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Produced by The Hempnall Group of Churches

Thought for the Month...

Dear All,

We are living in strange and difficult times! We are having to learn to live our lives differently. Things are postponed rather than cancelled resuming in due course. Unfortunately we will have to do 'Village News' in a different form. It will not be delivered door to door, but there will be a copy on the Hempnall Group website. There will be copies in the churches; it can be emailed or posted.

Our villages are good at caring for each other and all of us can keep an eye on neighbours. For some extra help may be necessary. Please please ask or contact the Group office (498157). Of course we respect everybody's independence, but help is at hand where needed.

As you are aware there are no public services being held in our churches. However our buildings are always open. Please feel free to go in and enjoy the peace and solitude whenever you want to. Sunday by Sunday Liz and I will be in our churches for a simple act of reading and prayer for us all.

Let us hope when this crisis passes, we have learnt the importance of enjoying our loved ones, marvelling at the beauty we have around us and may the working together and looking out for the vulnerable and needy always continue.

Here are some verses I have found helpful for Psalm 91:

He who dwells in the shelter of the most high will rest in the shadow of the Almighty. I will say of the Lord 'He is my refuge and my fortress, my God, in whom I trust.'

Surely he will save you from the fowler's snare and from the deadly pestilence. He will cover you with his feathers, and under his wings find refuge; His faithfulness will be your shield and rampart, you will not fear the terror of the night, nor the arrow that flies by day nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.

I will be with him in trouble, I will deliver him and honour him, with long life will I satisfy him and show him my salvation.

Please stay safe and remember if you have a problem please ask – we might not know the answer but will try to find somebody who can.

Let's work together to make sure the vulnerable have all they need to get through this crisis. With love.



Team Rector

What's On in Our Villages.....



HEMPNALL WI

Meetings are cancelled until further notice.

CAFE MORNING

Thursday 2nd April. 10.30-11.30am. Hardwick Village Hall. (unless cancelled)

All very welcome.

HEMPNALL MILL CENTRE

Will be closed until further notice.



THE MILL BAR

It is with regret that the Trustees have decided to close the Mill Centre for all events with immediate effect. So the Mill Bar will be closed until further notice.

HEMPNALL VILLAGE HALL



In line with current advice the decision has been taken to close the village hall until further notice.

There is one current exception and that is for the **National Blood Service**. This is a vital service and these teams are already trained in thorough universal hygiene precautions to prevent the spread of all infections.

FOOD BANK

The Waveney foodbank currently feeds more than 5,000 local people in a year, and says that number could shoot up by 1,250 in the next year. Any help we can give is very much appreciated – every little helps! Our next collection will be on **SUNDAY 5th APRIL AT HEMPNALL CHURCH**, or any items can be left at the Hempnall Church Office, Mon-Thurs, 9am-1pm.

WOODTON & BEDINGHAM MONDAY CLUB

Is cancelled until further notice.

WOODTON & BEDINGHAM LADIES TOGETHER

This is cancelled until further notice.



THE ARK

This has been cancelled until further notice.

THE ARK

HEMPNALL VILLAGE HALL COMPUTER CLASSES

Cancelled this term but hoping to start again in September or whenever the current pandemic is over.



The Borderhoppa 2020 outings leaflet is now available. We have many trips arranged throughout the year including pub lunches, garden centres, the coast, mystery tours, boat trips and many more. You can pick up a leaflet at your local library, information centre, GP surgery, from one of our drivers or by calling the office and we'll post one to you. Our door-to-door dial a ride service can take you shopping, to medical appointments (excluding hospitals), to visit a friend or relative or attend a local club. If you are a member of a local not for profit community group, you can hire our minibuses with a driver for outings.

If you would like to find out more about the great service we provide please call us on 01379 854800 or visit our website www.borderhoppa.org

MORNINGTHOPRE AND FRITTON LITTER PICK

We will be carrying out our litter pick on **April 18th**. We now have our own litter picking equipment. And Patrick Cooper is kindly storing it for us so we will meet at his Fritton Old Rectory last house on left before Fritton church 10 am. Please come and help keep our villages tidy. You may need to bring gloves. Any information please call Carol McDonnell 01508531629.



CHURCH SUMMER WALK

The first of the summer walks is on **Sunday 19th April** starting at 2pm from Shelton Church. The walk will be for about an hour and a half and is aimed to be on grass/quiet country lanes as much as possible.

If further information is required, please contact Josephine or David - 530453'

BEDINGHAM ANNUAL PARISH MEETING will take place on **Tuesday 21st April** in Woodton Village Hall at 7.30pm. All Bedingham parishioners are most welcome. Light refreshments served after the meeting. This is YOUR chance to find out what goes on in our lovely village. For more information contact the chairman Tricia Gunson on 558101.

HEMPNALL SPRING CRAFT FAIR – 25th April has been cancelled.



TOPCROFT PROGRESSIVE SUPPER - SATURDAY 25TH APRIL 6.15pm

Tickets £20 available from Daphne Beckett
tel: 07850 709297 or e mail: daphnebeckett@gmail.com
Proceeds raised to St. Margaret's Church Topcroft

This may be cancelled, please keep an eye on the Topcroft Village website or contact the email address above.

WOODTON COMMUNITY WOOD & RAVENS DEN

Work on the new Woodton Community Wood is now almost complete. There are new paths, suitable for mobility vehicles, wood-chipped walkways, the children's Forest School area, benches with further picnic tables and seating to follow. Bird and hedgehog boxes are in place and many bulbs and other shrubs have been planted - with more planned. The Raven's Den Children's Play Area has a very smart new fence and the replacement climbing frame is proving an exciting attraction.

All this would not have been possible without many people's kind and generous donations and the team of volunteers who have worked tirelessly to achieve all this. A very big thank you on behalf of Woodton Parish Council to everyone who has been involved. So please come and enjoy this wonderful community facility."

MOBILE LIBRARY – Please use our mobile library when it returns, we don't want to lose it!

The mobile library comes to Hempnall and Topcroft on the following dates:

23rd April, 21st May, 18th June, 16th July, 13th August:

Times: 9.40am Old Market Way, 10.10am Hempnall Green The Three Horseshoes, 10.40am Topcroft Old Chapel, 10.55am Topcroft Church Road, 11.20 Hempnall Road Green Farm, 11.40am Millfields, 12.15pm Roland Drive, 12.40pm Fairstead Lane. Some of these dates might be cancelled.

LONG STRATTON MEDICAL PARTNERSHIP - Tel: 01508 530781

Relentless pressure on primary care services continues and GP recruitment remains a significant problem. Our patient population's health needs is changing with an increasingly ageing population and a shift of care out into the community. Nationwide primary care is rising to these challenges and continuing to diversify into multidisciplinary teams who together can provide a high level of clinical care. There are moves to work more collaboratively with neighbouring practices and to recruit healthcare professionals tailored to our individual population needs.

At LSMP we are continuing to upskill and broaden our clinical team. Our HCAs and practice nurses regularly attend training to continue to widen their skill mix and develop specialist skills. We already run the highly successful over 75s team and many of you will know Stuart Coxon whose main focus is the care of our elderly population, including those in care homes. Tom Crawshaw is part way through his training to be an Advanced Nurse Practitioner to develop his role in the team here. He has a range of skills, with a particular focus at this stage on acute and chronic illness, and with an eventual aim of being a nurse prescriber. We would also like to welcome Carl Thomson to the team. Carl has worked as a paramedic for the last 11 years. Like Tom his role will be broad, seeing both acute and chronic illness. They will also be undertaking home visits when necessary.

We hope that in the future we will expand the team further perhaps employing clinical pharmacists, physiotherapists or mental health workers who could all offer multiple skills to the mix. *Dr Lara Douglass*

BOOK CLUB

We are thinking about starting a Book Club in Topcroft Pavilion. This would be on a Thursday evening when the bar is open. We now have a comfortable and friendly place to enjoy a get together. Meetings would be once a month. If you are interested please give Jackie a ring 01508 482267.

Thank you....

FILM AND WORD CONNECT QUIZ

Thank you to all who took part in this quiz. The winner was Trish (Jane) from Hampshire – Ron Cooper's daughter. £60 was raised for Hempnall Church funds.

JACKIE COOK

I wish to begin with acknowledging my deepest gratitude for all the opportunities that have come my way as a Licensed Lay Minister in the Hempnall Group. 8 Yrs. ago I would never have dreamt of such a wonderful and fulfilling life amidst you all. The leaving is mixed with sadness and an excitement as new avenues are opening up for me. Part of my ministry will be as a Chaplain in Dereham Hospital. I already can see people and places where my love for children's & pastoral ministry may continue.



I am lost for words in my thank you for my generous gift and flowers. Please know whatever I purchase will give me a lasting memory of my time with you. Finally, but in no way least, I appreciate all the shared heart felt words in my cards and the encounters after the service. *Jackie*

WORLD DAY OF PRAYER



This year our World Day of Prayer Service was held at Topcroft Church at 5pm with a supper after. The service came from Zimbabwe with the theme 'Rise! Take your Mat and Walk.' We learnt how through love, peace and reconciliation Zimbabwe is moving on from the troubles of the past. 25 people attended and £163 was raised for needs across the world. Thank you for all who attended, and those who helped with the service, and supper.

Commitments were made on ways we could help our own communities through acts of love, peace and reconciliation. Our further meeting on Saturday 4th April 2020, 10am-12noon is cancelled.

I am looking for someone to take my place as Secretary for the group. You will be well supported by a small committee. For any further information please ring Maggie Kingston 01508 498157.

What's On in future months.....

A MESSAGE FROM CHRISTIAN AID

Dear supporters.

As all of our thoughts are on the Covid-19 situation, we wanted to share an update on Christian Aid's response. We value our volunteers enormously and want to ensure you all keep safe when fundraising for Christian Aid Week. The health and safety of our community, including loyal supporters like you, is of the utmost importance to us, and we are monitoring the situation on a daily basis.

Advice for Christian Aid Week

Many of you will have been planning house-to-house collections and events. Under the current circumstances, sadly, house-to-house collections should not go ahead. In particular, along with many churches, events such as Big Brekkies or Lent lunches, where food is shared, cannot go ahead. We are looking at alternative ways to virtually meet, share and pray with supporters over the coming months in the likely absence of physical church services.

We are working on alternative plans that will allow people to take part in Christian Aid Week in different, creative ways – by post, by text and online that strengthen our communities during this challenging time. Christian Aid Week is our single-most important fundraiser, so we would welcome your ideas on how we can creatively show love for our neighbours at home and abroad, as a community.

Our global response

Christian Aid and our partners already have experience of limiting the spread of infection during the Ebola crisis, and we will build on this experience to continue to stand together with communities living in poverty during this period. If infection rates start to develop as they are in Europe, then people in poorer countries will be hit even harder. Many are already living with reduced health resilience because of extreme poverty, or in overcrowded humanitarian camps and in countries which do not have the healthcare infrastructures needed to combat widespread disease. We will be working on the ground to help prepare communities to limit the impact of Covid-19. Please pray for us in this vital work, and support us where you can by making an online donation.

We are praying for all those affected by this new virus, both in Britain and overseas, for all those working on the frontline and for wisdom for our leaders. We will continue to monitor the situation as it evolves. During this challenging time, we all need to take seriously the science and advice being offered, remaining calm but

vigilant. If you have any specific concerns or questions please email us at info@christian-aid.org or call our helpline on 020 7620 4444.

I am keeping you all in my prayers.

With every blessing,

Amanda Khozi Mukwashi

For further information, please refer to the [current advice from the UK Government](#).

THE CHRISTIAN AID WEEK COLLECTION IN THE HEMPSTALL GROUP IN MAY has taken place over many years but it is likely to change in the future.

It is interesting to note that since 1988 we have collected about £51,000 as well as additional sums for Lent lunches and other fund raising. In fact we were also collecting as far back as 1978 to my knowledge!

This is a remarkable achievement and we give thanks for the many collectors and givers.

The need is still there and in these uncertain times the need will increase.



SUMMER WALKS 2020

Sunday walks:

May 31 st	Ron Cooper	499428
June 28 th	Margaret and David Ferre	482562
July 26 th	Daphne Littleboy	494318
August 16 th	David and Sue Banham	498223

Thursday:

Sept 10 th	David and Josephine Murgatroyd	530453
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TOPCROFT OPEN GARDENS

Sunday 24th and Monday 25th May. Unfortunately this has been cancelled.

TOPCROFT PHOTOGRAPHIC COMPETITION: This year's competition will be held on **Saturday 26th September 2020** at Topcroft Church, to raise funds for the church: **Categories** this year will be:

1. Landscape; 2. Portrait; 3. Wildlife; 4. Dawn or Dusk

You may enter up to four photographs per category. Entry fee 50pence per photograph. Photographs should be no larger than 12" x 8" (A4) and be in a simple

mount. No professional photographers please. Entries must not have been offered for sale or have won other competitions. Details relating to entry will be in the September edition of Outlook. (Enquiries to David and Margaret Ferre – Tel. 01508 482562).

Happy Birthday to....



Children

- * Hector Albert Keal who will be 5 on the 1st
- * Millie Hanner who will be 10 on the 2nd
- * Matthew James Buck who will be 9 on the 12th
- * Elliott Storey who will be 7 on the 12th
- * Harriet Rush who will be 8 on the 20th
- * Leocadia Wood who will be 9 on the 27th
- * Betty Rose Keal who will be 8 on the 28th ;;

Teenage

- * Harry DJ Shreeve who will be 14 on the 9th
- * Eleanor Pretty who will be 14 on the 14th
- * Alessandro Maruca who will be 18 on the 18th

WOODTON VILLAGE HALL TOTE - March winners:

£20 - No: 62 - M Jarvis , £10 - No: 77 - C Mariner, £5 - No: 18 - R Chadwick

From the Registers.....



Funeral

- 2nd March Russell Howes (aged 93) at Flordon Church
- 6th March Lily Algar (aged 95) at Hempnall Church
- 13th March Peter Read (aged 82) at Woodton Church
- 13th March Roger Parker (aged 79) at Colney Wood



Baptism

- 1st March Charlie Robert Clitheroe at Bedingham Church

Need Help?....

All Nos 01508 unless stated otherwise

ACRYLIC AND GEL NAILS, coming soon spray tans and eyelash extensions Alice 498655 / 07872 366756

ALINE TURNER ACA - bookkeeping, accounts, tax returns, payroll Call 550403 or 07785 528069

ARCHITECTURAL SERVICES Call Mark Woods for advice and free quotation 498805

ART WATERCOLOURS FOR BEGINNERS / IMPROVERS from JAN 2018 gill@gilly-markle.co.uk 499070

CARPENTER Mark Whitbread Free quotations. No job too small 532605

CARPET AND UPHOLSTERY CLEANING Local reasonable rates David 01379 608529 or 07768757308

CARRY ALL Supplies of quality aggregates, to trade & public free delivery no VAT 536182 or 07850402845

CHESS Teaching at all levels. Martin Walker (01508) 492471 email: martinwalker723@gmail.com

CHIMNEY SWEEP-Guild of Master Sweeps-Clean & Friendly-Smoke Test/Certificates Dave 07835 757528

CHRIS BAKER TRANSPORT - Man & Van 531738 or 07821 923489

CHRIS CLARKE OIL BOILER SERVICES, servicing & breakdown repairs 07912146619 & 536573

CLEANERS R US since 2003 provide affordable friendly reliable CRB fully insured cleaners 490808

CUNNINGHAM GARAGE A range of services for all motoring needs, cars and commercials 499232

CURTAIN MAKER – Bespoke hand made curtains, own fabric made into quality curtains 07848 463344

DAVID HEWETT FRICS Chartered Building Surveyor CAD drawings & surveying services 499761

ELECTRICIAN Bob Turner – Domestic and Commercial Electrical Contractor 07899794813

FARM SHOP, CAFÉ & BUTCHERY, Norwich Rd, Woodton for the best Raw Milk in Norfolk 07900 814252

FEET – Corns, calluses, nail cutting and more, treated in your home Wendy 01379 676872

FLORIST – Bouquets, Sympathy, Workshops. Local delivery Victoria info@petiteverte.co.uk 07703 728738

FOOTCARE Home visits for the treatment of nails, dry skin, corns etc Ring Nicky 0771 9727581

GARAGES TO LET. Long Stratton area, Secure, dry, insulated, power. Call Paul 07803 927303

GREENDALE GARDENING SERVICES Grass & Hedge Cutting, Fencing Andy 07802702602 / 531168

HARDWOOD LOGS Collect Hempnall £50/m3 or can deliver 07802 706826

HEMPNALL PARISH COUNCIL website address: www.hempnallpc.org

KITCHEN / BATHROOM Refurb/Doors/ Skirting/ Architrave/ Flooring/ Painting Call Gary 07717 174617

LOCAL SKILLED HANDYMAN AVAILABLE only £17.50per hour Call Mike 07534694673 or 494547

NORFOLK WOODBURNERS, Hempnall. Suppliers and Hetas installers. 498393

OSTEOPATH, Cranial-accidents, back, headache. 01953 789629 e-mail reception@norfolkost.co.uk

OIL, GAS HEATING AND PLUMBING SERVICES – Alan Bell 07710 515775 or 532393

PAINTER & DECORATOR Graham Bull over 25 years experience grahambull071@btinternet.com 482409

PAINTING, DECORATING, FLOORING and floor restoration, wood painting & stripping. Seb 07821 973612

More Adverts inside back cover

PAUL CLARRY PLUMBING & HEATING for all your requirements	07887485676 / 550519
PETER MATTHEWSON PLANT HIRE Drainage & Groundworks. Please call for info	482655 / 07850722094
PIANO LESSONS Bedingham All ages welcome	Marian 482746
PLUMBER: David Millward. Over 30 years' experience all plumbing work	07763 359313 / 498005
PLUMBING, HEATING, BATHROOMS and More. Here to help with every 'Chore'. Alan	499689/07973967570
RABBIT & GUINEA PIG BOARDING: Emma's Holiday Hutches, Woodton	07708 044949
R.B. COPPING FUNERAL SERVICES, PORINGLAND	494434
RICH WALPOLE ROOFING, specialist in new roofs, re-roofs and leadwork	07747 784742
ROSEDALE FUNERAL HOME Beccles & Bungay, a family business	01986 892790/ 01502 714445
SAFE & SOUND HYGIENE AND PEST CONTROL + garden maintenance	01379 788865 / 07809226109
SMALL LICENSED BOARDING CATTERY Established 1987 Reasonable rates	530580
S.W. CONTRACTORS Groundwork, Gardens, Fences, Patios & Hedge Trimming	495528
TREE SURGEON NTPC qualified. Alan Bell	Call 532393 or 07710 515775
TUTOR Maths and Science to G.C.S.E. Contact Storm Roberts: fayre@me.com	07939 242262
VETERINARY SERVICES IN YOUR OWN HOME. Less Stress for your pet - Let Rosie come to you.	498718
WINDOW WONDERLAND: window cleaning services contact Sam Raynes	482679 or 07975579292

Contact us....

Michael Kingston – Team Rector 01508 498157

Liz Billett – Team Vicar 01508 482366

Church Office, open Mon-Thurs 9am-1pm 01508 498157

Our website: www.hempnallgroup.co.uk

Items for the May issue of Village News should be
delivered/posted to:

Group Office, The Rectory, The Street, Hempnall, NR15 2AD

before 15th April

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

**We regret any items received after the above date
cannot be included.**