



Produced by The Hempnall Group of Churches

Thought for the Month...

Hello everyone,

How lovely it was walking through a park the other day and seeing the new buds forming on the trees. Spring is in the air, as winter starts to draw to a close. The daffodils and snowdrops are poking their heads through the soil. Have you been to see them at Brockdish, Walsingham or Anglesey Abbey?

The church is starting the period of Lent – a time when we generally give up things, chocolate, alcohol for example. Perhaps we should look at it the other way, what can we take on. Now there's a thought and here are some ideas you may like to think about this year:

- We hear in the press about the pressures on the Foodbank. It is sad that food banks are in such high demand – how about when we go shopping adding an extra item or two to help those who are struggling. Items can be left at the Parish Office. We have a regular collection for the food bank on the first Sunday of the month.
- How about popping round to see that neighbour you have always meant to see.
- What about showing a little more patience and kindness in how we deal with those people we find difficult; or remaining calm and peaceful when we are driving – despite the bad habits of those around us!
- Find out more about climate change by coming to the Lent Talks at Hempnall Church, more information available in this addition of 'Village News.' (Also see our other Lent events eg Lent Lunches).
- Take time each day to pray or in silence to give thanks for all we have around us and bringing our joys and problems to our loving Father.

Whatever you decide to do, may Lent be good for you.

A handwritten signature in purple ink that reads "Michael".

(Team Rector)

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



The next meeting of the **HEMPNALL TOWN ESTATE EDUCATIONAL FOUNDATION** is during MARCH 2020.

Completed applications for grants by **MARCH 1st** to Alison Harris, Clerk to the Trustees, 34 Roland Drive, Hempnall, NR15 2RB. Application forms are available in Hempnall Village Hall, Hempnall Mill Centre, Hempnall Surgery, 34 Roland Drive or by email. Any queries or requests for forms to Alison Harris - hteefclerk@gmail.com Tel : 01508 498258.

PLEASE NOTE - WE ARE UNABLE TO ACCEPT COMPLETED APPLICATIONS BY EMAIL



You are invited to join us in our

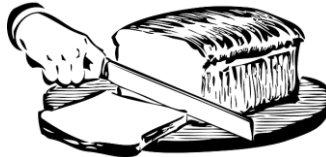
ALL-AGE FAMILY PRAISE SERVICE

Sunday 1st March

4-5pm Hempnall Church

'...Give us today our daily bread...'

...- use your loaf!-



Wacky games, noisy songs, silly science.

A service also on 29th March, as there will be no service at the beginning of April.

All very welcome.



WOODTON VILLAGE HALL BREAKFAST CLUB

Join us for a delicious breakfast with a choice of locally sourced bacon, sausages and eggs plus freshly brewed coffee/tea. Enjoy the Sunday papers, chat with your friends and family and meet other people from Woodton and the surrounding area **Sunday 1st March 2020**

9:00am – 11:00am. Book early to reserve your table, call

Mandy 07772 767116 (Breakfast Club is a Fundraiser for the Village Hall).

THE MILL CAFÉ, HEMPSTALL COFFEE & LUNCH

Mondays 2nd March & 6th April.

Please join us. All welcome!

For more information please contact: Margaret Sparham (Wed and Thurs on 499766 or 499579 at other times)

Hempnall Mill Centre, Mill Road, Hempnall. NR15 2LP

www.hempnalltrust.org Registered Charity No. 1074433



HEMPSTALL MILL CENTRE – LUNCHEON CLUB

Wednesday and Thursday 10am-2pm **from £5.50**

Morning tea or coffee served on arrival from 11am,

a two course lunch served at 12 noon, pick up travel can be

arranged - for more information: Margaret Sparham (as above)

WOODTON & BEDINGHAM MONDAY CLUB

Next meeting Monday 2nd March at 2 p.m. Everyone is most welcome, do come and join us for a pleasant social afternoon.

For further information please contact Pam Mariner on 01508 483796 or Janet Chadwick on 01508 483996.



Members' Outings for March/April 2020

March:

Mon 2nd – Lunch at The White Horse, Stoke Ash – return fare - £7.00

Mon 9th – Thetford Town & Garden Centre – return fare - £15.00

Mon 16th – Halesworth & Lunch at The Angel Inn – return fare - £15.00

Mon 23rd – Bury St Edmunds – return fare - £15.00

Mon 30th – Highways Nursery & Shopping Centre – return fare - £10.00

April:

Mon 6th – Afternoon Tea at Gissing Community Centre – return fare & tea - £15.00

Thurs 9th – Waitrose (Wymondham) – return fare - £10.00

Thurs 16th – Bungay & Lunch at The Buck Inn, Flixton – return fare - £10.00

Mon 20th – Waveney Stardust Boat Trip – return fare & boat trip - £20.00

Thurs 30th – Alder Carr Farm Shops & Café – return fare - £10.00

Borderhoppa membership is £6 for 6 months or £10 for 12 months.

For more information please call: 01379 854800

FANCY A WEEKDAY SESSION OF DANCING FUN? Join Sadie for an hour of Ballroom/Latin dancing. No need for a partner. Every other Tuesday, 1:15pm - 2:15pm. Starting **Tuesday 3rd March** at Hempnall Mill Centre. Please contacts Sadie to enquire: 07850 826916.

HARDWICK AND SHELTON CAFE MORNING

10.30-12 Thursday 5th March.

Hardwick Village Hall.

All welcome.



WORLD DAY OF PRAYER



Friday 6th March, 5.00pm at Topcroft Church

Come and join us in a global wave of prayer involving 170 countries, prepared for us by the women of Zimbabwe. They encourage us to reflect on the difficulties and unrest that have plagued their country for many years. The troubles continue and they need our prayers. The theme of the service is “Rise, take your mat and walk”. This year we are holding the service at **Topcroft Church**, Church Road, NR35 2BH. We will provide supper after the services at 6.00pm. If you would like to know more please contact Maggie 01508 498157.

FOOD BANK

The Waveney Food Bank currently feeds more than 5,000 local people a year and says that number could rise by 1,250 in the next year. In an article in the local paper the Project Manager said: “We would like to thank those companies and individuals that continue to financially support us or those who donate food allowing us to carry on helping local people in crisis who are struggling to feed themselves and their families. He also states “If anyone is struggling financially and having to choose between food and

paying a bill, please get in touch with us" (tel: 07484 394749). Our next collection will be on **SUNDAY 8th MARCH AT HEMPSTALL CHURCH**, or any items can be left at the Hempnall Church Office, Mon-Thurs, 9am-1pm.



THE ARK

For pre-school children

Will be meeting on **Wednesday 11th March in Hempnall Church.**

2.00pm; Crafts, singing, story, refreshments. All are welcome to

drop in anytime. For further information please ring the Hempnall Church office – 01508 498157.

WOODTON & BEDINGHAM LADIES TOGETHER

Our next meeting will be on the **11th March** and our speaker will be Joy Tunmore who will be giving us a flower arranging demonstration. Visitors and new members are always welcome at our monthly meetings which are held in Woodton Village Hall on the second Wednesday of each month at 7.30 p.m.

For further information please contact Tricia Gunson on: 01508 558101.

WOODTON VILLAGE LITTER PICK

Woodton will be carrying out their Village Litter Pick on **Saturday 14th March 2020** at 10.00am. Please meet by the Village Shop. Thanks to a grant from South Norfolk in 2019, Woodton now owns its own Litter Picking Equipment, but you might like to bring along a pair of gloves. Please come along and help - the more the merrier and, therefore, the easier the job!



HEMPSTALL CINEMA CLUB .

For the Club Film Night on **20th March** (7.30pm prompt) at Hempnall Village Hall , we will be showing " **Judy** " the biographical drama film of the life of Judy Garland.

Limited tickets still only £5 from Ned Potts 499741.

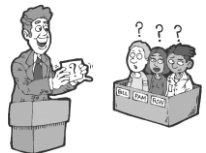
TOPCROFT SOCIAL CLUB QUIZZES

14TH AND 28TH MARCH

Max. 6 per team - £2 per person - 7.30 for 8 p.m. start

Good Prizes and friendly competition

For more information please ring Christine on 01508 482268



SHORTER WINTER WALK FOR MARCH

The March walk will take place on **Sunday 22nd March** and will start at 2.00 pm from Hempnall Church. It will be an easy stroll covering about three and a half miles. There will be tea and cakes at The Chequers afterwards.
Contact Elisabeth Garrod (482360) or Jill Turner (499344) for further information.



Mothering Sunday celebration and tea - Hardwick Church - 22nd March - 4pm

Come along to celebrate **Mothering Sunday** on **22 March** with a **short service of thanksgiving** and a **picnic-style tea** in **Hardwick Church**, starting at **4pm**.
All very welcome.

For other services in the Hempnall Group on Mothering Sunday, see page 11

KETTLE ON!!

**3rd Friday in the month, 20th March,
2.00pm-4.00pm at Hempnall Mill Centre**

Come for a cuppa, a chat and meet new people.
A facility provided by The Mill Centre for our villagers.
Do come, we look forward to seeing you!



FRIENDS OF HEMPSTALL SCHOOL QUIZ AND CHIPS

Saturday 28th March 2020 at Hempnall Village Hall

Doors open 7:00pm, Quiz starts 7:30pm. Licensed Bar and Raffle.

Teams of up to 6 people. Cost per head £9 including food - please choose from

- 1) Cod & Chips
 - 2) Battered Sausage & Chips
 - 3) Veggie Burger & Chips
 - 4) Veggie Spring Roll & Chips
- Team names and orders to either: Caroline Buck 01508 499508 or

Stacey Preston 07534 954707. Happy Quizzing!



FISH & CHIPS

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.

WOODTON UNITED FOOTBALL CLUB

Would you be willing to help run a successful club and continue the work already done by the current management team?

It is the first club in Norfolk F.A. to be L.G.B.T affiliated.

With good sponsors.

If you would like to know more about the club and positions please feel free to contact us on:

woodton.united@gmail.com or call on 07753 831689.



HEMPNALL ART CLUB

L. S. Lowry was the topic of our Art with Adrian evening this month, we learnt a lot about Lowry's life and then had a go at painting our own "Lowry" on cardboard. We held a Saturday workshop at the Village Hall with 15 of our members enjoying a day with John Patchett, using pastels and working to do our own version of his painting of Red umbrellas in Tombland, Norwich. John then showed us the art of drawing faces in charcoal, using shade.

Geoff from The Framers and Art Supplies shop in Beccles came and gave a very informative talk and demonstration about the art of framing pictures.

Art Club meets in the Nelson Room on Monday afternoons 1pm - 3.30pm, Tuesday mornings 10am - 1.00pm and Tuesday evenings 7pm – 9.30pm.

If you would like any more information about our club, please telephone Tina on 01508 499376

or contact Christine, email address is christine@tunmore.plus.com or pop into one of our groups for a coffee and see what we get up to, new members are always welcome.

You can find us on Facebook too.

LENT AND EASTER 2020

Our Lent Charity - Help put a smile on refugee faces



Gautam Sharma runs West Earlham Dental Practice. He is a trustee of the Dental Mavericks Charity, and formed part of an international contingent of 50 dentists, healthcare assistants, translators and cultural advisors who work in Lebanon with refugees. He says of his last visit: 'This was my second trip to the region, so I had some idea of what to expect this time, but even

so, I don't think I was quite prepared for the relentless pace of the number of patients coming through to be seen.

'We started early each morning and finished late into the evening, every day treating close to 300 Syrian and Lebanese children. I was heartened to see that we were making less extractions than on our previous visit, but still the need is high, and we were welcomed with open arms and treated with huge gratitude by every single patient,' he added.



Dr Sharma and the team



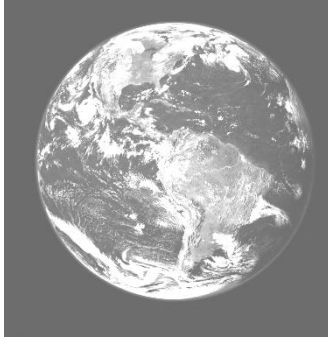
and the children they help

If you would like to support this charity please give either by: a coin donation of £1 or £2, £ notes, a cheque (made out to Hemplall Group of Churches) in an envelope and leave at Hemplall Church office clearly marked 'Lent Charity'. Or pay by BACS transfer, please phone the office for details – 01508 498157.

OUR CLIMATE CHALLENGE

Lent Talks

A series of three evenings exploring the challenges of our climate and how change can be affected for the good of our planet and all its peoples



March 5th, 12th, 19th

7.30pm

at

St Margaret's Church Hempnall, The Street, Norwich NR15 2AD

1. **Climate Change and Citizen Action**

Thursday March 5th 7.30pm with Dr Martin Mahony and Dr Helen Pallett. Both are lecturers in Human Geography at the University of East Anglia.

2. **Enjoying Creation and Effecting Change, Nationally and Internationally**

Thursday 12th March with Tessa Wardley. Tessa is an author of several books, e.g. The River Book, that seek to connect children and adults to the natural world in ways that are engaging and fun. Tessa currently works for DEFRA.

3. **Joining the dots between Faith...Culture...Climate Change**

Thursday 19th March with Professor Mike Hulme, Professor of Human Geography at The University of Cambridge and will explore the contribution of faith and culture to the debate.

LENT EVENING REFLECTIONS – Sundays 1st, 8th, 15th, 22nd, 29th March, 5th April 4pm at Topcroft Church We will be looking at Lent through a book 'Gathering at God's Table: mission in the feast of faith.'

LENT LUNCHEES IN AID OF CHRISTIAN AID

Lent lunches will be held in our villages, 1.00pm-2.00pm. If possible please could you let the contact know if you would like to attend, for catering purposes – or just turn up. All welcome.



Wed 4th March Topcroft Lent Lunch at Jackie Leggett's, Woodlands, Barford Road, Topcroft – 01508 482267

Tues 10th March Woodton Lent Lunch at Janis Butler's, East View, Hempnall Road, Woodton - 01508 482451

Tues 17th March Hempnall Lent Lunch at Yvonne Davy's, Ashness, Bungay Road, Hempnall – 01508 499405

Tues 31st March Fritton & Morningthorpe Lent Lunch at Mary Sargent's, Friars Farm, Church Lane, Morningthorpe – 01508 530269.

Mothering Sunday 22nd March – Family Services

- 9.30am Woodton Church
- 9.30am Hempnall Church
- 11.00am Topcroft Church
- 11.00am Fritton Church
- 4.00pm Hardwick Church
- 4.00pm Lent Reflection at Topcroft Church



Palm Sunday 5th April

- 10.00am Group Eucharist at Hempnall Church, walking from Mill Centre.
- 4.00pm Lent Reflection at Topcroft Church
- 4.00pm Family Praise at Hempnall Church

Holy Week

Monday 6th April Eucharist 6.30pm at Hempnall Church

Tuesday 7th April Eucharist 6.30pm at Hempnall Church

Wednesday 8th April Eucharist 6.30pm at Hempnall Church

Thursday 9th April Maundy Thursday

11.00am Chrism Service at Norwich Cathedral

6.30pm Eucharist with Vigil at Topcroft Church

Friday 10th April Good Friday

10.30am Family Service at Hempnall Church

2.00pm Reflection at Morningthorpe Church

6.30pm Quiet Meditation at Bedingham Church

Sunday 12th April – EASTER DAY



6.30am Easter Vigil at Topcroft Church.

We wait for the dawn of this new day with a vigil of readings and music, the lighting of the Easter Candle, renewal of baptism promises and celebration of the Eucharist, followed by breakfast.

9.30am Eucharist at Woodton Church

9.30am Eucharist at Hempnall Church

11.00am Eucharist at Shelton Church

11.00am Family Eucharist at Fritton Church

11.00am Easter Morning Service at Topcroft Church

2.30pm Holy Communion at The Hollies

If you would like to receive Communion at home,
please contact Michael on 498157 or Liz on 482366



LONG STRATTON MEDICAL PARTNERSHIP - Tel: 01508 530781

Our hearts start beating just a few weeks after conception and will beat about 2 billion times over a 70-year lifetime. This fist sized muscle pumps over 7000 litres blood around our body every day. CVD (Cardiovascular Disease) affects approximately 7 million people in the UK and is the cause of one quarter of early deaths. So, what can we do to protect this vital organ? There are some things we cannot change such as our individual genetic risk or increased risk in some ethnic groups; however there are many things lifestyle measures that have a positive impact on our heart health. A healthy diet and regular exercise contribute to avoiding obesity, controlling our blood pressure and cholesterol levels, and reducing the risk of diabetes, all of which are risk factors for heart disease. Not smoking and drinking alcohol within safe limits are also vital for heart health. Another factor is trying to limit the levels of stress in our day to day lives. For more information about **“Heart Health”** we would like to welcome you to our educational evening at Long Stratton High School, kindly organised by our Patient Participation Group on Thursday 23rd April 2020 from 7pm – 9pm. This evening will be supported by Norfolk Accident Rescue Service (NARS) who will hold a training session on CPR at the beginning and end of the evening, with a talk in between from heart specialists. *Dr Lara Douglass*

Top 10 gardening tips for March

1. Protect new spring shoots from slugs
2. Plant shallots, onion sets and early potatoes
3. Plant summer flowering bulbs
4. Lift and divide overgrown clumps of perennials
5. Top dress containers with fresh compost
6. Mow the lawn on dry days (if needed)
7. Cut back Cornus (dogwood) and Salix (willow) grown for colourful winter stems.
8. Hoe & mulch weeds to keep them under control early
9. Start feeding fish and using the pond fountain, remove pond heaters.
10. Prune bush and climbing roses.

Happy gardening!



Thank you....

SHOPAROUND QUIZ

Thank you to all who tested your brain cells. The winner was The Foulsham family, Jill Turner's granddaughter. Your help raised £65 for the printing of the Village News. Those wishing the answers please contact the office (498157) and Jane will email to those with this facility and a hard copy to others. Thank you.



POPPY APPEAL

I finally have results of Poppy Appeal Collection from November 2019. The Final Total was £528.60. The Individual Amounts were,
McColls £287.06, School £84.11, Mill Centre £83.08, Butchers £24.95,
Hempnall Church Christmas Fair 329.40.

I would like to sincerely say thank you to all contributors. *Margaret Sparham*

RECENT CHARITY COLLECTIONS – HARDWICK

Carol singing in Hardwick on 15 December raised **£95.10** for *EACH*, while a collection for *The Children's Society* at the Crib and Christingle Service in Hardwick Church on Christmas Eve totalled **£84.10**. Many thanks to all participants and donors.



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

FRAMINGHAM EARL SINGERS

Faure Requiem, Mendelssohn Organ Sonata no 5
and other works by Tallis, Rameau and Bruckner.
Conductor - Daniel Wright, Organist - Neil Ricketts

Saturday April 4th 2020 at 7.30pm

Central Baptist Church, Duke Street, Norwich

Tickets £10 in advance available from members or online at
www.framinghamearlsingers.co.uk or £12 on the door

SUMMER WALKS 2020

Sunday walks:

- April 19th David and Josephine Murgatroyd 530453
May 31st Ron Cooper 499428
June 28th Margaret and David Ferre 482562
July 26th Daphne Littleboy 494318
August 16th David and Sue Banham 498223

Thursday:

- Sept 10th David and Josephine Murgatroyd 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 ART CLUB ANNUAL EXHIBITION

This year's Art Exhibition will be at Hempnall Village Hall on **Saturday 25th & Sunday 26th April 10.30am – 4pm**

Friday 24th April Preview evening – ticket only.

Entrance £1 per person including the catalogue. Refreshments will be available. Over 250 exhibits for sale. A donation from the profits will be given to a charity.

SPRING CRAFT FAIR

Hempnall Church

25th April 2020

10.00am-1.00pm

Various craft stalls, refreshments, raffle.

Offers of help and raffle prizes would be gratefully accepted.

Also cakes, savoury items for refreshments to have with tea or coffee would be lovely.

Contact Claire Key 01508499342



VE75 PEOPLE'S PARADE AND PICNIC



SAVE THE DATE:- **FRIDAY 8TH MAY** (11am – 3pm)

Plans are starting to progress, and we have a growing team of fantastic volunteers who are coming together to deliver this free event for Hempnall and our neighbouring villages. However, there are still some formalities to address, and as yet we have no funding.

We would love to hear from anyone who can help in anyway, particularly offers of help regarding First Aid, Risk Assessing and H&S. If you are a business and would like to support this

community event with a donation or offers of help, big or small it would be appreciated and we will ensure you are credited on the day and on our Facebook event page.

We now have a volunteer who has offered to research and co-ordinate a historical display to coincide with the VE event. If you have any information that will contribute towards this or would like to share in this very important task please get in contact!

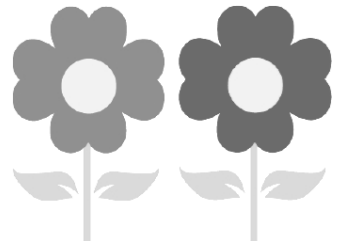
We hope you can join us in creating a memorable celebration for all. Please keep your eyes out for more details on our Facebook page: Hempnall 75th VE Day Peoples Parade and Picnic in the Park

<https://www.facebook.com/events/2563778877231881/>.

Katie Barnes & Diane Ingram ktbarnes11@gmail.com ingramcc9@tiscali.co.uk
07940436805 or 01508 498549

TOPCROFT OPEN GARDENS

Sunday 24th and Monday 25th May. 11.00am to 5.00pm. An advance notice for your diaries for an enjoyable day out in Topcroft with approximately 12 gardens to visit with all day refreshments, vintage bus transport both days. If you live in Topcroft why not consider opening your garden again to share your gardening skills or join the openers for the first time. All gardens, large or small are welcome. For further details email daphnebeckett@gmail.com



Happy Birthday to....



Children

- * Monty Wood who will be 12 on the 6th
- * Thea Cooper who will be 7 on the 13th
- * Ethan Storey who will be 10 on the 21st
- * Esme Oakley who will be 4 on the 24th
- * Isobelle Elizabeth Johnson who will be 9 on the 27th

Teenage

- * Briannon Mary Keeler who will be 13 on the 21st
- * Tiffany Lloyd who will be 13 on the 24th

WOODTON VILLAGE HALL TOTE - February winners:

£20 - No: 80 - S Wilmer , £10 - No: 52 - J Simcoe, £5 - No: 70 - M Phillips

ST ANDREW'S CHURCH BEDINGHAM 59 CLUB – Latest Winners

25/01 - (No. 21) Catherine Youngs, 01/02 - (No. 52) Mary Thomas, 08/02 - (No. 21) Catherine Youngs

From the Registers.....



Funeral

14th Jan Georgina Anderson at Earlham Crematorium

The Reverend Dorothy Green who sadly died in December was one of the first women to be ordained in Norwich Cathedral in 1994. She served as a popular honorary curate in the Hempnall Group from 1994-1996 alongside her husband, the Reverend Ernest Green, who was Rector of the Group from 1991-1996.

Our Services in March....

Sunday 1st		First Sunday of Lent		Purple
Eucharist (BCP)	8.00am	Morningthorpe Church		
Eucharist	9.30am	Hempnall Church		
Eucharist	11.00am	Topcroft Church		
Matins	11.00am	Hardwick Church		
Lent Reflection	4.00pm	Topcroft Church		
Family Praise	4.00pm	Hempnall Church		
<i>Readings: Genesis 2:15-17, Chp3:17, Romans 5:12-19, Matthew 4:1-11</i>				
Sunday 8th		Second Sunday of Lent		Purple
Group Service with Dr Sharma (Lent Appeal)	10.00am	Hempnall Church		
Holy Communion	2.30pm	The Hollies		
Lent Reflections	4.00pm	Topcroft Church		
<i>Readings: Genesis 12:1-4a, Romans 4:1-5, 13-17, John 3:1-17</i>				
Sunday 15th		Third Sunday of Lent		Purple
Eucharist	9.30am	Bedingham Church		
Morning Service	9.30am	Hempnall Church		
Eucharist	11.00am	Topcroft Church		
Eucharist	11.00am	Hardwick Church		
Lent Reflections	4.00pm	Topcroft Church		
<i>Readings: Exodus 17:1-7, Romans 5:1-11, John 4:5-42</i>				
Sunday 22nd		Fourth Sunday of Lent - Mothering Sunday		Purple
Family Service	9.30am	Woodton Church		
Family Service	9.30am	Hempnall Church		
Family Service	11.00am	Topcroft Church		
Family Service	11.00am	Fritton Church		
Family Service	4.00pm	Hardwick Church		
Lent Reflection	4.00pm	Topcroft Church		
<i>Readings: 1 Samuel 1:20-28, John 19:25b-27</i>				
Wednesday 29th		Passiontide		Purple
Group Eucharist with Mission Direct	10.00am	Hardwick Church		
Family Praise	4.00pm	Hempnall Church		
Lent Reflection	4.00pm	Topcroft Church		
<i>Readings: Ezekiel 37:1-14, Romans 8:6-11, John 11:1-45</i>				

Every Thursday at 8.00am there is Holy Communion in 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-marklewo.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

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

Our website: www.hempnallgroup.co.uk

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

Group Office, The Rectory, The Street, Hempnall, NR15 2AD
before 15th March

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

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