



# Village News

Produced by The Hempnall Group of Parishes



Photograph by courtesy of David Ferre

## July 2021

## Thought for the month...

Hello Everyone,

I was listening to Desert Island discs last month with Laura Lavern interviewing Yo-Yo Ma, musician.

<https://www.bbc.co.uk/programmes/b006qnmr/episodes/player>

He said three things that caught my attention. Living your values, going where the need is and savouring a shooting star.



**Living your values** for him meant asking, “What can I do to help?” Facing the reality of all we have been going through can easily lead us to think, well, there is just me, what can I do. We can’t all do everything but we can take the first step. Living his values meant taking the first step.

What, I wonder, does living your values mean to you?

Yo-Yo Ma’s first step was to look for the need and **then to go where the need was**. He thought of the many people in hospital, alone, isolated with no visitors or family. He played his cello via Zoom into the hospital rooms. In that waiting period after receiving a Covid Vaccine before you can leave, he took his cello and played a classical selection of music. He said that in these days of anxiety he wanted to share some of the music that gives him comfort.

What, I wonder, gives you comfort and how might you share it?

He spoke of Jacqueline Du Pre, cellist, who at the age of 19 years played Elgar’s Cello Concerto with Daniel Barenboim, which has become a classic performance. She died of MS at the age of 42 years. He called her a **shooting star**, someone burning so brightly for an all too short a time. It made me think of the “shooting stars” I have known and the influence they have had on me way beyond their time. Who, I wonder, are the shooting stars in your life?

With love

## OUR SERVICES IN JULY

### **Sunday 4th July | 5th After Trinity**

10:00am | Group Eucharist at  
Hempnall Church

4:00pm | Family Praise at Hempnall  
Church (open air service)

### **Sunday 11th July | 6th after Trinity**

8:00am | BCP Communion at  
Morningthorpe Church

9:30am | Eucharist at Hempnall Church

11:00am | Eucharist at Topcroft Church

11:00am | BCP Matins at Hardwick Church

4:00pm | Family Praise at Hempnall  
Church (open air service)

### **Sunday 18th July | 7th after Trinity**

9:00am | Eucharist at Bedingham Church

9:00am | Morning Service Anglican at  
Hempnall Church

11:00am | Eucharist at Fritton Church

11:00am | Morning Prayer at Topcroft  
Church

4:00pm | Family Praise at Hempnall  
Church (open air service)



### **Sunday 25th July | 8th after Trinity**

11:00am Eucharist at Shelton Church

4:00pm | Family Praise at Hempnall  
Church (open air service)

6:00pm | Evening Worship from Iona via  
Zoom

## TO RESERVE YOUR SEATS PLEASE CONTACT:

### **Bedingham Church**

Jane Bond Email [jane-bond@live.co.uk](mailto:jane-bond@live.co.uk)

### **Hardwick Church**

Liam Pilgrim Email: [liampilgrim@btinternet.com](mailto:liampilgrim@btinternet.com)

### **Hempnall Church**

Claire Key Email: [clairekey58@yahoo.co.uk](mailto:clairekey58@yahoo.co.uk)

### **Topcroft Church**

Jackie Leggett Email: [Jacqueline.leggett@btinternet.com](mailto:Jacqueline.leggett@btinternet.com)

### **Morningthorpe Church**

Mary Sargent Email: [marysarg2020@gmail.com](mailto:marysarg2020@gmail.com)

### **Fritton Church**

Susanna Cooper Email: [frittonsusanna@gmail.com](mailto:frittonsusanna@gmail.com)

### **Shelton Church**

Liam Pilgrim Email: [liampilgrim@btinternet.com](mailto:liampilgrim@btinternet.com)

### **Woodton Church**

Group Office Email: [hempnallgroup.office@btinternet.com](mailto:hempnallgroup.office@btinternet.com)

### **Family Praise**

Claire Key Email: [clairekey58@yahoo.co.uk](mailto:clairekey58@yahoo.co.uk)

## Book Launch on Thursday 10th June 2021

On a sunny summer's afternoon a number of walkers gathered for a convivial tea in the garden of The Chequers to celebrate the production of the third book in the 'Let's Walk' series, 'Let's Walk Further'.

The tea was preceded by a gentle, short walk on footpaths across farmland behind Hempnall Church.



We not only celebrated the book, which was in fact published in the middle of last year's lockdown, but also the slight relaxation of Covid restrictions which enabled up to 30 of us to enjoy some time together.



Michael Kingston kindly did the actual launching and reminded us that we have a history of walking in this group of parishes, having on one occasion covered the 17 miles circuit of all our 8 churches in one day.

The new book describes walks based on a wider area than the previous two, taking in the rivers Chet, Waveney and Yare and visiting a number of medieval churches.

This month's poem captures the mood of walking which is always a voyage of discovery in one way or another and like most of life may take us to unexpected places.



## The Road Not Taken

Two roads diverged in a yellow wood,  
And sorry I could not travel both  
And be one traveller, long I stood  
And looked down one as far as I could  
To where it bent in the undergrowth;

Then took the other, as just as fair,  
And having perhaps the better claim,  
Because it was grassy and wanted wear;  
Though as for that the passing there  
Had worn them really about the same,

And both that morning equally lay  
In leaves no step had trodden black.  
Oh, I kept the first for another day!

Yet knowing how way leads on to way,  
I doubted if I should ever come back.

I shall be telling this with a sigh  
Somewhere ages and ages hence:  
Two roads diverged in a wood, and I—  
I took the one less travelled by,  
And that has made all the difference.

*~Robert Frost~*



# Local News

On **Sunday July 18<sup>th</sup>** there will be a walk at:

**Lopham Fen, Suffolk Wildlife Trust IP22 2HX—Start time 2pm**

Lopham and Redgrave Fen offer beautiful walks – all flat, but could be wet in places.

There is a picnic area so please feel free to bring a flask if you wish.

For further information please phone David and Margaret Ferre on: 01508 482562.



Lopham Fen National Nature Reserve is run by the Suffolk Wildlife Trust, Suffolk's nature charity – the only organisation dedicated to safeguarding Suffolk's wildlife and countryside.

The Trust aims make a difference for Suffolk by managing nature reserves - securing a bigger, better and more connected landscape for wildlife and by inspiring the next generation through hands-on experiences with nature.



## Let's Walk



12 Circular walks in South Norfolk

£2.00

## Let's Walk Again



Circular walks in south Norfolk

£2.00

## Let's Walk Further



Circular walks in south Norfolk

£3.00

We have 3 walk books available from our churches  
or the church office, 01508 498157.



# Hempnall Mill

As most of you will know, Hempnall Mill Centre has been providing lunch on Wednesdays and Thursdays since 1st April 2020, and delivered by volunteers.

We are now coming to the end of the Pandemic and need to make decisions about the service going forward.

The home service will continue as we are for those who wish to partake; in addition the Mill will open for lunch on Thursdays for those of you who would like to meet up.

The service will be implemented only when ALL COVID restrictions are lifted and in the meantime we will continue as we are.

It has been a pleasure to provide this service and we all hope you will continue to be a part of this special service the Trust provides for the people of Hempnall.

For more information contact Margaret Sparham on 499766 Tuesdays and Wednesdays and on 499579 at other times.



## Topcroft Parish Council

### Meeting Dates 2021

Monday 12th July 2021 at 7.30pm

Monday 13<sup>th</sup> September 2021 at 7.30pm

Monday 8th November 2021 at 7.30pm

*Planning meetings are arranged as and when required.*

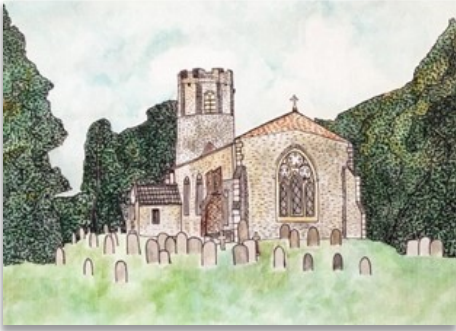
*The agenda is displayed 3 days before the meeting on the noticeboards & website: [www.topcroftpc.norfolkparishes.gov.uk](http://www.topcroftpc.norfolkparishes.gov.uk)*

*The meetings are held in the pavilion.*

*For further details contact the Clerk email: [topcroftpc@gmail.com](mailto:topcroftpc@gmail.com)*

**~ All Parishioners Welcome ~**

## Post Card from Fritton



Fritton and Morningthorpe PCC is hoping to compensate in some way for loss of church collection monies during 2020 and 2021 by selling postcards of St. Catherine's, Fritton. Tilly Cooper has drawn a picture of the church which has been reproduced on good quality, standard sized postcards.

These postcards can be bought at a cost of 50p each, in bundles of 10s and 20s. If

you would like to buy some please contact:

Susanna Cooper - [frittonsusanna@gmail.com](mailto:frittonsusanna@gmail.com) Tel: 01508 498297

Please make your payment to the following bank account:

Sort code 20-26-34, Account number 20688533, Account name Fritton and Morningthorpe PCC. Please reference your payment "postcards"

## A Huge Thank You from The Benjamin Foundation



The **Benjamin** Foundation

*Dear all at the Hempnall Group of Churches,*

*A huge thank you from us all at The Benjamin Foundation for your recent donation of £240 from your Lent appeal.*

*Your donation will help local children and young people to finally feel hopeful of a brighter future.*

*Many thanks once again—do keep in touch!*

*~Rachel Hogg~*

If you would like to know more about the Benjamin Foundation please visit there website at:

<https://benjaminfoundation.co.uk/>



BERGH APTON ARTS

presents



A TRAIL LIKE NONE OTHER

**8-12 & 22-26 SEPTEMBER**

Info & Tickets

<https://bacat2021.wixsite.com/bacat>

Info 01508 480696

'One for the Rook' is an acknowledgement and celebration of the wild world around us, the creatures, plants and insects which are our 'neighbours'. We follow in the footsteps of those beautiful and influential books, 'Lost Words' and 'Lost Spells' written by Robert Macfarlane and illustrated by Jackie Morris. Although 'following' it is very much our own pathway we have created..

The event is a 'trail' of about 1.5 miles in the countryside around the village of Bergh Apton. There are a dozen 'stop, look and listen' places, some with music and words to enjoy. The 'trail' opens in the church porch which becomes a tiny theatre and then, the intrepid 'travellers' go off to be interested, intrigued and inspired and, to keep wits sharp, there is a puzzle full of trickery to solve. The trail finishes in the body of the church where there is music and readings to listen to, lanterns to admire and a CD to buy!

The 'One for the Rook' trail is quiet, contemplative and can be walked as a meditation.

## LONG STRATTON MEDICAL PARTNERSHIP

Swan Lane Surgery, Swan Lane, Tharston, Norwich, Norfolk, NR15 2UY

Tel: 01508 530781

We are already into the middle of summer 2021 and 16 months into the Covid-19 pandemic. As I write this article, there is a sense of excitement as the 21st of June rapidly approaches. Will the U.K. be ready to embrace normal life again without restrictions? The apprehensive side in each of us is slightly worried and wants to be cautious and take each day as it comes. We want a safe and healthy country.

This month I look at DNA's – appointments marked 'Did Not Attend' in the practice. This has been a national problem for many years, and it costs the NHS immensely. A recent research article in the BJGP (British Journal of General Practice, March 2021) reviews this problem. NHS England has estimated that there are 7.2 million missed general practice appointments annually, at a cost of £216 million. Reducing these numbers will surely improve primary care efficiency. This study noted that DNA rates for Nurses and Pharmacists (community) are twice that of GP appointments, the difference being that GP appointments comprise more of 'reactive care' while nursing and healthcare appointments are 'planned or proactive care' for long term conditions. Both are important for the physical and mental wellbeing of the community.

A snapshot in our practice in the last 2 weeks of May 2021 showed 22 DNA'd appointments which comprised 14 GP appointments and 8 Nurse appointments, which equates to 140 minutes of GP time and 120 minutes of Nurse time. There are many reasons for DNA appointments. It can be quite frustrating for the practice as we desperately try to find appointments for patients within a reasonable time frame.

We look to you to help us find the best way of dealing with this problem. Suggestions are always welcome. We do remind you to cancel appointments that are no longer needed. We also encourage you to contact us when the time of an appointment becomes unsuitable for some reason. Every little helps.

Have a great summer and stay safe.

*~Dr Mini Nelson~*

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 [enquiries@healthwatchnorfolk.co.uk](mailto:enquiries@healthwatchnorfolk.co.uk). Alternatively, the survey can be completed online by visiting [www.smartsurvey.co.uk/s/cancerappointments/](http://www.smartsurvey.co.uk/s/cancerappointments/)



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](http://www.healthwatchnorfolk.co.uk) and [www.healthwatchesuffolk.co.uk](http://www.healthwatchesuffolk.co.uk).”



It has been a long time since our members have been able to enjoy the weekly outings with us, but we are happy to announce that we are hoping to start these again in July 2021, fingers crossed! If you would like a copy of our outings leaflet when it is ready, please contact us.

We are currently looking for more trustees and volunteer drivers to support our vital community transport service. Our services provide a lifeline in the community so anyone who can help would be making a worthwhile contribution to local life. If you have some spare time and would be interested in helping us, we would love to hear from you.

For all enquiries, please contact the office on 01379 854800 or email [adminborderhoppa@btconnect.com](mailto:adminborderhoppa@btconnect.com).

# July in the Garden

## Summer is progressing

This is often one of the hottest months of the year and a great time to sit out and enjoy your garden. Keep plants looking good by regularly dead-heading, and you'll enjoy a longer display of blooms. Make sure you keep new plants well watered, using grey water where possible, and hoe off weeds, which thrive in the sunshine.



## TOP TEN TO DO LIST

1. Check clematis for signs of clematis wilt
2. Care for houseplants while on holiday
3. Water tubs and new plants if dry, but be water-wise
4. Deadhead bedding plants and repeat-flowering perennials, to ensure continuous flowering
5. Pick courgettes before they become marrows
6. Treat apple scab
7. Clear algae, blanket weeds and debris from ponds, and keep them topped up
8. Keep the hoe going
9. Give the lawn a quick-acting summer feed, (but don't feed wildflower patches or meadows)
10. Harvest apricots, peaches and nectarines



# Bedingham 59 Club Winners

It has been a little while so this is a rather longer list than normal. Congratulations to all the winners so far and thanks to those that have paid their second payment to subscribe for the second part of the year. If you do still need to pay please do so ASAP to continue to be included in the draw. If anybody is interested in supporting the Fabric Fund for St Andrews Church Bedingham and would like to join or find out more details please give *Rachel* a call on *01508 499128*

## February

2<sup>nd</sup> (10) C Buckland, 27<sup>th</sup> (20) B Seaman

## March

6<sup>th</sup> (15) J Felton, 13<sup>th</sup> (20) B Seaman, 20<sup>th</sup> (21) C Youngs, 27<sup>th</sup> (29) N Clarke

## April

3<sup>rd</sup> (05) S Harris, 10<sup>th</sup> (30) B Fennel, 17<sup>th</sup> (04) J Burrage, 24<sup>th</sup> (01) S Williamson,

## May

1<sup>st</sup> (14) B Stennett, 8<sup>th</sup> (15) J Felton, 15<sup>th</sup> (50) Spare Number,  
22<sup>nd</sup> (07) C Seaman, 29<sup>th</sup> (44) M Hooton

## June

5<sup>th</sup> (17) T Gunson, 12<sup>th</sup> (50) Spare Number, 19<sup>th</sup> (14) B Stennett

### Answers from June's Quiz:

1. No
2. *Sherlock Holmes*
3. *St. Patrick*
4. *Steam*
5. *It's a muscle in your upper arm*
6. *Manchester*
7. *Golden Gate Bridge*
8. *Blue whale*
9. *Duckling*
10. *Spinach*
11. *Italy*
12. *A butterfly*
13. *Sahara Desert*
14. *Moscow*

### 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:  
**Sunday 4th July & Sunday 1st August**

**Any items can be left at Hempnall Church Office Mon-Thu, 9am-12:30pm. Please phone before arrival - 498157**

## Happy Birthday to....

### **Children**

Sophie Chapman who will be 7 on the 8th  
Megan Lea Reeder-Rodger who will be 12 on the 9th  
Lily Denny who will be 10 on the 30th  
Archie Christopher Land who will be 11 on the 31st

### **Teenage**

Amy Caird who will be 17 on the 4th  
Annabelle Summer Amelia Florance who will be 13 on the 11th  
Elizabeth Gray who will be 13 on the 14th  
Bethany Cooper who will be 15 on the 14th  
Molly Denny who will be 13 on the 23rd  
Madeline Burrough who will be 18 on the 29th



## Happy Anniversary to....

*Congratulations to Dennis and Shirley Brinded from Oak Farm, Bedingham on the celebration of their Diamond Wedding Anniversary on the 17th June.*

This comes with love and best wishes from their friends and Bedingham P.C.C.



## 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 quotations, 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, dry, insulated, power - David - 07770 587981  
HAMPNALL PARISH COUNCIL- Website Address [www.hempnallpc.org](http://www.hempnallpc.org)  
NEW SALON - Hempnall - Gel & Acrylic Nails, Lashes, Brows, Waxing, Hairdresser & Barber - 07872 366756  
NORFOLK WOODBURNERS -Hempnall - 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 [07891 854219](tel:07891854219) or 01508 482366

Group Office, open Mon-Thurs 9am-12.30pm

Telephone: 01508 498157

Our email: [hempnallgroup.office@btinternet.com](mailto:hempnallgroup.office@btinternet.com)

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



Items for the July issue of Village News should be  
delivered/posted to:  
Group Office, The Rectory, The Street, Hempnall, NR15 2AD  
**before 15<sup>th</sup> July**  
or e-mail: [hempnallgroup.office@btinternet.com](mailto:hempnallgroup.office@btinternet.com)