

### Produced by The Hempnall Group of Parishes



# October 2021

### Our Climate Challenge...

Hello Everyone,

Welcome to this special edition of Village news. We have celebrated harvest thanking God for the beauty and bounty of this planets provision for all who live here. We know that for this to continue, we will all need to play our part for the good of all.

So what is happening in our villages?

We hear from Dr Martin Mahony, (some will remember Martin as son of The Reverend Conal Mahony, a previous Rector here), and his wife Dr Helen Pallet. Martin and Helen are lectures in Human Geography at the UEA. They are also new parents and share their hopes for their



daughter Orla and the world in which she will grow up. (page 3)

Olivia is 10 years old and lives locally. In June's Village News she wrote how 'Little Changes Make a Big Difference'. Here she tells us what she and her family are doing at home to help combat climate change. **(page 3)** 

Miss Read, Headteacher at Woodton School, shares with us what is happening in there school. (page 4)

Will Sargent farms in Morningthorpe and describes how farming practices are changing. **(page 6)** 

Many have an "Office at home" these days. Frances, Our Group Administrator, shares the changes we are making in the Group Office. (page 7)

For your interest why not join an evening meeting on Zoom on Tuesday 19th October entitled, "Enjoying Creation and Achieving Change, Nationally and Internationally", where Tessa Wardly will be our speaker. **(page 8)** 

It's Our Climate Challenge, let's work together for the good of all.

### The curve is ready for bending

It's nearly eighteen months since Helen and I had the honour of speaking to the community in Hempnall about our climate challenge. How the world has changed since! Little did we know how all our lives would be upended over the ensuing months. And for Helen and I, the arrival of baby Orla a few weeks later changed things even more. Having a new baby amid a national lockdown was a strange and sometimes trying experience. But Orla also gave us a focus for our energy, attention and love, when so much outside our walls was so troubling.

Climate change always loomed large over our thinking about having children, and it has loomed over our relationship with Orla too. Despite a small dip during the initial lockdowns, greenhouse gas emissions have continued to rise. The recent report of the UN IPCC made for some sobering reading. The message is clearer than ever – it's happening, it's us, effects are everywhere, and it looks pretty bad. The report reduced the uncertainties about when certain temperature thresholds will be passed. We might pass 1.5°C, the 'aspiration' of the Paris Agreement, before Orla is in high school. And supercomputers can tell us with increasing confidence just how much of the weird weather we've been seeing worldwide is due to our emissions (answer: a lot).

But the report also clarified something important. If emissions were to stop (or reach 'net zero') globally, temperatures would stop rising. They could even start to fall. It sounds like a simple relationship, but the science underneath is devilishly complicated. But that simple finding offers hope, and it empowers. We can, as a global society, choose our climatic future, and we can start doing so now, this year. Perhaps by the time Orla is entering her 30s she'll be watching that temperature curve start to bend downwards. Who knows, maybe she'll even be helping to bend it herself.

A lot of people who worry about having children at the moment are concerned, understandably, either that the world will just be too awful in the future, or that their children, through their existence in a high-carbon economy, will just exacerbate the problem. But I refuse to see Orla as just a few tonnes of  $CO_2$  emissions, nor as a passive victim of the world she's been thrust into. Instead, all our children are world-changers; people who, in the future, will remake the world in their own image, not in ours. All we can do is give them the best tools, and the best materials. So let's start bending those curves downwards now, so that Orla and co. can finish the job.

From Dr Helen Pallet and Dr Martin Mahony

### Oliva aged 10 years

My family and I do lots of things to help with climate change. We have solar panels on our roof which generate electricity from the sun. We have air source heating which means that our heating and hot water is not powered by fossil fuels. We try to keep the heating in the home warm, but not too hot, so that we don't waste energy. We always put full loads of washing on and use eco mode on the washing machine. We turn lights off when we leave a room.

(continued on page 4)

We use re-usable water bottles and we try to reduce our use of plastic by buying bars of shampoo, conditioner and soap and we also now use the eco egg laundry egg so that we no longer have to use washing capsules. We also recycle as much as possible.

There is lots of information on the internet about how you can reduce your carbon footprint: this link on the bbc website is very good <u>https://www.bbc.co.uk/news/science-environment-52719662</u> <<u>https://www.bbc.co.uk/news/science-environment-52719662</u>

You can try any of this at home, these are easy changes to make to help the world for the next generation.



# News from Woodton Primary School September 2021 Focus on climate change

The topic of climate change is an important one for our children at Woodton Primary as they will be most affected by any changes that are or are not made now. The children have inherited the actions of their predecessors on the earth and are the ones that will be able to make positive changes to ensure that planet earth is here for many years to come.



As the future of the planet is uncertain, we feel that it is important for our children to learn how to protect our earth in their every day lives.

We teach the children to respect the earth. One way in which we do this is through the Forest School sessions. The children gain a knowledge and understanding of the natural world and their local environment.

In addition to forest schools, we also run a weekly gardening club, so that the children understand where their food comes from and learn about the importance of reducing the number of miles that their food travels, so that it has the least impact on the planet. In past years they have even produced enough fruit and vegetables to sell to parents and the local community.

We also have an annual 'Eco Day' to help the children learn about current world issues. Our latest day focused on the use of plastic and the affect that it has on ocean life.

During our collective worship (assemblies), we have a Big Question once a week which often links to the challenges of climate change and encourages the children to think about



simple changes that they can make in their lives, like recycling, reusing and reducing the waste we produce. Our latest Big Question was "How can we help to slow down climate change?"



We also teach the children the importance of working together to overcome challenges and to celebrate everyone's differences in an ever changing and diverse world. We have started the process of becoming a 'School of Sanctuary'. We will join other schools across Norfolk to welcome all pupils, including those who have had to flee their own country as a refugee.

The children are encouraged to walk to school and we open the gates so that it is safe for them to walk directly from the village.

We also teach the children how to cycle and be safe on the roads - all small steps to supporting climate change and understanding the impact that cars and the use of precious fossil fuels has on our planet.

We are always keen to work with our local and wider communities to combat climate change and we will be supporting the COP26 in November to support an increase in action, to build a brighter future for our children and future generations.

Miss Read—Headteacher

### Will Sargent, farmer in Morningthorpe

Climate change used to be something discussed only by scientists, but now almost everyone has an opinion on it. Every day at least one news story has a climate connection. Whether it's forest fires in California or flooding in Germany, man's impact on the environment is usually to blame. Back home in the UK, it's easy to switch off from extreme events happening elsewhere, but unfortunately we're now beginning to feel the effects of changing weather patterns.

As a farmer, my business is heavily dependent on the weather. If we don't get the right mix of sunshine and rain, it can have a devastating impact. The last two years have been difficult. Very wet autumns followed by dry springs have meant less grain in the barn and that has a big impact on the bottom line. Of course, there are things we can do to adapt. We've started to grow more crops in the spring and others that are more tolerant to drought. We're also cutting down on air pollution. Our newest tractors produce lower emissions than their predecessors and also burn less fuel.

Recently, farmers have faced criticism for the impact they have on the environment, but I feel much of this is based on misinformation and a lack of understanding. The beef industry is often portrayed as a mass polluter, but how many people think about the carbon that's locked up in permanent pasture? If we decided to plough up this grass and plant vegetables in its place, thousands of tonnes of carbon would be released into the atmosphere every year.

Climate change is here to stay and we must all work together to adapt. In my experience, farmers are at the forefront of positive change in helping to care for our environment and must be supported.



(Harvesting Canary Seed, a crop planted in late spring and harvested in August)

### **Greening the Group Office**

Here in the Group Office we try to be as eco conscious as possible. We use recycled toners in our printer, print on both sides of the paper when we can and try to send as little as possible to landfill. We also make sure all our office appliances are switched off at the end of the day (*did you know leaving your PC monitor on overnight can waste enough electricity to laser print 500 pages and leaving your printer on standby overnight wastes enough energy to make 30 cups of tea*).

There is always room for improvement and one very simple step we have made is to change our search engine for the internet. We now use 'Ecosia' (https://www.ecosia.org/) instead of Google. Using 'Ecosia' is just as easy as using Google. Every time you search for anything on the web search ads create income for 'Ecosia' and they then use this income to plant trees.

They also tore vour

protect your privacy, they do not store your searches permanently, they do not sell your data to advertisers, all your searches are encrypted, and they do not use external tracking tools which other internet search engines do. They don't use third-party trackers, in order to prevent others from accessing your searches. They only collect a small amount of data to be able to improve their services and if you want to opt out of this tracking your can activate "Do Not Track" in your browser's settings.

Currently our empty toner cartridges end up in landfill but recently we came across a charity called "Cartridges4Charity" (https://cartridges4charity.co.uk/) who will collect the empty cartridges and use them to generate funds for the "Against Malaria Foundation".

The changes we have made in the Group Office maybe small and may not seem very significant but believe me every change we make does make a difference and remember —

*"If you think you are too small to make a difference, try sleeping with a mosquito" (Dalai Lama).* 

~Frances Atherton~





# **Our Climate Challenge**

An evening exploring the challenges of our climate and how change can be achieved for the good of our planet and all its peoples



Join us for a pre COP26 evening on Tuesday 19<sup>th</sup> October 2021 At 7pm via Zoom

### Enjoying Creation and Achieving Change, Nationally and Internationally

Tessa Wardley will be our speaker.

Tessa seeks to connect children and adults to the natural world in ways that are engaging and fun. She is the author of several books, her latest is titled, "The Eco Hero Handbook" which suggests practical things everyone can do to help.. She currently works for Defra.

https://www.goodreads.com/author/show/5996673.Tessa\_Wardley

Zoom Login Meeting ID: 899 6984 6639 Passcode: 292426

### **Reverend Ernest Green**

We are sorry to learn in the Hemphall Group of the death on 2 September of the Rev'd Ernest Green, who was our Team Rector and Incumbent from 1991 to 1996. Many will remember Ernest - and his wife Dorothy (who was herself ordained as a priest while here and who sadly died last year) - with respect and affection. Ernest was a very good 'all-rounder' as Rector, being interested and skilled in various aspects of Church life - worship and liturgy, pastoral care and sound governance. He had a clear eye for detail. Sometimes he could appear to be austere but was actually quite shy and very kind. And he had a dry sense of humour: Jackie Mahony remembers hearing gales of laughter during some of Ernest's meetings with Conal as Team Vicar and Michael Windridge as Curate.

On their retirement from the Hempnall Group Ernest and Dorothy moved to Cheddar and then to Bristol, becoming members of a large city church where during the pandemic Ernest led 'streamed' weekday Morning Prayer services and hosted Sunday morning after-church chat on Zoom. Ernest's funeral will be held there on 30 September.

We give thanks for Ernest's long, rich ministry in the Church and remember his family in our prayers at this time - his children Andrew, Stephen, Julie and Ruth, his grandchildren and great grandchildren. A card has been sent to them with love on behalf of the Group.

### HEMPNALL TRUST GRANT

From time to time we all need help be that because of ill health, disability or bereavement, relationship breakdown, lack of transport or telecommunications, and most recently Covid and its effects on work, child care and our ability to make ends meet. Residents of Hempnall who are in need or suffering hardship can uniquely apply to The Hempnall Trust for a Grant to assist them. To apply, please download, print and complete the application form from our website <u>http://hempnalltrust.org.uk/grants/</u> or collect one from the Mill, School, Surgery, Rectory or the Village Hall and return it to: Jackie Jackson, Secretary to the Hempnall Trust at the address on the form. If you need help to fill in the form please telephone Jackie 07704 656458 or email. jackson.jc@btinternet.com. Likewise if you think a neighbour might be in difficulty, perhaps suggest they apply. All applications are dealt with in the strictest confidence.

### HEMPNALL TRUST VOLUNTEERS

The Hempnall Trust exists to serve the residents of Hempnall and is run by volunteers of all ages, expertise and interests. If you can spare the odd hour and would like to help our community, we are currently seeking the following.

Trustees to govern the operation of the Trust (especially those with Facebook experience); please contact chairman John Kelly tel. 07771 598046 / email. johnjkelly1945@gmail.com.

Volunteers (especially drivers) to help Margaret with the Lunch Club tel. 01508 499579 / 01508 499766 email <u>margaretsparham@live.co.uk</u>. Volunteers to help man the MILL BAR (full training provided) contact Debbie Ashford tel. 01508 498242 / email. <u>cds.debbie@gmail.com</u>).

The next meeting of the **HEMPNALL TOWN ESTATE EDUCATIONAL FOUNDATION** is during November 2021. Completed applications for grants by November 1st to Alison Harris, Clerk to the Trustees, 34 Roland Drive, Hempnall, NR15 2RB.

Application forms are available in Hempnall Village Hall, Hempnall Church, The Mill Centre, Hempnall Surgery, 34 Roland Drive or by email.

Any queries or requests for forms to Alison Harris - <u>hteefclerk@gmail.com</u> Tel : <u>01508 498258</u>.

PLEASE NOTE - WE ARE UNABLE TO ACCEPT COMPLETED APPLICATIONS BY EMAIL. VALID RECEIPTS/PROOF OF PAYMENT MUST BE INCLUDED. INVOICES ALONE CANNOT BE CONSIDERED AS PROOF OF PAYMENT MADE.

The Foundation is keen to support all Hempnall residents, regardless of financial circumstances, to take advantage of a wide range of educational opportunities. Consequently, if you would like to discuss any aspect of a claim you may be planning to make, including how it may be funded, we would be happy to talk with you informally. Please contact Alison as above.

### **Hempnall Mill Centre**

As most of you will be aware we have now been delivering meals since April 1st 2020, and will continue to do so with volunteer drivers who are willing to continue.

We have also decided to start the lunch club again one day a week. The first will be on Thursday 7th October. There will be a two course Lunch served at 12noon. Arrival will be from 11am onwards with tea or coffee and biscuits available. If you would like to book in or want more information please contact:

Margaret Sparham on 499766 on Wednesday and Thursdays, or on 499579 at other times. Or via email <u>margaretsparham@live.co.uk</u>.

### THANK YOU RICHARD AND SONYA!

A big thank you to Richard and Sonya at the Butchers House, Long Stratton, for their kind donation of £60.00 to the Morningthorpe Church appeal for the forthcoming work on electrics.

### WEA HEMPNALL BRANCH

This Autumn we welcome **Glenn Barrett** with the course **Our Universe**, looking at objects in our solar system and in the universe beyond. Meetings will be on **Wednesdays 2-4pm**, **October 6<sup>th</sup> – November 24<sup>th</sup>** (with a half-term break on October 27<sup>th</sup>). Fee to be advised.

Although we were planning to return to face-to-face teaching this Autumn that has not proved possible. Instead, we shall be meeting via Zoom, as last winter. We still hope to have the Spring course in the Village Hall.

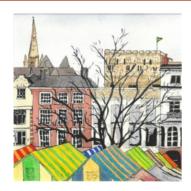
**Enrol** using your postcode at <u>www.enrolonline.wea.org.uk</u> or by phone on 0300 303 3464 (office hours). When you enrol you will be given the necessary information to access the Zoom sessions.

Please enrol as soon as you can as the on-line brochure is open nationwide and students can enrol from anywhere, with a risk that locals become excluded.

### ALSO – WEA VOLUNTEER NEEDED

Lisa, our long-standing Branch Secretary, needs a break to look after other parts of her life. As we haven't seen our students face-to-face for so long, finding a replacement has proved difficult.

The **Branch Secretary** acts as our communication hub, so needs to be well organised, enthusiastic and comfortable with IT. Lisa is staying on the committee so will be on hand to advise if needed. If you'd like to be part of the team, meet new people and share in choosing courses and spreading the word around the community please phone Gill on 01508 500979 or email <u>gill.edden@wea.ac.uk</u>.



# Hempnall Art Club

Art Club members Autumn Sale Saturday 30th October 2021 Hempnall Village Hall 10am to 5pm Refreshments available



**CHRISTMAS SHOE BOXES—OPERATION CHRISTMAS CHILD** The mission of Operation Christmas Child is to show God's love in a tangible way to children in need around the world, and together with the local church worldwide, to share the Good News of Jesus Christ.

A small shoebox can have a big impact. What goes into the box is fun, but what comes our of it is eternal. Be a part of changing children's lives all over the world through the power of a simple gift with Operation Christmas Child.

We will be collecting shoe boxes again this year, boxes are available from the Group Office.

Boxes should be returned to the Hempnall Church by **Monday 1st November** 2021 (Office Mon-Thu, 9am-12:30pm. Please phone before arrival – 498157)



### Food Bank

Items for our Food Bank are still needed; we are very grateful to all who continue to contribute during this difficult time.

Our next collections will be on:

Sundays 3rd October & 7th November - Any items can be left at Hempnall Church Office Mon-Thu, 9am-12:30pm. Please phone before arrival – 498157

### URGENTLY NEEDED FOOD ITEMS

TINNED TOMATOES LONG LIFE MICROWAVEABLE SPONGE PUDDINGS SMALL JAR COFFEE PASTA SAUCE COOKING SAUCE TO GO WITH RICE BAKED BEANS



# Mobile library timetable

Stop		Arrival	Departure		
	Village	Aniva		Stop name	Postcode
number		time	time		
2	Hempnall	09:50	10:10	Old Market Way	NR15 2LZ
				(Bainard Rise)	
4	Hempnall Green	10:20	10:45	Three Horseshoes	NR15 2NN
6	Topcroft	10:50	11:00	The Old Chapel	NR35 2BL
8	Topcroft	11:05	11:20	Church Road	NR35 2BH
10	Hempnall	11:25	11:40	Road Green Farm	NR15 2NQ
12	Hempnall	11:45	12:10	Millfields	NR15 2NE
14	Hempnall	12:15	12:35	Roland Drive	NR15 2RB
16	Hempnall	12:40	12:55	Fairstead Lane	NR15 2NF

### DATE OF NEXT VISIT:

- 07 OCTOBER 2021
- 04 NOVEMBER 2021
- 02 DECEMBER 2021
- 30 DECEMBER 2021

- 27 JANUARY 2022
- 24 FEBRUARY 2022
- 24 MARCH 2022
- 21 APRIL 2022

### Route No: CEN423 Calls on: Thursday Normally every: 28 days

Please note this information is subject to change or amendment both on a permanent and temporary basis. For all enquiries about this route please call 01603 222303.

# **Topcroft Parish Council**

### Meeting Date - Monday 8th November 2021 at 7.30pm

Planning meetings are arranged as and when required. The agenda is displayed 3 days before the meeting on the noticeboards & website: www.topcroftpc.norfolkparishes.gov.uk The meetings are held in the pavilion. For further details contact the Clerk email: topcroftpc@gmail.com ~ All Parishioners Welcome ~

# Health News...

At **HEALTHWATCH NORFOLK** we are launching a project alongside Healthwatch Suffolk to find out how people affected by cancer have accessed their appointments during the pandemic. We are working with the people in charge of cancer services in Norfolk and Suffolk to help shape the way appointments are accessed in the future, so it is vital that we



get as much feedback as possible to get an authentic sense of patient opinion. If you live in Norfolk or Waveney and have had a cancer diagnosis, referral, or treatment since March 2020, Healthwatch Norfolk and Suffolk would love to hear from you. If you would like to participate, please contact Healthwatch Norfolk by calling 0808 1689669, or emailing

<u>enquiries@healthwatchnorfolk.co.uk</u>. Alternatively, the survey can be completed online by visiting <u>www.smartsurvey.co.uk/s/cancerappointments/</u>

Healthwatch Norfolk and Healthwatch Suffolk are the independent voices for patients and service users in our counties. We gather your views of health and social care services to ensure they are heard by the people in charge. For more information about what we do, visit our websites

www.healthwatchnorfolk.co.uk and www.healthwatchsuffolk.co.uk."



Our full door to door dial-a-ride service is up and running again with weekly trips to Diss and Harleston for shopping and appointments.

We are also pleased to announce that we are running our weekly outings again. Our October outings are as follows:

Thursday 14th October– Lunch at The Red Lion, Needham - Fare £7.00Monday 18th October– Stowmarket – Fare £10.00Monday 25th October– Lunch at The White Horse, Stoke Ash – Fare £7.00

Some outings do have limited space so please book early to avoid disappointment.

For more information or if you would like a copy of our 2021 outings leaflet, please contact us on 01379 854800 or email <u>adminborderhoppa@btconnect.com</u>.

### LONG STRATTON MEDICAL PARTNERSHIP

Swan Lane Surgery, Swan Lane, Tharston, Norwich, Norfolk, NR15 2UY Tel: 01508 530781

Our flu vaccination season set off to a great start with our vaccine being delayed in September, but on writing this article (early September) we are optimistic that we will be able to go ahead with our pre-booked appointment clinics on Saturday 2<sup>nd</sup> and Saturday 9<sup>th</sup> October at Long Stratton Surgery, and on Wednesday 13<sup>th</sup> October at Newton Flotman Surgery.

The new eligible group of 50-64 year olds have been confirmed as continuing for the 21-22 flu season, and we will be notifying patients by eligibility in stages. Our clinics will operate with social distancing and infection control measures in place. Please wear a mask, use the hand sanitiser and arrive only at your prebooked appointment time as the waiting area space is limited. Please do not attend with a family member that does not have an appointment unless they are your carer, or you need assistance in some way.

For your information these are the eligible groups (cohorts).

- All children aged 2 to 15 (but not 16 years or older) on 31 August 2021 (2 & 3yr olds will be vaccinated at the practice)
- Those aged 6 months to under 50 years in clinical risk groups
- Pregnant women
- Those aged 50 years and over
- Those in long-stay residential care homes
- Carers
- Close contacts of immunocompromised individuals
- Frontline health and social care staff employed by:
- A registered residential care or nursing home
- Registered domiciliary care provider
- A voluntary managed hospice provider
- Direct Payment (personal budgets) and/or Personal Health Budgets, such as Personal Assistants.

Eligible criteria have changed over the years so if you are unsure whether you are entitled to a vaccination please speak to our Reception Team who will check and confirm for you.

### New Team Members in September

We would like to introduce and welcome Lindsay Smith as Practice Nurse, Hedley Copplestone as IT & Admin Lead and Gemma Chapman as Dispensing Clerk.

# You are warmly invited to Commemoration Service



# Remembering our loved ones who have died

# At Hempnall Parish Church

## On Sunday 7th November at 3pm

We will be holding a special service to commemorate our loved ones. During this time, we will read out the names of those who have died in the past year. If there are others you would like to be remembered please let us know their names. One candle will be lit in memory of everyone, including those whose lives have been affected by Covid 19, and in this 20th anniversary year of 9/11.

Do let us know if you hope to come, there will be space for all to be comfortably seated.

The Rectory, The Street, Hempnall, Norwich, NR15 2AD Tel: 01508 498157 (office hours: 9am-12.20pm Mon-Thurs) Email: hempnallgroup.office@btinternet.com

# Our Church Services...

3rd October 2021 St. Francis	10:00am   Celebrating with all Gods Creations— please bring your animal friends 11.00am   Morning Prayer	Bedingham Church via Zoom
10th October 2021 19th Sunday after Trinity	10:00am   Group Eucharist	Shelton Church
17th October 2021 20th Sunday after Trinity	10:00am   Group Service	Hempnall Church
24th October 2021	9:30am   Eucharist	Woodton Church
Last Sunday after Trinity	11:00am   Eucharist	Fritton Church
	11:00am   Morning Praise	Topcroft Church
	11:00am   Matins BCP	Hardwick Church
	6:00pm   Celtic Evening Prayer from Lindisfarne	Zoom
31st October 2021 4th Sunday before Advent	10:00am   Group Eucharist A Service of Healing & Wholeness	Topcroft Church
7th November 2021 All Saints Day	10:00am   Group Eucharist With Ian Callaghan—St John Ambulance 3:00pm   Commemoration	Woodton Church Hempnall Church
	Service	

# Happy Birthday to....

### Children

Thomas Brooke who will be 10 on the 1st Rosanna Brooke who will be 10 on the 1st Evie Hanner who will be 8 on the 17th Ivy Oakley who will be 2 on the 27th

### Teenage

Oscar Wood who will be 15 on the 27th Emily Pretty who will be 14 on the 30th



# Happy Anniversary to....

Happy 40th Wedding Anniversary to Mark & Debbie Ashford who renewed there wedding vows on Sunday 19th September 2021 at Hempnall Church

### From the Registers....

### Funerals

16th September, Brian Hudson Dickinson, aged 86 years, at Waveney Memorial Park & Crematorium 30th September, Maurice James Webb, aged 94 years, at Hempnall Church

30th September, The Reverend Ernest Green, aged 89 years, at St Mary Redcliffe Church in Bristol



# Need Help?....

ALINE TURNER ACA - bookkeeping, accounts, tax returns, payroll - 01508 550403 or 07785 528069 ART WARTERCOLOURS FOR GEGINNERS & IMPROVERS - gill@gilly-marklew.co.uk - 01508 499070 BLACK CAT CYCLES - Mobile repairs & services - service@blackcatcycles.co.uk - 07996 403794 CARPENTER - Mark Whitbread, Free guotations, No job too small - 01508 532605 CARPET AND UPHOLSTERY CLEANING - Local reasonable rates - David - 01379 608529 or 07768 757308 CARRY ALL - Supplies of quality aggregates, to Trade & Public, Free delivery, No VAT - 01508 536182 or 07850 402845 CHESS TUITION - Teaching at all levels - Martin Walker - martinwalker723@gmail.com - 01508 492471 CHIMNEY SWEEP - Guild of Master Sweeps, Clean & Friendly, Smoke /test/Certificates - Dave 07835 757528 CHRIS BAKER TRANSPORT - Man & Van - 01508 531738 or 07821 923489 CHRIS CLARKE OIL BOILER SERVICES - Servicing: 07912 146619, Breakdowns: 07377 516660 DAVID HEWETT FRICS - Chartered Building Surveyor CAD drawings & surveying services - 01508 499761 ELECTRICIAN - Bob Turner - Domestic & Commercial Electrical Contractor - 07899 794813 FARM SHOP, CAFÉ & BUTCHERY, Norwich Road, Woodton for the best Raw Milk in Norfolk - 07900 814252. FEET - Corns, calluses, nail cutting & more, treated in you home - Wendy - 01379 676872 GARAGES TO LET - Long Stratton area. Secure. drv. insulated, power - David - 07770 587981 HEMPNALL PARISH COUNCIL- Website Address www.hempnallpc.org NEW SALON - Hempnall - Gel & Acrylic Nails, Lashes, Brows, Waxing, Hairdresser & Barber - 07872 366756 NORFOLK WOODBURNERS - Hemphall - Woodburner Supplier & Installer - 01508 498393 OIL, GAS HEATING AND PLUMBING SERVICES - Alan Bell - 07710 515775 or 01508 532393 OSTEOPATH - Cranial-accidents, back, headache - reception@norfolkost.co.uk - 01953 789629 PAINTING, DECORATING, FLOORING & FLOOR RESTORATION, WOOD PAINTING & STRIPPING - Seb -07821 973612 PAUL CLARRY PLUMBING & HEATING - For all your requirements - 07887 485676 or 01508 550519 PETER MATTHEWSON PLANT HIRE - Drainage & Groundworks - Please call for info. 01508 482655 or 07850 722094 PIANO LESSONS - Bedingham - All ages welcome - Marian - 01508 482746 PLUMBER - David Milward - Over 30 years' experience all plumbing work - 07763 359313 or 01508 498005 R. B. COPPING FUNERAL SERVICES. PORINGLAND - 01508 494434 ROSEDALE FUNERAL HOME - Beccles & Bungay, a family business - 01986 892790 or 01502 714445 S. W. CONTRACTORS Groundwork, Gardens, Fences, Patios & Hedge Trimming - 01508 495528 SAFE & SOUND HYGIENE AND PEST CONTROL & GARDEN MAINTENANCE - 01379 788865 or 07809 226109

TK GARDEN MAINTENANCE - Hedge trimming, Tree care, Lawn mowing, Garden clearance - 07858 723357 TURTOR MATHS & SCIENCE TO G.C.S.E. - Contact Storm Roberts - fayre@me.com - 07771 857255 or 01508 482621

UPHOLSTERY & SOFT FURNISHINGS, Woodton - outoftheburrough@gmail.com - 07771 857255 or 01508 482621

WINDOW WONDERLAND - Window cleaning services - Contact Sammy Raynes - 01508 482679 or 07975 579292

More adverts inside back cover....

## Contact us....

Liz Billett – Team Vicar <u>07891 854219</u> or 01508 482366 Group Office, open Mon-Thurs 9am-12.30pm

Telephone: 01508 498157

Our email: <u>hempnallgroup.office@btinternet.com</u>

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