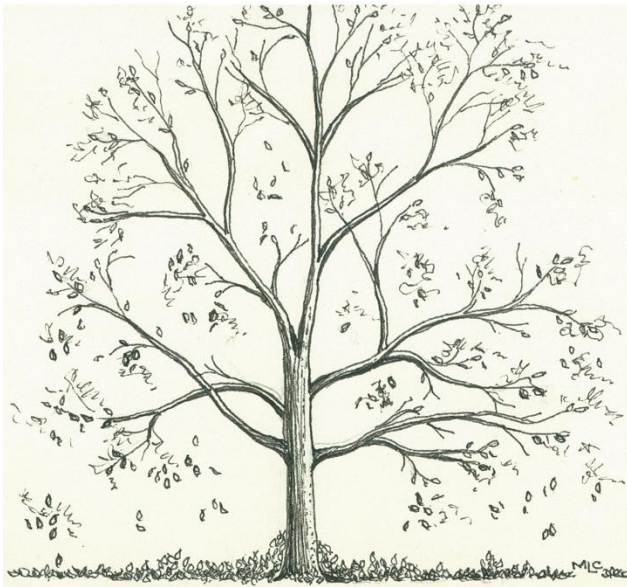


Outlook

November 2016



Serving the parishes of

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

www.hempnallgroup.co.uk

Hempnall Group Services November

Sunday 6th		All Saints Day	White
Group Eucharist	10.00am	Woodton	
Commemoration Service	3.00pm	Hempnall	
<i>Readings: To be arranged</i>			
Sunday 13th		Remembrance Sunday	Red
Eucharist (BCP) with Act of Remembrance	8.00am	Fritton	
Act of Remembrance	9.00am	Bedingham Memorial	
Remembrance Service	9.30am	Woodton	
Remembrance Service	11.00am	Topcroft	
Act of Remembrance followed by Remembrance Service	10.50am	Hempnall War Memorial/ Hempnall Church	
Remembrance Service	11.00am	Hardwick Church	
Holy Communion	2.30pm	The Hollies	
<i>Readings: Psalm 46:1-11, John 15:9-17</i>			
Sunday 20th		Christ the King	Red
United Service with laying on of hands and anointing	10.00am	Topcroft	
<i>Readings: Jeremiah 23:1-6, Colossians 1:11-20, Luke 23:33-43</i>			
Sunday 27th		Advent 1	Purple
Eucharist	9.30am	Bedingham Church	
Eucharist	9.30am	Hempnall Church	
Morning Praise	11.00am	Topcroft Church	
Eucharist	11.00am	Morningthorpe Church	
Evening Reflection	4.00pm	Hempnall Church	
<i>Readings: Isaiah 2:1-5, Romans 13:11-end, Matthew 24:36-44</i>			

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

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

Dear Friends

Have you ever wondered how water gets to the top of a tree? It seems like a gravity defying task of epic proportions when you consider that some trees reach 100 metres, (330 feet). It's quite a challenge. The amazing thing about plants is that the process is largely passive, in the sense that it just happens because of the way they are made. There are no muscles and no heart in a tree to pump the water upwards. What there is, is basically, a gigantic paper towel.

Imagine a roll of paper towel; if you stand it in water, you see the water begin to creep up the paper towel. We see the same, gravity defying process in plants. What is a paper towel made of? Wood! As water comes in through the root hairs it travels slowly, cell by cell, by cell, by microscopic cell and so on to the top of the tree by a process called osmosis. There are other forces at work, but that's basically it. If a water molecule, at the beginning of its journey saw the task before it, it would probably quake in its boots at a seemingly insurmountable feat.

Life can sometimes present us with seeming insurmountable difficulties. We may find ourselves saying, "However shall I be able to? And the answer is probably, "I just don't know." It all begins with the first step, or in the case of a tree, the first cell. The first step, then the next, and the next, and so on. Sometimes we don't know the way ahead, only realising there is one and how far we have travelled, when we pause to look back.

When our loved ones die, we wonder, how on earth we be able to live without these dearest of people. But with great courage we take the first step, and then the next and against seemingly insurmountable odds, continue to live and grow as human beings. It's the way we are made, created, loved into life by a God who knows just how hard it is.

With love

Events for your diary in November

COMPUTER CLASSES at HEMPSTALL VILLAGE HALL -

Continue on **Tuesday 1st 8th, 15th 22nd & 29th November 3pm – 5pm**

All levels welcome. If you wish to come and join us please contact Yvonne Davy 01508 499405 or Brian on 01502 715563

HEMPSTALL WOMEN'S INSTITUTE

The next meeting will be on **Wednesday 2nd November at 7.30pm at the Mill Centre Hempstall** when we review the past year at our **Annual meeting**.

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 BANK

On behalf of the recipients, thank you to all who have continued to donate during the summer. Unfortunately the need is, if anything, greater than ever. Now universal credit is in place, payments are often delayed. With winter approaching, basics are needed and Christmas goodies are always appreciated, but please check 'use by' dates – especially on packets of mince pies. Also we are often focused on families, but single people and pensioners (and their animals) sometimes need to access the food bank. The following items are most needed: long life or powdered milk, sugar (small or large), long life fruit juice, pasta sauces, tins of tomatoes, rice pudding, sponge pudding, meat, fish and fruit, cereals, teabags, coffee, rice (small or large), instant mash potato, and jars of jam/honey.

Collection dates at Group Services: Woodton, **6th November & 18th December**

Topcroft **20th November**

and at the Group Office Monday-Thursday mornings.



HEMPSTALL MILL CAFÉ 7th November.

Tea or coffee, homemade scones and cake from 10am and light lunches from 12 noon -2pm at the Mill Centre, Mill Road Hempstall 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 - 5th December.** www.hempnalltrust.org.uk

POSADA



We will be having Posada again this year!

POSADA - MAKING ROOM FOR JESUS THIS CHRISTMAS in Hempnall, Woodton, Bedingham, Shelton and Hardwick What is Posada?

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

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

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

All you need to do is ring Michael 01508 498157 or Liz 01508 482366 by **November 4th**. We will let you know the day Mary and Joseph will come to stay and where to take them for the next night.

BRYAN AND MARGARET invite you to No. 5 School Road, Bedingham Green on Friday November 4th for a friendly morning in aid of **GREAT ORMOND STREET HOSPITAL for children** – no entry fee. Coffee and cake with a raffle – cake stall. Supporting a place that is close to our hearts at this time. Raffle prizes, or donations welcome. Please support us if you can. Thank you.

COFFEE MORNING at Hempnall Mill Centre on Saturday 5th November 10am-12noon Cake stall, raffle, tombola, Christmas cards etc proceeds for the lunch club social funds.

Why not also join us at the lunch club on Wednesdays or Thursdays two courses cooked lunch, coffee on arrival and we also do outings about three times a year. The lunch cost is only £4.50. If you are interested and

if two of you come together for the first time I will charge 2 for the price of 1. Contact Margaret Sparham on 499579 or 499766 [Wednesday and Thursday only] Look forward to hearing from you.

FRIENDS OF HEMPSTALL SCHOOL FIREWORKS 2016

Saturday 5th November 5pm - 9pm
Hempstall Village Hall and Playing Field.

Huge display, hog roast, barbecue, licensed bar, jacket potatoes, toffee apples, glo-sticks, sweets.

Adults £5 Children under 16 £2

Family ticket (2+2) £12



The Hempstall Group of Parishes
COMMEMORATION SERVICE
Remembering our loved ones who have died
Hempstall Church Sunday 6th November at 3pm



Each year we hold a special service to remember and give thanks for those who have died. We warmly invite you, your family and friends to this year's Commemoration Service.

You will be very welcome to stay for tea after the service.

If you would like further information please contact:

Revd Michael Kingston 01508 498157 or Revd Liz Billett 01508 482366

NORFOLK RURAL SUPPORT NETWORK – Quality of Care in Rural Norfolk

Monday 7th November, 10.00am-1.00pm at Woodton Village Hall.

A finger buffet available. To book your FREE place please phone Betty 01603 732886.

WOODTON & BEDINGHAM LADIES TOGETHER

Next meeting **Wednesday 9th November** at 7.30pm in Woodton Village Hall. The speaker this month will be from Redwings Horse Sanctuary.

Visitors are always welcome. For further information please contact Tricia Gunson 01508 482543.

TOPCROFT SOCIAL CLUB QUIZ NIGHTS

In aid of refurbishment funds

NOW MOVED TO SATURDAYS - ON October 29th, November 12th and December 3rd and 17th. £2 PP Max 6 per team - 8 p.m. for 8.30 start.
Please come and give your support, it's a fun night.

THE ARK

For carers and toddlers 0-4 years
Wednesday 9th November 2pm-3pm at
St Margaret's Church, Hempnall



There will be a sing time, play time, snack time, and story time.
Come and join us - all are welcome, it's free!



CHRISTMAS CRAFT FAIR AT HEMPSTALL CHURCH

Saturday 12th November
10.00am-1.00pm



WONDERFUL RAFFLE PRIZES

**COME AND BUY ALL YOUR CHRISTMAS
PRESENTS EARLY**

Over 21 fabulous stalls selling a wonderful array
of beautiful crafts.

Come and have a wonderful morning

Refreshments available

**IF ANYONE CAN HELP ON THE DAY OR ON
FRIDAY 11TH TO SET UP PLEASE CONTACT:
CLAIRE KEY 01508 499342**

St ANDREW'S BEDINGHAM: The annual Act of Remembrance will take place on **Sunday 13th November at 9.00am** followed by coffee at Priory Farm, by kind invitation of Dick and Jeanie Holden.

TOPCROFT PARISH COUNCIL MEETING

At Topcroft Pavilion on **Monday 14th November** – 7.30pm.
All parishioners from Topcroft are welcome!



CHRISTMAS SHOE BOX APPEAL 2016

I have just watched the latest shoe box DVD, seeing the children's faces light up as they undid their shoe boxes and excitedly held up a packet of felt tips and pulled on woolly hats suddenly reminded me that it's time to ask all you kind people to help us pack a shoe box again this year. If you would like to see for yourself the impact that your gift makes then visit

samaritans-purse.org.uk/occ.

Your boxes are delivered to needy children around the world. Your gift is very often the only present they will get. You will find a leaflet in this month's magazine telling you what sort of things to pack. Although it states only new things, good second hand things are fine. When your box is full please take it to Hempnall Rectory or Minnie's shop in Woodton by **14th November** at the latest. Last year we sent a record number of boxes from our parishes and astounded the man who came to collect them. It would be lovely if we can make even more children smile this year. Thank you for your support and happy packing.

Claire Noakes part of the Outreach Team



WOODTON PLAYING FIELD AGM on Thursday 17th November at 7.00pm
in Woodton Village Hall Committee Rooms.

All are welcome to attend to help support this well used village amenity. Come and bring some new ideas for the future.

**SHELTON WITH HARDWICK COMMUNITY SCHOOL - TABLE TOP SALE -
Sunday 20th November 2016 - Hempnall Village Hall - 10am - 12 noon**

A chance to sort/tidy your house before Christmas! Tables are provided and cost only £5. Come along and browse, buy, sell in the warmth and pick up a bargain or two! Refreshments will be served and there will also be a tombola. Please ring or email Emma Wood on 01508 498454/spwood@btinternet.com if you would like to book a table. All proceeds go to Friends of Shelton School. Please support us!

HEMPNALL VILLAGE HALL AGM Thursday 24th November 7.30pm

This is an open public meeting to review the past year and look at new ideas for the future! All are welcome to attend and the Committee would welcome your support and interest.

Home-made refreshments will be served between 7pm & 7.30pm before the meeting.

SHELTON WITH HARDWICK COMMUNITY SCHOOL –



PAMPER AND CRAFT EVENING Friday 25th

November 2016 at Hempnall Mill Centre - 7 pm - 9.30 pm

Free Entry! Come and browse at our many lovely stalls or pamper yourself with some of the treatments on offer. Refreshments will be available; mulled wine, tea, coffee, soft drinks, plus an amazing raffle. Stalls include Scentsy, Younique, FM Cosmetics, Hurley Burly Jewellery, Bodyshop, craft stalls, Phoenix Christmas items, Avon, nail and beauty treatments, and more

If you would like a stall or more information please contact Emma Howe on 01508 498940. All proceeds go to Friends of Shelton School - Please support us!

TOPCROFT SOCIAL CLUB

By popular request Comedian vocalist ***Pyevarrotti*** is back!

Topcroft Social Club - **November 26th**. Admission £2

Come and have a great fun evening!

CHRISTMAS PRIZE FAMILY BINGO

On **Monday 28th November** in **Woodton Village Hall** at 730pm. There will be a raffle with refreshments at half time. Come and enjoy the evening with the family. Enquiries to Chris 01508 482276/Jane 518007



Future Events For Your Diary

HARDWICK VILLAGE HALL – CAFÉ MORNING

A Christmas Fayre will be held at the Café Morning on **Thursday 1st December** from 10.30am-12noon. Items for sale will include home-made Christmas puddings, mince pies, cakes and other produce. There will also be a raffle. Our Café Mornings are held on the first Thursday of every month (except January), so come and join in these friendly gatherings.

HEMPNALL CINEMA CLUB . The Film Distributors for **"ABSOLUTELY FABULOUS"**, have made a last minute change to the DVD release date, to encourage more Christmas sales, so to avoid disappointing our film goers, we **have moved the showing date to FRIDAY 9th. DECEMBER** from 25th Nov. We hope you will be able to come. Tickets and details from Ned Potts on 499741.

FRIENDS OF BEDINGHAM CHURCH are having a pre-Christmas event at Swallow Barn, Bedingham Green (thank you Sandra and Roger) to capture the mood of the season, and community spirit. There will be a splendid buffet, a glass of mulled wine included in the price of £7 per person, and generous helpings of goodwill all round. The date is **FRIDAY DECEMBER 9TH** 7.00pm-9.00pm. Tickets are limited so if you wish to come please book early by ringing Margaret or Bryan on 01508 482421. Thank you and looking forward to seeing you.

PANTO TIME IS HERE AGAIN!!! Come along to Saxlingham Village Hall to enjoy the cracking Pantomime "Robin Hood and the Babes in the Wood" Performances are being held on **1st, 2nd and 3rd December** at 7.30 pm and a matinee on Saturday 3rd December at 2 pm. The show will provided the usual panto characters - a "dashing" principal boy, a "feisty" damsel in distress, a dastardly villain everyone can boo and an outrageous dame. There will also be lively singing, colourful costumes and lots of laughs - in short, a show all the family can



enjoy! Tickets are £7 for adults and £5 for children but hurry as tickets are already selling fast!! Telephone Vicky Stocks on 01508 499631 to book your seats now to avoid disappointment.

PHOENIX MALE VOICE CHOIR CHRISTMAS CONCERT

at Mile Cross Methodist Church, Aylsham Road Norwich NR3 2RU

Saturday 10th December 7.30pm. Doors open 7pm Tickets £7.50 at the door or from Alan Gidney 01603 408393

Refreshments and a Raffle

FREE PARENT AND TODDLER GROUP run by the Friends of Shelton School, every Wednesday during term time from 1.15pm until 3.15pm, at Shelton with Hardwick Community School, Low Road, Shelton, NR15 2SD. Open to parents and carers of 0-5 years. Stay and play, come and make new friends, sing songs and play instruments. Get to know and see the benefits of a small sing songs and play instruments. Get to know and see the benefits of a small school environment. Enquiries to 01508 530331.

SAXLINGHAM TODDLER & BABY GROUP

Come along to a friendly group for fun and chatter (and lots of cake). Arts and crafts, music, toys and play. Every Wednesday (term time) – 9.30am-11.30am. Free taster session, then £2 per family. Saxlingham Village Hall, Steward Close, Saxlingham Nethergate, NR15 1AT.

EMMAUS NORWICH AT DITCHINGHAM

Belsey Bridge Road, NR35 2DT

Open Tuesday to Saturday

10.00am-4.30pm Quality Secondhand Retail Outlook

A warm welcome awaits and the Old Orchard Coffee Shop serves drinks and refreshments.

Contact us on 01986 895444 or like us on Facebook to see our current events or to get involved.

Thank you....

HARVEST FESTIVALS

We would like to thank everyone who took part in our Harvest Celebrations this year – the amount raised is £494.63 which includes money collected from Woodton and Hempnall Schools Harvest Festivals. £173 was gift aided, providing an extra £43.25.

The money raised will help to purchase the following items for people in Kenya	
drought resistant seeds	£32
agricultural training	£160
and the construction of 'sand dams' for the local community	£490

Melanie and Kathryn would like to express their sincere thanks to Rev Michael Kingston and Conal and Jackie Mahony for all their help and support at the funeral service of Adrian Gray held at Topcroft Church on the 2nd September

WOODTON VILLAGE HALL COFFEE MORNING A big thank you to all who support our Coffee Morning on 15th October. Once again it was a great success and you will be pleased to know we raised £128.70 for the Village Hall. This was the last one in 2016, but look out for further dates in the New Year.

Easy Walks 2016



We enjoyed six church walks again this year each one organised by someone from the village concerned. The first walk was from Shelton church taking us through secluded water meadows where we discovered a splendid new bridge spanning a previously muddy crossing. The second walk was from

Bedingham and started with a snow shower but the sun came out for us. Next was Woodton on a very hot summer's day. We were all very appreciative of the tea at the end.

The walk starting at Fritton following the Lammas Service was on another very warm day. Topcroft provided a gentle walk across farmland on a pleasant afternoon and we were pleased to discover another new bridge across a previously difficult ditch. For the final walk we drove to Saxlingham Church and walked out across the fields before driving back to Hempnall for tea. Our hearty thanks go to the organisers of the walks and the tea makers. If you would like to explore the footpaths around the Group there is now a booklet entitled "Let's Walk" available from the churches price £2.



REAL ADVENT CALENDAR

Do you want to order a Real Advent Calendar through the church for £4.00? This includes a book, Fairtrade chocolate and a donation towards equipment for Funzi Baby Clinic in Kenya. We need 18 orders to buy a case in a bulk order. If you would like to place an order please contact the Church office: 01508 498157, with £4 for each order. If you have any queries please phone Maggie Kingston or Jane Hazell – 01508 498157

HEMPNALL VILLAGE HALL TOTE WINNERS

£40 M. Hobbs £30 Y. Davy £20 M. King £15 S. Cundy £10 M. Webb

BEDINGHAM 59 CLUB The latest winners are:

No. 37 T Holden, No. 42 A Binks, No. 55 E Howman, No. 27 P Warner, No. 53 R Shreeve. Who all win £25.

BIBLE READING? Why? How to Start? How to continue?

Jackie Cook has samples of helpful booklets from Bible Reading Fellowship for “all sorts of conditions”. For example, one of the booklets for October is exploring the 12 marks of discipleship – fascinating. So far, a welcomed and welcoming community, a forgiven and forgiving one, a served and serving one..... all to explore and more. If you would like to know more please contact Jackie 01362 288195.

TOOLS WITH A MISSION –TWAM is an organisation that reconditions and repairs old tools for export. It helps people lift themselves out of poverty by providing them with life-transforming tools and equipment including gardening, carpentry, mechanical, and sewing machines. Keith Lain has taken a load to Ipswich this summer and will continue to be a collection point for the Hempnall Group. It would be much appreciated if tools could be delivered to Keith’s home if possible. If you have any unwanted tools please contact Keith on 01508 470620 to make arrangements.



Did you know? You can now find information on The Hempnall Trust and how to book the Mill Centre in Hempnall on The Hempnall Trust website: www.hempnalltrust.org

Happy Birthday to:

Children

Georgie Rush who will be 7 on the 5th
Alfie Tyrell who will be 10 on the 22nd

Teenage

Theo Wood who will be 14 on the 4th
Thomas Sussams who will be 17 on the 9th
Thomas Lloyd who will be 14 on the 17th
Danielle Bond who will be 16 on the 18th
Marcus Lloyd who will be 17 on the 21st
Tristan Cunningham who will be 18 on the 23rd



CHURCH DIARY
November 2016

Tues 1st	2.30pm	Get Together at Joyce's	Home of Joyce Andrews
Wed 9 th	2.00pm-3.00pm	The Ark	Hempnall Church
Thurs 10 th	7.00pm	Joint PCC Meeting	Hempnall School
Sat 12 th	10.00am-1.00pm	Christmas Craft Fair	Hempnall Church
Thurs 17 th	2.30pm	Hymn Choosing	Kath Wilby's
Thurs 24 th	7.00pm	Quiet Prayer	Hempnall Church

Every Tuesday at 5.00pm Evening Prayer at The Flat Woodton

Every Wednesday at 5.00pm Evening Prayer at Hempnall Rectory –

PLEASE NOTE: Evening Prayer on Wed 2nd Nov & 16th Nov will be at
The Flat, Woodton

Every Thursday at 8.00am Eucharist at 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

From the Registers

Baptisms

25th Sep

Esme Florence Juliet Oakley
at Woodton Church



**THE NEXT EDITION OF OUTLOOK WILL COVER DECEMBER AND
JANUARY 2017 SO PLEASE SEND YOUR EVENTS FOR JANUARY EARLY!**

ALL PHONE NUMBERS BEGIN WITH 01508 UNLESS STATED OTHERWISE

ALINE TURNER ACA - bookkeeping, accounts, tax returns, payroll Call 550403 or 07785 528069
AM FLOORING – Flooring installation service in and around Norwich amflooring@live.co.uk 07939 417342
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 e-mail: julietpeter@googlemail.com Call Juliet 482214
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
CHIROPODIST/PODIATRIST Samantha McCluskey 14 years NHS experience HCPC registered 07905 724408
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
GARAGES TO LET. Long Stratton area, Secure, dry, insulated, power. Call Paul 07803 927303

GREENDALE GARDENING SERVICES Grass & Hedge Cutting, Fencing Andy 07802702602 / 531168
 HEMPSTALL HOME CARE SERVICES: personal care and support in your home Contact Karen 07538 936249
 HEMPSTALL LAWNMOWER CENTRE Brick Kiln Lane Morningthorpe www.mowdirect.co.uk 473700
 HEMPSTALL 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
 NURSERY SCHOOL – SPRING-BOARD Saxlingham Nethergate Contact: Joanne/Julie 498796

More Adverts inside back cover

OIL, GAS HEATING AND PLUMBING SERVICES – Alan Bell 07710 515775 or 532393
 OSTEOPATHY, Cranial-accidents, back, headache. 01953 789629 e-mail acorns.clinic.aylsham@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
 PLUMBER: David Millward. Over 30 years' experience all plumbing work 07763 359313 / 498005
 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
 ROSEDALE FUNERAL HOME Beccles & Bungay, a family business 01986 892790/ 01502 714445
 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
 TREE SURGEON NTPC qualified. Alan Bell Call 532393 or 07710 515775
 TUTOR 3Rs science to GCSE, revision support. Contact Storm fayre@me.com 07939 242262
 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 and advice Mike 01953 433060

Copy for the December/January issue of Outlook should be delivered/posted to:

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

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