarious British Film **"DAD`S ARMY"** an all-out laugh attack by a cast of top British character actors.

The film will be shown on **Friday 13th May**, one month before the D.V.D. release date. Tickets are still only £5 including refreshments, be sure to get your tickets early from Ned Potts on

01508 499741.

HOMEMADE CAKE STALL at Bungay Buttercross on Saturday, 14 May from 8.30 til 12.30 pm. Please come along and support us if you can. If you are able to donate a cake(s), please get in touch with Daphne Littleboy, tel: 482479 or Sarah Patey tel 483838. Thank you. Proceeds to All Saints Church, Woodton.

ANYONE FOR TENNIS?

Hempnall Tennis Club, based at Hempnall Playing Field, is teaming up with the Lawn Tennis Association to hold a free open day as part of the Great British Tennis Weekend. If you fancy coming and having a hit, whatever your ability and wherever you live, come and join us on **Sunday 15th May from 1pm**. The club will be launching the 'Roger Davy Award' in recognition of the great contribution and many years of service that Roger gave to the club. For more information look out for our posters, check out the programme for the day (including free children's sessions) at the tennis club or email the secretary at hempnalltennisclub@gmail.com



PAWS IN THE PARK Sunday 15th May at The Ditchingham Estate.

Gates open 10.30-11.30am.

Calling all dog owners, ramblers, walkers. You can do a 2 mile, 5 mile or 7 mile walk on the private Ditchingham Estate. Adults £5, children and dogs free. Refreshments available. Meet at Beaters Hall Retreat, off Belsey Bridge Road, NR35 2JX. For further information phone: 01986 892728

CHRISTIAN AID WEEK 15th – 21st MAY

We hope to have as many people as possible bringing the familiar red Christian Aid envelopes to as many houses in the Group villages as we can.

Can you deliver and collect Christian Aid envelopes to your neighbours to help raise money this Christian Aid Week? Contact Yvonne Davy 499405 or the office 498157 if you are able to get involved.



WOODTON VILLAGE HALL COMMITTEE AGM Your Village Hall needs your help and support to keep the Hall alive. Please come along to the AGM on **Monday 16th May at 7.30 pm** to hear about future funding raising and community events, as well as what has been done and what is proposed to improve this valuable village asset.

HOW WILL YOU VOTE? Do you want information on how to vote at the forthcoming European Referendum?

The Depwade Deanery is arranging an evening on **19th May at Long Stratton High School**, 7.30pm-9.00pm. So far we have arranged for a Professor from the UEA to give an overview on the facts. We are also hoping to get a representative from both sides of the argument. Louise Priest from Radio Norfolk will be presiding. Please come and be prepared to ask the questions to help you decide on 23rd June.

BACON BUTTIES – Eat in – Take away – Advance orders taken

This year's annual Bacon Buttie feast will take place on **Friday 20th May** from 9am-11.30am at Jill's Grills, The Chequers, Mill Road, Hempnall. Orders can be made in advance by phoning Jill Turner on 499344. Proceeds to St Margaret's Church, Hempnall.



FRIENDS OF BEDINGHAM CHURCH GRAFFITI NIGHT Have you ever wondered what some of the choir boys and girls did in years gone by while listening to long sermons and litanies? Well a group of people have visited many rural churches and found messages, intricate sketches and signatures scribbled or etched in most unlikely places, some going back to medieval days, and on **FRIDAY MAY 20th at 6 30pm** they will guide us to what they have found in Bedingham Church. Do come along to see some fascinating scribblings from the past, bring a torch, and join us for coffee and a finger buffet on another friendly evening. An entry fee of £5 will include all refreshments profits going to our fabric fund to preserve the church building. We look forward to seeing you there. Please ring Margaret on 482421 to book your tickets in advance so we can get an idea of numbers for the catering. Thank You.

SHELTON WITH HARDWICK COMMUNITY SCHOOL JUMBLE SALE

on **Saturday 21st May** at **Hempnall Mill Centre 2.30 pm - 4.00 pm** Jumble, Bric-a-Brac, toys, tombola and refreshments. Free entry. Please do come along and

support us. All proceeds will go towards our outdoor play equipment appeal. Offers of jumble etc greatly appreciated.

Please contact Emma Wood on 01508 498454 or email spwood@btinternet.com

TEA PARTY WITH PIMMS!

On **21st May** 2016 from 2.30pm to 6.30pm, the Fritton and Morningthorpe PCC is hosting, using a grant from South Norfolk Council, a traditional tea party with Pimms to **celebrate Her Majesty Queen Elizabeth's 90th birthday**. This will take place at Friar's Farm Barn, Morningthorpe. There will be a scavenger hunt in Morningthorpe church and churchyard and other entertainment for children. Everybody is welcome to come and enjoy the celebrations to commemorate this historic milestone. If you have any questions please telephone Mary Sargent 530269 or Susanna Cooper 498297. We look forward to seeing you there.

DEPWADE DEANERY – Walk, tea and service, starting at Brooke Church at **4.00pm Sunday 22nd May** – all are welcome from the churches in the Deanery. **A Deanery Choir** is being formed for the Deanery Service on 22nd May. Anyone who would like to sing is welcome to join us. Please contact Lynn Chapman (01508 558479) or e-mail (chapman.lynn@btinternet.com) if you are interested. The rehearsal will be on Thursday 19th May at 7pm in St Peter's Church, Brooke.

QUIET HALF-DAY at Diss Rectory

Do you feel like having some time for yourself to just to relax and reflect? Then why not come along to **Diss Rectory on Thursday 26th May**, 9.30am-2.00pm. Bring and share lunch.

Everyone welcome!



TOPCROFT OPEN GARDENS

29 May & 30 May 11.00am - 5.00pm
£4 entry - *Proceeds to St. Margaret's Church Topcroft*
Refreshments Guide dogs only
Nr Woodton Off The B1332 Norwich Bungay Road
Off A140 Hempnall-Bungay Road B1527



TOPCROFT CRICKET CLUB Adult and Under 15 weekly training is on Thursdays from 6.15pm to 8pm. Junior training is on Mondays, sessions for those aged 4-7 are from 6.15pm to 7pm and for those aged 8-13 are from 6.30pm to 8pm. All the sessions will be taken by the club's Head Coach, Jon Block. Jon will also be running weekly 1-2-1 sessions for players on Tuesday evenings from May. **Any new players are always welcome**, with the club particularly keen for new

ladies players along with new Under 19 players to join the club's new ECB T20 U19 team. This vibrant competition is all about keeping U19 players in club cricket and giving them the cricketing experience they want – playing with their friends, fast lively matches, a great social atmosphere and a chance to make the club look and feel different for one night a week. For any information with the above, please contact Jon Block on 07870 430817.

Future Events For Your Diary

WOODTON UNITED CHARITIES AGM will be held on **Thursday, 2nd June** at 7pm in the Village Hall meeting room. All welcome.

FRIENDS OF BEDINGHAM CHURCH are holding an **Open Garden event** on **Sunday June 5th**, also the garden party at the Jarvis house on **Friday July 1st**, not 8th as in last month's Outlook. More details to follow next month.

SAXLINGHAM COUNTRY FAYRE – Sunday 3rd July, 12pm-4pm on Saxlingham Nethergate Playing Fields.

SHAKESPEARE'S ANGELS OF REDEMPTION (Speaker Ron Marks)

A few places remain for a Day School organised by the WEA Norfolk Federation, **Wednesday 8th June**, 10am-3pm. The morning talk will be at Hempnall Village Hall. After lunch we go to the churchyard for **If Stones Could Speak** with Maureen Cubitt. Cost is £7 for the day, bring a picnic lunch. For an application form please apply to Gill Edden 01508 499495.

CHARITY BRIDGE DAY at Hempnall Mill Centre Friday 10th June 10.30am – 4pm
Enjoy a day playing bridge organised by Suzanne Gill from The Norwich Bridge School. Includes a two course lunch. Money raised will be for amenities at The Hempnall Mill Centre. Tickets £17.50 available from Jean Griffiths 01508 499421 jeangriffiths1950@gmail.com

EAST ANGLIAN CHILDREN'S HOSPICE 2016 RIDE FOR LIFE Sunday 12th June

Looking for a great day out? Come and join us for a wonderful family day out for the 2016 East Anglia's Children's Hospices (EACH) Ride for Life. Set in the beautiful surroundings of Thetford Forest, you'll have a choice of off-road and on-road cycle routes (ranging from 10 miles to 50 miles), or for those who'd rather not cycle, why not don your walking boots and enjoy a 3 or 6 mile walk? And new for this year, we have an exciting Treasure Trail for under 5's, with prizes all the way! Enter as an individual, a family, a group of friends or why not get a group of colleagues together and enter as a team?! The more, the merrier, and all funds raised will go towards helping us to continue to provide care and support to children, young people and their families, as well as "the nook", a new purpose-built children's hospice in the heart of Norfolk. Entertainment, refreshments and activities; there's something for everyone - dogs on leads welcome too.

For more information, please visit our website www.each.org.uk where you can enter online. Alternatively email norfolk@each.org.uk, call 01953 666767 or visit one of our shops for a registration form. Reg charity 1069284



TEDDY BEAR'S PICNIC

Sunday 12th June, 3.00pm at Hempnall Church, fun for all the family! More details in next month's Outlook.

WOODTON VILLAGE – QUEEN'S 90TH BIRTHDAY CELEBRATION

Woodton Village Hall on **Sunday 12th June**, 3.30pm-7.00pm

- ❖ Children's entertainment/ painting competition
- ❖ Music by Pubsteps
- ❖ Food
- ❖ Bar by Woodton Kings Head

All Welcome

FURTHER DETAILS will be in JUNE OUTLOOK



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

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 home-made 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 Stark 01508 499308 or Susanna Cooper 01508 498297.

EAST COAST HOSPICE Friday 24th June at 7.30pm. In aid of East Coast Hospice, the **Rain or Shine Theatre Company** will be presenting **William Shakespeare's Midsummer Night's Dream**, to coincide with the 400th anniversary of the year of his death. Held in the grounds of Ditchingham Hall, where the gardens will be open from 5pm, visitors are encouraged to bring along their own picnic and seating whilst enjoying the production *Al fresco*. Tickets are: Adult £13. Children £6 (5-16yrs). Sorry no dogs. Admission includes entry to gardens. Tickets are available from: www.eastcoasthospice.org.uk or from any of East coast Hospice charity shops and on Box Office number: 0330 660 0541.

WOODTON PLAYING FIELD COMMITTEE is holding their annual **Clay Shoot** on **Saturday June 25th** at the home of Roy and Janet Dunning.

The annual Have a Field Day will be on Sunday July 17th. Any enquiries to Jane 01508 518007/ Tony 482313. There will be full details of both events in the next issue of the Outlook.

FUTURE CHURCH WALKS

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.

TOPCROFT PHOTOGRAPHIC COMPETITION: This year's competition will be held on **Saturday 1st October 2016** at Topcroft Church, to raise funds for the church:

Categories this year will be:

- 1. Architecture**
- 2. Animal or Bird in the countryside**
- 3. The Seasons**
- 4. Trains, Boats and Planes**

You may enter up to four photographs per category. Entry fee 50pence 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.

Details relating to entry will be in the September edition of Outlook. (Enquiries to David and Margaret Ferre – Tel. 01508 482562).

Thank you....

Denise Brown would like to give a sincere thanks to all neighbours and friends of Woodton Village and also Team Vicar Liz Billett for the kindness following the sad loss of her husband Kenny.

A SUPERB WALK ON 10TH APRIL

The first walk of the season started from Shelton Church and took us through secluded water meadows and quiet roads. The occasion was much enhanced by the discovery that a splendid new bridge has now been built to span a previously muddy



crossing. After going over this we made our way to Fritton Common and through the fields back to the church. Here we enjoyed a most refreshing cup of tea and delicious cakes which somehow materialized in spite of the fact that the church has no electricity or running water. Our thanks go to Josephine and Merrill for organizing everything and making us so welcome.

HEMPNALL LITTLE ONES would like to sincerely thank everyone who has helped in making our launch a complete success; we hope you enjoyed it as much as we did! We have received some wonderful support from not only the Village Hall Committee but many in the community, many thanks again to David, Annette and Oli Pointer for their generous donations. Your help and support (including all of you who attended) is fundamental in keeping our group alive so thanks for coming and we look forward to seeing you each week!

ROGER DAVY Thanks to all who contributed to a fund following Roger's funeral just under £2000 has been shared between Medecin sans Frontieres and St Margaret's Church Hempnall

HEMPNALL VILLAGE HALL TOTE WINNERS March 2016

£40 D. Tooms	£30 S. Kay	£20 L. Zima
£15 J. Masterson	£10 B.Smith	

BEDINGHAM 59 CLUB The latest winners are:
 R Hadman No 22. A Gunson No 28. C Wade No 15. A Brooke No 18.

Happy Birthday to:

Children:

* Archie Wood who will be 11 on the 26th

Teenage:

- * Isla Broom who will be 17 on the 10th
- * Jacey Hymas who will be 18 on the 17th
- * Beth Todd who will be 14 on the 18th
- * Mark Adcock Hallam who will be 17 on the 28th
- * Harvey Ronan Burlingham who will be 17 on the 30th



From the Registers

Baptisms

10 th Apr	Isabelle Emily Lowe	Bedingham Church
	Charles John Catchpole	Topcroft Church
	Hannah Kaitlin Howard	Topcroft Church
17 th April	Lily Mae Vincent	Topcroft Church

Burial of ashes

1 st Apr	Ruth Penn (aged 87)	Hardwick Church
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CHURCH DIARY

May 2016

Tues 3 rd	2.30pm	Get Together at Joyce's	Home of Joyce Andrews,
Wed 11 th	2.00pm-3.00pm	The Ark Toddlers Group	Hempnall Church
Thurs 12 th	11.00am	Wholeness Team Meeting	Hempnall Rectory
	5.30pm	Trip to Kings College	Cambridge
Sat 14 th		Woodton Church Cake Sale	Buttercross Bungay
Tues 17 th	11.00am	The Ark Meeting	Hempnall Rectory
Fri 20 th		Bacon Butties & Jill's	The Chequers
		Talk on Grafitti	Bedingham Church
Sun 22 nd	4.00pm	Deanery, walk, tea, service	Brooke Church
Thurs 26 th	9.30am-2.00pm	Quiet Half-Day	Diss Rectory
	7.00pm	Quiet Prayer	Hempnall Church
Sat 29 th & Mon 30 th	11.00am-5.00pm	Open Gardens	Topcroft

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,
 except on Ascension Day, 5th May.

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

Remembering Frederick George Cooper 09/08/26- 03/04/2016

Formerly of 2 Tensing Street, Woodton and previously The Chimneys, Topcroft.

Husband to Marina and formally to Barbara and Margaret.

Dad to Dennis, Margaret, Melvyn, Berenice, Shirley, Richard (deceased) and Olivia. Ex merchant seaman, farm cowman, lorry driver, taxi driver, shopkeeper at Rosemary Seafoods, and lately at Magdalen Road Antiques and Curios.

Well known locally driving his bright yellow Paynes Poppets Lorry.

He led a full and varied life ended by old age and dementia.

The funeral was at Gimingham Church (near Southrepps) on 18 April.

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
INDEPENDENT FINANCIAL ADVISER:	Contact Philip Edwards on 499496 or 07917296773
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
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- WINDOW WONDERLAND: window cleaning services contact Sam Raynes 482679 or 07975579292
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