



Village News

Produced by The Hemphall Group of Parishes



Picture by courtesy of David Ferré

MAY 2024

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MAY WALK

Due to unforeseen circumstances our May walk has had to be postponed until 29th September 2024. Sorry for any disappointment caused.



SUMMER AND AUTUMN WALKS

Date	Where	Contact
7th July	TBA	Daphne & John Joyce
18th August	Hardley Staithe	Margaret & David Ferre
10th September	Hall Farm Reydon	David & Josephine Murgatroyd
29th September	Old Buckenham	Liz Billett
6th October	Saxlingham	Fiona Webb
24th November	Poringland	Daphne & John Joyce

COFFEE MORNING

Saturday 4th May 2024

10.30 to 12.30

at

Woodton Village Hall



Come and join us for coffee and cake!

Everyone Welcome

Proceeds to support Woodton Church

Cake Stall and Raffle
including Children's Raffle



**SEETHING & MUNDHAM
COMMUNITY CAFÉ**

Wednesday 22nd May 2024

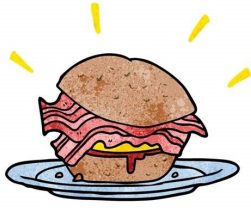
2 till 4pm

Seething & Mundham Village Hall

Look forward to seeing you all.

Any offers of help or cakes would
be welcome!

please contact JULIE 07984309452



Bacon Butties Again! Book the Date

In the garden at The Chequers
Mill Road Hempnall
On Friday 10th May
9:30am to 12:00 noon
Eat in or take away

Also: cakes, produce, plants, books
and raffle

Orders may be made in advance by
contacting Jill Turner 01508 499344

*All proceeds in aid of St. Margaret's
Church*



Saxlingham Nethergate Open Gardens

1 - 5 pm on Saturday 22nd June
Tickets £5 and under 16s free.

Cash only please.

Tea, coffee and cake available.

No dogs except guide dogs.

*In aid of St Mary's Church,
Saxlingham Nethergate, and the
Alzheimer's Society.*

Further details:

Anne 07939 504896

HARDWICK & SHELTON VILLAGE HALL

Are in need of a part-time cleaner
Approx. 2 hours per month
£12.50 per hour

Please contact
hardwickvillagehall@gmail.com
if you are interested



- Door to door dial-a-ride service
- Weekly members outings throughout the year
- Group hires for not-for-profit organisations

Borderhoppa Outings for May 2024

Thurs 9th Attleborough Town & Lunch at The Stag – Fare £15.00

Mon 13th Bressingham Garden Centre – Fare £8.00

Thurs 16th Beccles – Fare £15.00

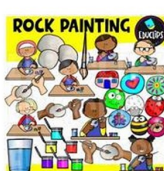
Mon 20th Lunch at The Dove Inn, Alburgh – Fare £8.00

Thurs 30th Southwold – Fare £20.00

To book or for more information please call 01379 854800
or visit our website www.borderhoppa.org

Topcroft Family Fun Day

Sunday May 5th - Gates Open 2pm - till late
At Topcroft Recreation Ground



Bar Open—great prices



Family rounders & other games from 2:30 pm



Spring 2024 Newsletter

Ever wondered what your parish council does?

Ever wondered what your parish council does? A summary of actions in the year to 31/03/2024 is contained in the chairman's report which can be read here: <https://www.hempnallpc.org/wp-content/uploads/2024/04/Annual-report-2024-Chair.pdf>

Hedge cutting – remember the birds

With spring in the air, it's time to start cutting back the winter growth on hedges bordering roads and pavements but remember nesting birds are protected.

If you have such a hedge and no birds are nesting in it, please help keep pavements / verges and roads clear for users thereof, thank you.



Hempnall Speedwatch Team



There has been a flurry of complaints on the Hempnall Mardle about speeding. It would be very helpful if interested parties could volunteer a little time to join the successful Speedwatch team which is making a real difference to all our safety.

If you would like to join, or find out more, please contact the Clerk clerk@hempnallpc.org 01508 498467

Re-wilding areas needed / Roadside Nature Reserves



The parish council is keen to initiate and support a re-wilding project in Hempnall and has written to local landowners to hopefully secure a piece of land for this purpose. Ideally the re-wilding programme will involve the school and can be developed in partnership with landowners in the village. The Tree

Warden's scheme enables the parish council to supply suitable native trees and hedging to encourage wildlife and natural flora and fauna. If you know of a potentially suitable piece of land please let us now.

We are also seeking to have some verges recognised as Roadside Nature Reserves so that they are individually managed to benefit the plants and animals that live there.

It official, Hempnall scheme is good practice

At the CPRE Flood Management Conference the Hempnall scheme reported in our last newsletter, is to be promoted by the Environment Agency as good practice for other parish councils to follow.



Councillor/Clerk	Telephone No.	Email address
David Hook – Chairman – Tree Warden	01508 498187	hookd74@yahoo.com
Phil Bates – Footpath Officer, Data Protection Committee	07957 803120	phil.bates@hempnallpc.org
Joan Cann	01508 498743	joan.cann1944cann@btinternet.com
Richard Delf -Vice Chairman - Playing Field Liaison	01508 499788	richard@delfsgarage.co.uk
Robert Elliot – Norfolk ALC rep	07887 768478	robertelliott1692@btinternet.com
Hamish Rose	01508 498486	hamishandgeorgina@btinternet.com
Mike Turner- Tree Warden - SAM2 Officer - Highways Liaison	01508 499423	mike.turner45@btinternet.com
Peter Workman - Playing field Liaison	01508 830266	pworkman@hempnallpc.org
Ian Nelson - Clerk	01508 498467	theclerk@hempnallpc.org

HPC now available "virtually" all the time at www.hempnallpc.org

Write to the Clerk at Karinya, Bungay Rd, Hempnall, Norwich, NR15 2NG. theclerk@hempnallpc.org



All-Age Praise



4:00-4:45pm

Sunday 5th May 2024

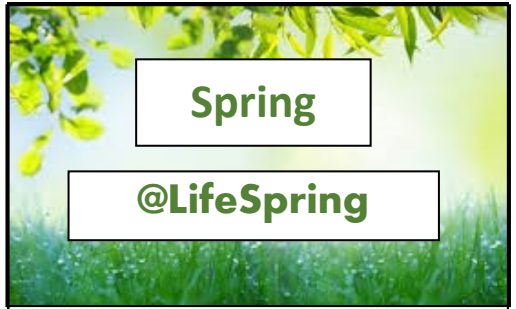
Hempnall Church

Community Service

Songs - Story - Games



All warmly welcome!



Spring

@LifeSpring

Sundays 4-5pm

The Mill

12th, 19th, 26th May

2024

All-age community church:

Songs, games, message

Facebook@LifeSpring Hempnall

All warmly welcome

FOOD TRUCKS AT THE MILL HEMPNALL

BRUNCH BAR ON TOUR
BURGERS AND WRAPS

SAT 4TH MAY
FROM 5PM



You are invited to a



At HARDWICK & SHELTON VILLAGE HALL

On SATURDAY 11th MAY at 7pm



Cottage Pies (including vegetarian),
delicious Desserts, Quiz, and Raffle

CASH
BAR
AVAILABLE



TICKETS
£12.50
per person

Contact Josephine (530453), Marilyn (532393), or Susan (530379)

The Hempnall Trust

The Hempnall Trust is a charity that was set up to help residents who are in need, hardship or distress and to support the community of Hempnall.



We can provide financial grants to those who need them. The Trust owns the Mill & Bar both of which are used to support the local community through lunch clubs, events & room hire in a listed building.

If you would like to find out more about any area of the Hempnall Trust please look at our website www.hempnalltrust.org.uk or email hempnalltrust@gmail.com

Events hosted by The Mill are updated on the Facebook page www.facebook.com/themillbarhempnall & there is a regular What's On email.

If you would like to be added to the distribution list of events, please email hempnallmillbar@gmail.com

We are always on the lookout for new volunteers to help run events or to help out with the Bar.

All Profits go back into the Trust to benefit Hempnall residents.

COMPETITION TIME

We are looking for a local artist to design & install some artwork or mural on a large wall in The Mill entrance lobby. If you're interested, please contact us via email hempnalltrust@gmail.com or call Phil on 07957 803120 to discuss your ideas.

FOOD BANK

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

URGENTLY NEEDED ITEMS:

PASTA
TINNED FISH
TINNED VEGETABLES

NON URGENT ITEMS:

INSTANT NOODLES (NOT POTS)
TINNED POTATOES
MICROWAVE PUDDINGS/CAKES

Donating Food: Items for the food bank can be left at the back of St Margaret's Church, Hempnall or in the porch at St Peter's Church, Brooke.

Donating Money: Regular giving is a great way to support the Food Bank
For further details please check out this website: <https://waveney.foodbank.org.uk/give-help/donate-money/>

The Architecture and History of Bedingham Church: A talk by Kate Smith

Do you ever look at some of the things, parts of the fabric, and wonder what they are, who put them there, and when.

What is that little niche for - what was put in it, and who used it. The roof is beautiful - how old is it. Why was the

church divided up by a screen, which makes it hard to see things in the chancel when were the benches placed in the nave. Why do we call the parts nave and chancel, and why is there a lovely little door into the chancel?

Some books on churches talk about "cracking the code" finding out how it all works, and fits together. That is why Kate Smith who studied Architecture and Medieval History is coming to Bedingham Church to give a talk and point out just what Bedingham holds. This is a life long love affair with Kate and she invites us to share the journey.



The evening starts at 7:00pm on Friday 17th May 2024

Refreshments during the evening included.

Admission £5.00 under 16 Free.

Tickets from Jane 01508518007

Rachel (Hempnall) 01508499128 Margaret

(Woodton) 01508482421

Strawberry Tea at Hempnall Church



Saturday 13th July 2024

3:00-5:00pm

£6.00 per person

Strawberries and Cakes - Raffle

In aid of Hempnall Church

More information from Joy Allen 498236

or Jill Turner 499344



Gardening in May...

Summer's on its way

As bulbs fade and herbaceous borders grow in leaps and bounds, it is now clear that summer is approaching. Sowing and planting out bedding can begin, depending on when the last frost is in your area, and you can take softwood cuttings.

It's also time to let the lawn grow long and get a buzz from seeing all the insects that arrive to feed on the flowers.



Top gardening jobs this month...

1. Watch out for late frosts. Protect tender plants.

Frost can affect many plants, and is particularly damaging to tender new growth and blossom in the spring. The risks of frost damage can be reduced by taking some simple steps to protect the plants in your garden.



2. Earth up potatoes, and promptly plant any still remaining.

Potato plants need 'earthing up' as they grow, to protect early shoots from frost damage and ensure the developing potatoes aren't exposed to light, which turns them green and poisonous.

3. Plant out summer bedding at the end of the month (except in cold areas)

Bedding plants provide a temporary decorative seasonal display for containers, hanging baskets, beds and borders.



More jobs for this month...

4. Water early and late to get the most out of your water, recycle water when possible.
5. Hoe off weeds in vegetable patches.
6. Open greenhouse vents and doors on warm days.
7. Mow lawns but consider leaving some areas uncut for wildlife, or mow less often so flowers can bloom.
8. Check carefully for nesting birds before clipping hedges.
9. Lift and divide overcrowded clumps of daffodils and other spring-flowering bulbs.
10. Watch out for viburnum beetle and lily beetle grubs and remove by hand if causing damage.

What's on in May & June...

May 2024

Saturday 4th May 2024

Coffee Morning

10:30am-12:30pm

Woodton Village Hall, NR35 2LS

(Page 3)

Food Trucks at the Mill Hempnall

From 5:00pm

The Mill, Hempnall, NR15 2LP

(Page 8)

Sunday 5th May 2024

Topcroft Family Fun Day

2:00pm-till late

Topcroft Recreation Ground,

NR35 2BL (Page 5)

Friday 10th May 2024

Bacon Butties Again!

9:30am-12:00pm

The Chequers, Mill Road, Hempnall,

NR15 2LP (Page 4)

Wednesday 8th May to

Saturday 11th May 2024

Saxlingham Players Spring

Productions

7:30pm

Saxlingham Village Hall, NR15 1AN

(page 16)

Saturday 11th May 2024

Springfling

7:00pm

Hardwick & Shelton Village Hall,

NR15 2AB (Page 8)

Sunday 12th May 2024

Spring @LifeSpring

4:00pm-4:45pm

The Mill, Hempnall (The Mill,

Hempnall, NR15 2LP (Page 8)

Monday 13th May 2024

Mobile Library

(Page 14)

Friday 17th May 2024

The Architecture and History of Bedingham Church: A talk by

Kate Smith

7:00pm

Bedingham Church, NR35 2DD

(Page 10)

Sunday 19th May 2024

Spring @LifeSpring

4:00pm-4:45pm

The Mill, Hempnall, NR15 2LP

(Page 8)

Sunday 22nd May 2024

Seething & Mundham

Community Café

2:00pm-4:00pm

Seething & Mundham Village Hall,

NR15 1EJ (Page 14)

Sunday 26th May 2024

Topcroft Open Gardens (Day 1)

11:00am-5:00pm

Topcroft (Page 13)

Spring @LifeSpring

4:00pm-4:45pm

The Mill, Hempnall (Page 8)

Monday 27th May 2024

Topcroft Open Gardens (Day 2)

11:00am-5:00pm

Topcroft (Page 13)

June 2024

Thursday 6th June 2024

Hardwick and Shelton Café

Morning

10:00am-12:00am

Hardwick Village Hall, NR15 2AB

(Page 14)

Sunday 9th June 2024

Ditchingham Hall Open Gardens

2:00pm-5:00pm

Ditchingham Hall, NR35 2JX

(Page 16)

Monday 10th June 2024

Mobile Library

(Page 14)

Saturday 22nd June 2024

Saxlingham Nethergate Open Gardens

1:00pm-5:00pm (Page 4)

The Anglian Singers

7:00pm

St Margaret's Church,

Hempnall, NR15 2AD

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Topcroft Open Gardens

Sunday 26th May and

Bank Holiday Monday

27th May 2024

11:00am to 5:00 pm

£5 entry per person including map.

Refreshments available at Pavilion.

Free parking.

Plants for sale, tombola, pottery and wood turning displays.

Free Vintage bus transport around village.

A curator from Norwich Castle Museum will be available in the afternoon to chat about history of Topcroft Hall and in particular about Margery Brewse and her valentine letters c1477 (The Margery Brewse valentine letters being the earliest known record of a valentines card.) and the historical Paston letters currently in the museum.



Mobile Library Timetable

Village	Stop Name	Arrival Time	Departure Time	Postcode
Hempnall	Old Market Way (Bainard Rise)	14:10	14:30	NR15 2LZ
Hempnall Green	Three Horseshoes	14:35	14:55	MR15 2NN
Topcroft	The Old Chapel	15:00	15:15	NR35 2BL
Topcroft	Church Road	15:20	15:35	NR35 2BH
Hempnall	Road Green Farm	15:40	15:55	NR15 2NQ
Hempnall	Millfields	16:00	16:15	NR15 2NE
Hempnall	Roland Drive	16:20	16:35	NR15 2RB
Fritton	Village Green (post box and bench)	16:40	17:05	NR15 2QS

• 13 May 2024

• 10 June 2024

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

Hardwick and Shelton Café Morning

Hardwick Village Hall

Thursday 6th June 2024

(D-Day 80th Anniversary)

10-12

Everyone Welcome

There will be cake...



Future café dates: Thursday 4th July

LONG STRATTON MEDICAL PARTNERSHIP

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

Healthy weight and healthy living

The pandemic was a time that brought about many changes in the way we lived, interacted and communicated. There were numerous changes that occurred in every sector of life. One such change was a reflection on our eating habits, the realisation of the devastating effect of covid on people especially if they were overweight or obese and the importance at looking at our community and seeing what could be done to help people struggling with weight issues.

A policy paper published in 2020 'Tackling Obesity: empowering adults and children to live healthier lives' can be accessed through the gov.uk website. This paper starts with a rather sombre introduction: Tackling obesity is one of the greatest long-term health challenges this country faces. Today, around two-thirds (63% of adults are above a healthy weight, and of these half are living with obesity. We have 1 in 3 children leaving primary school who are already overweight or living with obesity with 1 in 5 living with obesity.

What are the implications of Obesity?

Reduced life expectancy. It is a risk factor for a range of chronic diseases, including cardiovascular disease, type 2 diabetes, high blood pressure at least 12 types of cancer liver and respiratory disease and it can impact on mental health.

It is never too late to make changes to our lifestyle by eating healthier, exercising like a brisk walk every day for 30 minutes and ensuring adequate hydration with water.

What is available to help us:

Download the free NHS weight loss plan (through Apple store and Google play)

Healthy eating plans. The link below gives us some fresh ideas.

<https://www.nhs.uk/better-health/lose-weight/healthy-eating-when-trying-to-lose-weight/>

The NHS Digital weight management programme. The link below gives you information about this programme.

<https://www.england.nhs.uk/digital-weight-management/how-to-access-the-programme/>

Active NoW. This programme based in South Norfolk aims to support patients into exercise.

<https://www.southnorfolkandbroadland.gov.uk/communities/active-now>

Let us act now to ensure healthier lives and healthier weights. Let us inspire others around us and thereby ensure a healthier community and a healthier country.



SAXLINGHAM PLAYERS SPRING PRODUCTION

*Prepare for an evening of TWO great
one-act plays:*

GRIMSTONE HALT ~ A mystery
drama by Peter Robbie - Three TV
executives arrive at a run down hotel
to research for a new show. Stories of
arson and murder soon arise but all is
not what it seems ...

LAST TANGO IN LITTLE GRIMLEY ~
An hilarious comedy by David
Tristram - Little Grimley's Amdram
association is in trouble and facing
closure until Gordon the Chairman has
a risky idea!

WED 8TH - SAT 11TH MAY 2024

7:30pm

Saxlingham Village Hall

Box office online at:

www.saxlinghamplayers.org.uk

Or telephone Mark 01508 826516 (10
am to 5pm)



ST MARGARET'S CHURCH, HEMPNALL

Hosts



The Anglian Singers

for

Music on a Summer's Evening

at

St Margaret's Church
The Street, Hempnall, NR15 2LR

on

Saturday 22nd June 2024 at 7pm

£10 payable on the door

(price includes refreshments)

Raffle

For more information please contact

David Key on 01508 499342

*All money raised will go to Hempnall Church
& Cancer Research / MND Research*

Ditchingham Hall Open Gardens

You are invited to view the beautiful private
gardens of Ditchingham Hall (NR35 2JX)

Tickets £5pp - purchased on the gate
Under 12's go free
Refreshments available

Unfortunately no dogs are allowed to this event
with the exception of guide dogs

ARBORETUM
ROSE
GARDEN

WALLED
GARDEN

FAMILY
FRIENDLY

Sunday 9th June

2pm - 5pm

£5pp on the gate
Under 12's go free

No dogs

www.ditchinghamestate.com

CAKES

STAMP
TRAIL

DRINKS

STALLS



All proceeds generously
donated to YANA

www.yanahelp.org
admin@yanahelp.org

Registered charity: 1190443

In support of

YANA
MIND, MENTAL, HEALTH SUPPORT

A word from Rosedale Bereavement Support.....

The physical symptoms of grief

The emotional effects of bereavement are well documented. Most people can identify with feeling of sadness, loneliness, disbelief, perhaps anger, guilt or regret. Sometimes relief can be felt because their loved one is finally at peace, especially if they had been suffering in pain due to a long illness.

Many bereaved people may also experience physical symptoms which were not present before, such as: Headaches, digestive upset or stomach ache, unexplained aches and pains and muscle tension. Not being able to sleep (or sleeping too much), feeling sick and not wanting to eat (or eating all the time) are also common physical symptoms of grief.

Feeling tired and exhausted is not unusual, as well as experiencing anxiety or panic attacks, which can cause shortness of breath, shaking, sweating and stomach pain. As always, if we are worried about such symptoms, it is always best to speak to a doctor and get checked out.

However, grief can be exhausting. Our mind is taken up with mourning our loved one, every hour of every day, especially just after the death. We also still have to carry on with everyday life – going to work, looking after children or dependents, shopping, cooking, meeting with friends, family and neighbours. We may also have financial or health worries. It is no wonder our bodies and minds can feel stressed and overwhelmed.

There are many things we can do to calm the body and soothe the mind. Focused breath exercises can help us to slow down and exist peacefully in the moment. Writing our thoughts and feelings down in a journal

can also be a helpful way of ‘downloading’ anxious thoughts from our mind onto the page. It can help to see the blank page as a friend we are talking to, who is non-judgemental and has unlimited time to listen. It is there to listen at all times of the day or in the middle of the night.

Many people write letters to their loved one in their journal, saying all the things they may not have been able to say before they died.

Exercising, being outside in nature and engaging in creative pursuits such as drawing, painting, knitting, jigsaws, gardening, music, singing, writing etc can give our minds and bodies a brief rest from thinking about our loss, as we fully engage in an absorbing activity.



For those interested in channeling their emotions into poetry, Rosedale is sponsoring a poetry workshop, hosted by Lewis Buxton (poet, performer and author) on Saturday 8th June, 10 am-1pm at the Corn Hall in Diss. Tickets from the box office - 01379 652241

Sarah Howard, Rosedale Funeral Home Bereavement Support Group Facilitator

What else could we do!

My name is Susan Smith, and I am the daughter of Barbara Houghton, a resident of Hardwick. Together with my husband, I have worked as a volunteer in Khyber Pakhtunkhwa (KP) on the border with Afghanistan since 1984. I began working with refugees who flooded into Pakistan in their millions in the 1980s following the Russian invasion of Afghanistan. For seven years I was part of an organisation that provided food, shelter, medical help and practical training to refugees living in the camps around Peshawar, in the then North West Frontier Province (now Khyber Pakhtunkhwa). In 1992, I moved out of refugee work to focus on the provision of educational materials for KP schools and colleges. But in 2021, my husband and I were confronted with a new wave of desperate refugees fleeing the Taliban takeover of Afghanistan. We all remember the graphic images of hundreds crowded onto cargo planes in Kabul Airport, and the tens of thousands who were unable to even enter the airport grounds. Contacted by friends, whose colleagues and relatives were among those fleeing over the Afghan-Pakistan border, what else could we do but provide these men, women and children with food staples, rent for a place to live, and basic household items such as kitchenware, mattresses and bedding. Christians around the world also started to contact us, wanting to financially support these refugees fleeing with just the clothes on their backs. Thus, by January 2022, we had established a team that were caring for 125 needy families. As families moved out of our programme, we took on new families, looking always for those who were the most vulnerable and needy. By the time we stopped in December 2022, we had supported many hundreds of people, including 25 families headed by women, some of whom were disabled. Many of these refugees had horrific backstories, including widows whose husbands had disappeared or been killed as part of the Taliban reprisals of those days. As Afghans continue to leave their country looking for somewhere safer to live and work and be educated, we are all faced with the same question, what else could we do?



Thought for the month...

Sixty years on...

Many – though, of course, not all – our Village News readers may remember things that happened in 1964... The Beatles took America by storm; the culture clash between Mods and Rockers made headlines; the Olympics were held in Tokyo, where Ann Packer won gold and a world record; the Great Train Robbery took place and the Profumo scandal rocked the establishment.



However, more locally and quietly, something else occurred which had, and still has, an impact on our communities – because it was in April 1964 that the Hempnall Group of Parishes came together, linking, but not merging, six parishes and their eight churches across our wide rural area.

The big idea was to share church life and to share ministry. The Bishop at the time, Launcelot Fleming said:

‘The plan was not an expedient, the purpose was not to save money or clerical manpower but to enrich the life of these thinly populated parishes through sharing their gifts and resources.’

It was a development and an ambition ahead of its time – quite radical at that point – and a model of its kind. With a new organisation came also a new tone and culture too, with an energetic, informal and joyful approach.

We’ve since benefitted from the leadership and love of some wonderful, inspiring clergy, whom we remember with thanksgiving and affection. They have enriched us. So, too, have the contributions of members of our lay ministry teams over the years. From its early years, the Hempnall Group encouraged the sharing of ministry between clergy and laity, in ways, again, ahead of the curve.

Those partnerships – between parishes and between clergy and laity – are two of the features of the Hempnall Group as we have it today. But it hasn’t just been about structures. It’s been about atmosphere and relationships, too. Being together, being friendly, being supportive, looking out for each other, sharing ideas,

sharing problems, sharing laughter, having adventures...There have been memorable get-togethers, in worship and socially; the Group has been a great focus for networking, long before that term came into fashion.

Of course, celebrating doesn't mean wearing rose-tinted spectacles. It hasn't all been plain sailing: there've been various peaks and troughs. As in any family, even the happiest, there are tensions, ups and downs. Yet fundamentally we have learnt the advantages of sharing and of having a wider vision. Over the years we have all benefitted from being able to do more together than we could do separately, reaping the benefits of team work, forming connections and friendships from a wider community and meeting together the challenge of moving into the unknown.

On this 60th anniversary – currently in clergy vacancy and with an uncertain organisational future as arrangements in the Depwade Deanery (of which we're part) are again reviewed by our new Bishop of Thetford – it's opportune to pause (as we did at a service at Hempnall in April) both to celebrate and give thanks for those experiences of the past and also to reflect on what we can gather and apply from them in whatever scenario we may find ourselves as we move forward.

As much as anything, perhaps, the Hempnall Group has been about a mindset – a willingness to be open to change, to share, co-operate and compromise, to work in teamly ways, to make friendships and connections, to try to spread joy: above all, to seek, actively and positively, to make things work, not just for our existing congregations but for the sake of the communities we serve. And, most of all, for God's sake.

So let's try, all of us, to hang on to these values as we continue, each of us and all of us, to seek to do God's work here, whatever organisational settings and structures we're in, now and in the future, with love and joy.

With best wishes to all

~Liam Pilgrim and Jill Turner~

(Co-Chairs of the Joint Council of the Hempnall Group of Parishes)

And as a P.S. – if you have any photos or reminiscences that you'd like to contribute to our archive of the Group, please be in touch.

CHURCH SERVICES MAY 2024...

Sunday 5th May 2024 6 th Sunday of Easter	10:30am	Holy Communion Led by Revd Charles Read	Brooke Church
	10:30am	Morning Worship in Methodist Tradition	Bedingham Church
	4:00pm	Family Praise	Hempnall Church
Thursday 9th May 2024 Ascension Day	7:00pm	Joint Benefice Holy Communion Led by Revd Sue Hemsley Halls	Brooke Church
	7:00pm	Holy communion Led by Revd Michael Windridge	Hempnall Church
Sunday 12th May 2024 7 th Sunday of Easter	10:30am	Morning Worship	Brooke Church
	10:30am	Holy Communion Led by Revd Michael Windridge	Topcroft Church
Sunday 19th May 2024 Pentecost	10:30am	Joint Benefice Holy Communion Led by Revd Susanna Gunner	Brooke Church
26th May 2024 Trinity Sunday	10:30am	Joint Benefice Holy Communion Led by Revd Liz Cannon	Hempnall
	6:00pm	Evening Worship	Zoom

Further details of all our church services and events can be found at the Hempnall Group Website <https://hempnallgroup.co.uk/> or the Brooke Benefice Website <https://brooke.churchnet.co/>

Happy Birthday to....

Children

* Aila who will be 5



From the Registers....

Funerals

†8th April 2024, Dorothy Brownlee, aged 92 years. Funeral & Burial, St Peter's Church, Brooke.

†12th April 2024, Herbert Brown (Tim), aged 100 years. Funeral & Cremation, Waveney Memorial Park and Crematorium.



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PARISH COUNCILS

Hempnall Parish Council

Website Address www.hempnallpc.org

PEST CONTROL

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what3words///goods.students.economics

In an Emergency call 999 for the
Defibrillator Cabinet Code & Instructions

This defibrillator is owned by Topcroft Parish Council - any issues contact 07774 734411

Contact us....

Frances Atherton
Group Administrator

The Hempnall Group of Parishes and
Brooke Benefice

Mon-Thurs 9:00am-12:30pm

01508 498157

hempnallgroup.office@btinternet.com

Items for the next issue....

Items for the Village News should be
Delivered, Posted or Emailed to:
Group Office, The Rectory,
The Street, Hempnall, NR15 2AD
Email:

hempnallgroup.office@btinternet.com

BEFORE

15TH MAY 2024

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