



Village News

Produced by The Hempnall Group of Parishes



June 2021

Thought for the month...

The swallows have arrived. By early June most swallows have started breeding and by July, some are going on to raise a second brood. By early September, most swallows are preparing to migrate. They flutter around restlessly and often gather on telegraph wires and by October even the stragglers have flown.



Their return journey to Africa takes about six weeks. They travel down through western France and Spain into Morocco, before crossing the Sahara Desert and the Congo rainforest, finally reaching South Africa. They embark on this incredible journey twice a year, covering 200 miles each day, feeding on insects, snapping them up along the way, roosting at night in traditional stopover spots. They face all sorts of hazards along the way, storms, winds as well as manmade disturbances.

How do they know when to migrate? How do they know where they are going? Scientists tell us migration may be due to changes in the light of day and night. As to how they find their way, it seems they use an internal compass, their sense of smell, they watch the sun, moon and stars, they learn wind patterns, this helps guide them. Much remains a mystery. What I wonder might we learn from these amazing birds as we set off on different ventures in our lives?

Like the swallows we need to know when the time is right, we too can feel that internal "pull" which tells us the time is right, as we take note of the world around us, the events of our life, the wisdom of others, and using the wisdom we have gained, can all work together giving us courage to take, (in our case), the first step on our venture.

Like the swallows we don't get there overnight, it takes time. We need, like them, to pace ourselves finding rest in places and safe stop overs. This may be friends or family or going to a special place. Like the swallows it's a shared journey. We need each other, it's so much harder on our own.

With love

A handwritten signature in cursive script that reads "Liz". The signature is written in a dark ink and is positioned below the text "With love".

Do you remember “The Highwayman”, or “The Lady of Shalott” or any of the other poems we had to learn off by heart at school? These days when I get to the top of the stairs and can't even remember what I have come up for I am amazed at what we did learn when we were young.

For me, such things are part of a personal history, and part of who I am. At school too we learned some of the psalms. Psalm 23 of course, and 121 too.

So, this month we turn from the ridiculous – the little girl trying to remember what six times nine comes to - to the sublime.

Words that have not just a poetic quality, but which can often give us hope and reassurance, words which somehow have meaning whether we have a faith or not.

~Revd. Keith James~

PSALM 121

*I will lift up mine eyes to the hills, from whence cometh my help.
My help cometh from the Lord, which made heaven and earth.
He will not suffer thy foot to be moved: he that keepeth thee will not slumber.
Behold, he that keepeth Israel shall neither slumber nor sleep.
The Lord is thy keeper. The Lord is thy shade upon thy right hand.
The sun shall not smite thee by day, nor the moon by night.
The Lord shall preserve thee from all evil: he shall preserve thy soul.
The Lord shall preserve thy going out and thy coming in
from this time forth and for ever more.*



OUR SERVICES IN JUNE

We are introducing a new pattern of Evening Worship at 6pm via Zoom on the 4th Sunday of the month. This month there will be a gentle evening service from the Celtic tradition, offering a time of quietness and calm using insights from the Celtic experience with a reflection and images.

You are most welcome on Sunday 27th June at 6pm

Meeting ID: 838 8348 9839

Passcode: 467117



Sunday 6th June | 1st after Trinity

10:00am | Group Morning Worship at Topcroft Church

4:00pm | Family Praise via Zoom

Sunday 20th June | 3rd after Trinity

9.30am | Eucharist at Bedingham Church

9.30am | Morning Worship (Methodist) at Hempnall Church

11.00am | Eucharist at Hardwick Church

11.00am | Morning Praise at Topcroft Church

4:00pm | Family Praise via Zoom

Sunday 13th June | 2nd after Trinity

10.00 am | Group Eucharist at Hempnall Church

4:00pm | Family Praise via Zoom

Sun 27th June | 4th after Trinity

8.00am | BCP Communion at Fritton Church

9.30am | Eucharist at Woodton Church

11.00am Eucharist at Topcroft Church

11.00am BCP Matins at Shelton Church

6.00pm Celtic Evening Prayer via Zoom

4:00pm | Family Praise via Zoom

TO RESERVE YOUR SEATS PLEASE CONTACT:

Bedingham Church

Jane Bond Email jane-bond@live.co.uk

Hardwick Church

Liam Pilgrim Email: liampilgrim@btinternet.com

Hempnall Church

Claire Key Email: clairekey58@yahoo.co.uk

Topcroft Church

Jackie Leggett Email: Jacqueline.leggett@btinternet.com

Morningthorpe Church

Mary Sargent Email: marysarg2020@gmail.com

Fritton Church

Susanna Cooper Email: frittonsusanna@gmail.com

Shelton Church

Liam Pilgrim Email: liampilgrim@btinternet.com

Woodton Church

Daphne Littleboy Email daphnelittleboy@hotmail.com

Family Praise

Login 424 564 8959 | Password Hempnall

June in the Garden

Summer arrives

June 21st is the longest day of the year, and we hope there will be the extra light and warmth which encourages the garden to put on an exuberant burst of growth. But this extra light and warmth also means weeds will sprout up from seemingly nowhere. Keep on top of them by hoeing regularly in dry conditions.



Ten top tips

1. Hoe borders regularly to keep down weeds
2. Be water-wise, especially in drought-affected areas
3. Pinch out side-shoots on tomatoes
4. Harvest lettuce, radish, other salads and early potatoes
5. Position summer hanging baskets and containers outside



6. Mow lawns at least once a week
7. Plant out summer bedding
8. Stake tall or floppy plants

9. Prune many spring-flowering shrubs
10. Shade greenhouses to keep them cool and prevent scorch



Local News

Launch of walks book on 10th June

The third book in our walks series, 'Let's Walk Further' was produced last year but not celebrated because of COVID restrictions.

To make up for this we are having a walk followed

by tea in the garden at The Chequers, Hempnall on Thursday 10th June.



The walk will start from the church at 2.30 pm and tea will be from 3.30 pm.

Walkers and non-walkers are all welcome.

Because of Covid restrictions please contact Jill Turner 01508 499344 to reserve your place!

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 Park/Play Area UPDATE (May 2021)

We're pleased to inform villagers that a small committee has formed to focus on the improvement and update of play equipment at Hempnall Park, alongside steering from the Parish Council. We believe the village deserves a vastly improved facility for all ages to share and enjoy. We'd like to encourage input from the wider community and will be drafting a community questionnaire which will follow in due course. We'd also welcome assistance in the planning of fundraising and delivery of what is being outlined.

If you'd like to be involved, or have any immediate thoughts or feedback, we can be reached on hempnallpark@gmail.com

Woodton & Bedingham Village Garage Sale



Sunday 6th June 2021

From 9am to 1pm



Taking place at several houses right across both villages

Maps available on the day from the Village Hall and Woodton Stores

General sale items include Bric-a-brac, books, plants and cakes

Brambles Care Farm Bedingham

will be open for visitors to their farm shop



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 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"

Little CHANGES MAKE A **BIG** difference



My name is Olivia, and I am 10 years old.

We are all aware of the environmental challenges that we face, through the television and media. I'd like to introduce you to some simple changes that you can make to your life that will make a big difference to our environment. Attached to this edition of the Village News is a poster that shows you how you can start to make a difference. There is lots more information on the internet and at this link <https://www.bbc.co.uk/news/newsbeat-47990742>



(We would like to thank Olivia for taking the time to send us in this article)

Little CHANGES MAKE A **BIG** difference



**TURN OFF LIGHTS WHEN NOT IN USE
AND START TO REPLACE WITH ENERGY SAVING
BULBS**

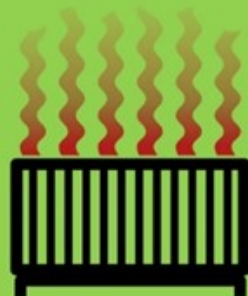


WEAR CLOTHES MORE THAN ONCE



WASH AT 30 DEGREES AND NO HALF LOADS

**BUY LOOSE FOOD—NO PLASTIC
BUY LOCALLY PRODUCED FOOD—
WATCH THOSE FOOD MILES!
OR BETTER STILL START GROWING
YOUR OWN**



**TURN YOUR HEATING DOWN BY 1 DEGREE
MAKE SURE YOUR HOUSE IS WELL ISULATED
INVEST IN RENEWABLE ENERGY**

<https://www.gov.uk/improve-energy-efficiency>

REDUCE YOUR CARBON FOOTPRINT

LONG STRATTON MEDICAL PARTNERSHIP

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

Tel: 01508 530781

As the pandemic rages on with many of you watching the news from India. With the implications of the variant, the rest of the world is assisting in various ways to help India combat the present situation.

This week, I write about the crisis in the NHS. Two articles highlight concerns. Firstly, the 8th May edition of the BMJ (British Medical Journal) with the headline “GPs are at breaking point.” The article discussed the intense workload facing all NHS staff. NHS digital – the platform that designs, develops and operates the national IT and data services – have published figures to demonstrate the intensity of workload. In the past 12 months practices in England delivered almost 5 million more appointments in March than the previous month and nearly 3 million more than March 2019. This does not take account of the vaccine programme.

Secondly, the BMA (British Medical Association) carried out a tracker survey of GPs and Hospital Doctors. Around 4,240 doctors responded with nearly half stating they planned to work fewer hours, a quarter thinking on a career break and one fifth considering early retirement.

In our practice a typical day lasts 12 hours although we do meet with colleagues in the middle of the day for a 15–20-minute break. Lunch in front of the computer is the norm for me. I am not alone in this “work-mode” as highlighted by a Derbyshire practice which wrote a 16-page open letter to patients outlining the huge demand faced by staff. I did feel better knowing it was not my inefficiency and the Government is aware of the problems faced by NHS staff.

Despite the considerable problems faced this should not put you off contacting us for appropriate physical and mental health problems. We do want to do our best for our patients.

Wishing you all a lovely summer!

~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. Alternatively, the survey can be completed online by visiting www.smartsurvey.co.uk/s/cancerappointments/



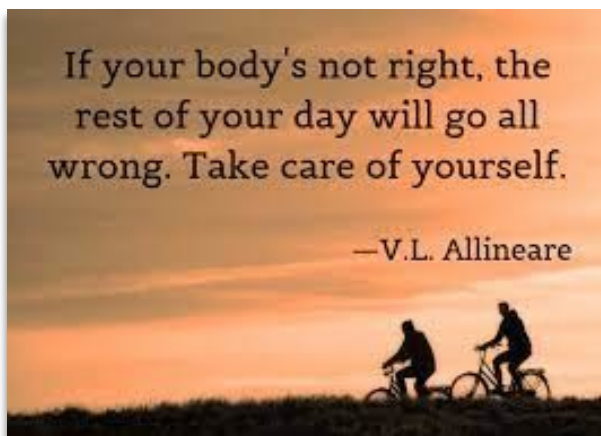
Healthwatch Norfolk and Healthwatch Suffolk are the independent voices for patients and service users in our counties. We gather your views of health and social care services to ensure they are heard by the people in charge. For more information about what we do, visit our websites www.healthwatchnorfolk.co.uk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



Borderhoppa are pleased to say that we are continuing to help people to reach the vaccination centres for people who have an appointment but do not have a family member or friend who is able to transport them to their appointment.

If your body's not right, the
rest of your day will go all
wrong. Take care of yourself.

—V.L. Allineare



Local Charities

Woodton United Charities have launched a new website for the residents of Woodton. It can be found at Woodtonunitedcharities.co.uk. Please logon to get details of help available and to download an application form.

Do you need any financial help with Education costs, Transport costs, heating, or financial assistance in any times of need? All Grants are considered at the discretion of the Trustees and treated in confidence.

Application forms can also be collected from Ian Butler. He can be contacted on 01508 482451.

We are also looking to fill the post of Secretary; it involves minute taking at four meetings per year and a small amount of general administration to aid the Charity.

If you feel you can spare the time to help this noble Charity, please email Woodtonunitedcharities@gmail.com.

Thankyou

The next meeting of the **HEMPNALL TOWN ESTATE EDUCATIONAL FOUNDATION** is during July 2021. Completed applications for grants by July 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

Email: hteefclerk@gmail.com Tel: [01508 498258](tel:01508498258).

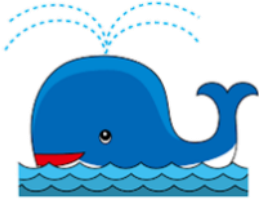
PLEASE NOTE - WE ARE UNABLE TO ACCEPT COMPLETED APPLICATIONS BY EMAIL. VALID RECEIPTS/PROOF OF PAYMENT MUST BE INCLUDED. INVOICES ALONE CANNOT BE CONSIDERED AS PROOF OF PAYMENT MADE.

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.

Just for fun...



1. Can a tortoise crawl out of its shell?
2. In fiction books, who did Dr Watson help to solve crimes?



3. Who is the patron saint of Ireland?
4. What do you get in the air when water boils?
5. On what part of your body would you find your bicep?
6. In which city is the football ground Old Trafford?
7. What is the name of the famous orangey coloured bridge in the American city called San Francisco?
8. What colour do you put before whale to make the name of the largest animal in the world?
9. Complete the name of the story by Hans Christian Anderson: 'The Ugly...' what?



10. What is Popeye's favourite food?
11. Which European country looks like the shape of a boot on a map?
12. What type of insect is a cabbage white?
13. Can you name the largest desert in Africa?
14. What is the capital of Russia?

Answers in next months Village News

Happy Birthday to....

Children

Tia Louise Rodger who will be 4
on the 20th

Teenage

Ollie Woodward who will be 14
on the 26th



From the Registers....

Funerals

18 May 2021, June Brenda Florence Parker, aged 89 years at
All Saint's Church Woodton.



Make your life a
masterpiece; imagine no
limitations on what you
can be, have or do.

BRIAN TRACY

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 - Coms, 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
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

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

Telephone: 01508 498157

Our email: hempnallgroup.office@btinternet.com

Our website: 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 15th June

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