

Village News



August 2020

Produced by The Hempnall Group of Churches

Thought for the month...

Hello Everyone

How fortunate we are in Norfolk to have green fields all around and gardens to enjoy. It has become ever more important these past few months. It is difficult to imagine how people in cities and high-rise flats cope.

The same is true for people in refugee camps, when all you have to call yours is a square piece of land 10 x12 metres (32x39 feet) for a family of 4-6. We have been discovering how gardening is a powerful force for good, helping our mental health, producing beauty around us with plants and produce to share.



our children. I grow mint and lettuce to share with my neighbours. The garden gives me a sense of peace.

Amal and Ram Mourad live in a refugee camp in Syria. Amal says, *“My garden is my life. Gardens are important they keep the desert out. Honeysuckle spreads scent to the neighbours and they enjoy it too. When we look at our garden we feel better. The green relaxes*

The Lemon Tree Trust www.lemontreetrust.org is a charity that seeks to transform refugee camps through the provision of seeds and plants for people to grow in their plot. The Trust pilots agricultural businesses and garden initiatives creating employment, a sense of dignity and purpose in life. Something we all need.

The Trust has a shortage of flower and vegetable seeds.

There are keen gardeners in refugee camps willing to try anything.

Favourites include: courgette, broad beans, salad crops, radish, chard, tomatoes, sweetcorn, carrots, leafy herbs (parsley, coriander etc), rocket plus all manner of ornamentals including snapdragons, violas, petunias, sunflowers, zinnias, lavender, geraniums, hollyhocks, mint, rosemary and thyme. Some gardeners are bee keepers, so anything you have for pollinators would be great.

They would be happy to receive self-collected seed, unopened packets, or clearly labelled, re-sealed part-packets as well as bought packets. These are just suggestions, they will be very grateful for any seed we can spare.

Can we help them by collecting seeds, our own seeds or seed packets? If you do have any, please drop them off at Hempnall Rectory. As our harvest approaches wouldn't it be wonderful to help a harvest in another part of the world.

Of, if you would like to make a donation to the Lemon Tree Trust, you can do so by:

- BACS payment, Jane will give you the details, phone her on 01508 498157
- By cheque, made payable to The Hempnall Group of Churches, please write Lemon Tree Trust on the back of the cheque
- £ notes, both of which can be taken to The Rectory

Do check out the website, there are great resources available all free to download. Lenny Lemons gardening activities and a Time capsule activity book for the summer holidays, plenty to keep children and grandchildren occupied.

With love

FOOD BANK



Once again thank you to all who give to our local Food Bank. Our next collections will be on **SUNDAY 2nd August and SUNDAY 6th September**; any items can be left at the Hempnall Church Office at Hempnall Rectory, 9am-1pm

Mon-Thurs or tel: 01508 498157 to arrange for a collection.

26-WORD GAME

A few more:

Alexander Beetle crawled down every furrow getting heightened intensity just knowing love might nearby open portals.

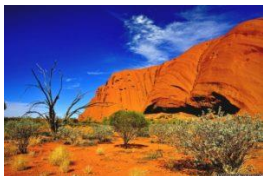
Quietly, reluctantly Samantha teasingly, unfortunately vanished with Xavia yahoing Zena.

Another boring Covid day, everybody feeling grey, Hempnall in June, kids lazing, media news, old people queuing round Sainsburys, teabags unavailable, virus working xerothermically, yielding zealously.

A burly Centipede devoured every fly gleefully having internally justified killing little mammals needlessly or purposely. Quitting retroactively seemed trivial unless various worrisome xenophobes yielded zestfully.

Allen bent carefully down eventually feeling giddy he instinctively jerked, keeping light movements. Now orientated pondered quite reasonably strategies to utilise veterinarians who x-ray young zebras.

OUR SPONSORED WALKING



Thank you to all who have joined in our walking, we have reached Ayers Rock in Australia, 9,599 miles. We have been raising money for the East Anglian Air Ambulance, and have now reached over **£929** what an amazing amount! Thank you to all who have contributed. Maybe time to have a rest now and put your feet up!!

WALKS NEWS

There is no walk in August, but two in September.

Sunday 6th September 2.00pm, please contact Jill Turner 01508 499344 if you would like to come.

Thursday 17th September, contact Josephine and David Murgatroyd 530453

SPONSORED, BIKE, WALK, DRIVE



Saturday 12th September 2020, 9am-5pm.

In the Norfolk Countryside – over 600 churches and chapels to visit near you!

A fun day out for all, stopping off at as many churches in Norfolk as you can.

We will be supporting with tokens to be collected from our church porches.

For more information see: norfolkchurchestrust.org.uk/bike-ride

WEA via Zoom from Hempnall

ART AND SOCIETY IN 19TH CENTURY BRITAIN

Tutor Prasannajit de Silva - **Course Ref: C2227563**

By the time you read this enrolment will have opened nationwide, so please hurry to enrol so that we can accommodate as many local people as possible.

The course will include painting, photography, printed material and the applied arts with major artists covered such as the Pre-Raphaelites, Frith, Whistler and Morris.

Wednesdays 1-2.30pm on Zoom NOTE: Early time!

30th September – 18th November

(half-term break 28th October)

Seven online sessions

Fee £33.60 (free to those on benefits)

For more information phone 01508 500979.

WEA via Zoom from Saxlingham Nethergate

WILDLIFE AND HISTORY OF THE RUSSIAN FAR EAST: Tutor David Pryn

Discover a beautiful and little known part of the world.

Course Ref: C2227493

Thursdays 1 – 2.30 pm on Zoom

24th September – 26th November (Half term break 29th October)

Nine online sessions

Fee £43.20 (free to those on benefits)

For more information please call Cathy (01508 499126) or Harriet (499667).

For either of the above courses, enrol using your postcode and the Course Ref at www.enrolonline.wea.org.uk or by phone on 0300 303 3464 (office hours). When you enrol you will be given the necessary information to access the Zoom sessions.

CHRISTMAS SHOE BOXES – just a reminder we will be collecting shoe boxes again this year – more details to come in next month's issue.

Gardening Tips for August

Top 10 jobs this month

1. Prune *Wisteria*
2. Don't delay summer pruning fruits trained as restricted forms
3. Deadhead flowering plants regularly
4. Watering! - particularly containers, and new plants, preferably with grey recycled water or stored rainwater
5. Collect seed from garden plants
6. Harvest sweetcorn and other vegetables as they become ready
7. Continue cutting out old fruited canes on raspberries
8. Lift and pot up rooted strawberry runners
9. Keep ponds and water features topped up
10. Feed the soil with green manures



TREES AND SHRUBS

Pruning and training

Prune wisteria and climbing shrubs such as *Pyracantha* after flowering.

Hebes and lavenders can be given a light prune after flowering.

Rambling roses can be pruned now, once they have finished flowering.

Give hedges a final trim over now. They will only grow a little before cold weather stops growth.

Get in qualified tree surgeons to remove large shrubs and trees that were casualties of winter waterlogging and summer drought. Remove stumps wherever possible, as rots could spread to other plants.



HEMPNALL VILLAGE HALL restricted opening in September

Hempnall Village Hall Committee is working hard on plans to open for some bookings, following Covid19 guidelines. Booking Clerk Liz Bootman 01508 498750

Happy Birthday to....

Children:

Zoe Chapman who will be 4 on the 2nd

Cameron John Keeler who will be 11 on the 18th

Octavia Wood who will be 11 on the 19th

Teenage:

Isabelle Potter who will be 13 on the 26th



BEDINGHAM 59 CLUB - LATEST WINNERS

20/06 - No.13, J Howman, 27/06 - No.12, M & K Irons, 04/07 - No.13,

J Howman, 11/07 - No.22, R Hadnam

There is still one vacant number if anybody would like to join for the remainder of the year August to January (£22) please contact Rachel on 01508 499128 or speak to Margaret Jarvis - you do not have to be a resident of Bedingham!

From the Registers



Funeral

9th July Bernard Smith, aged 89 at Hempnall 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-marklew.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

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. Woodburner Supplier and Installer 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
PROTECTIVE FACE MASKS -Local made 100% cotton £3.50 or 3 for £10 collect or post £1.25	07848463344
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 07891 854219

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

Our website: www.hempnallgroup.co.uk

Please note our Village News is available on our website -
address as above.

Items for the September issue of Village News should be
delivered/posted to:
Group Office, The Rectory, The Street, Hempnall, NR15 2AD
before 15th August
or e-mail: hempnallgroup.office@btinternet.com