

Village News

In these uncertain times
we know you might feel unsure
But flowers still grow, birds still sing
and waves still sweep the shore.

And with the rising
and setting of the sun,
Nature reminds us all
that brighter days will come.



July 2020

Produced by The Hempnall Group of Churches

Thought for the month...

Hello Everyone

I've always enjoyed Dad's Army and it can still make me laugh some 50 years after being broadcast. Pompous Captain Mainwaring, laid back Sargeant Wilson, enthusiastic Corporal Jones, gentle Private Godfrey and Private Frazer with his rumbling stories that make you sit on the edge of your seat. Here's one, which is worth repeating:

Frazer: Captain Mainwaring, did ye ever hear the story of the old, empty barn?

Mainwaring: No.

Frazer: Would you like to hear the story of the old, empty barn?

Mainwaring: Um, yes, yes, it might put us in a good mood before we go to sleep. Pay attention everybody. Private Frazer is going to tell us the story of the old empty barn. Carry on Frazer.

Frazer: Right. The Story of the old, empty barn. Well. There was nothing in it.

There are always things that concern us or worry us – our finances, our jobs, our family, our health and the list goes on, especially because of Covid 19. Social distancing will be reduced at the beginning of July but for some there are still fears

It is understandable if you are at risk – those over a certain age, have a medical condition. However, what about our young people's learning, those with medical complaints, fearful of going to hospital. These are problems awaiting attention. It is alright to go out, provided we adhere to the guidelines issued.

Jesus in the gospels regularly uses the words 'do not fear', 'do not be afraid' as if he knew how we would react to things or events we do not have control over. Perhaps this is the time to grasp the wonderful truth that God cares for us and God loves us as we take steps out of lock down.

Frazer's humour might even put a smile on our faces.

With love.

Michael

Wiz

Our Villages.....



FOOD BANK - **BIG THANK YOU**

It has been absolutely amazing the response we have had to Food Bank in the last few weeks – we had a record-amount of food which was donated by you all. We really want to thank you so much, it is really appreciated, and so needed.

The most popular items that are needed are: cereals, tinned soups and stew, pasta, rice and pasta sauce, tinned meat and fish, tinned beans and vegetables, tinned fruit, condiments and spices, canola and olive oil sprays. *Please check use-by dates.* Personal hygiene items would also be appreciated.

Our next collection will be on **SUNDAY 5th JULY**; any items can be left at the Hempnall Church Office at Hempnall Rectory, or tel: 01508 498157 to arrange for a collection.

LET'S HAVE SOME FUN!

26-WORD GAME

A few more:

A bold challenge deserves every fabulous gnome's heroic input, just keeping leaping mightily now our proud quests return successes that unlock valour with Zenia yielded zealously.

Arbuthnot Braithwaite came diligently, entering falteringly, greeting Helen instinctively just knowing life may not openly provide quiet romance, stood together upon vinyl with xenophobic yielding zeal.

At best Catherine did efficiently finalise geographic historical items. Joseph keenly looked marvelling nonchalantly over persistent quaintness readily susceptible to using various ways x-raying young zebras.



WALKING

How amazing our walking challenge has been. Our individual miles have been added together which mean we are now in Australia (9,047), we have passed Darwin and on our way to Ayers Rock – we will carry on to the end of the month, so will give an update in next month's Village News. A really **big Thank You** to all who have sent in donations for the East Anglian Air Ambulance, at the time of writing we have raised the amazing sum of £579!!!



JULY WALK - Many of us have been enjoying walks in the countryside during 'lockdown'. John and I will be organising a suitably socially distanced walk around Poringland/Howe on **Sunday, 26 July at 2 pm**. The walk will start in the layby on the left just before you enter Poringland from the Bungay direction. The main walk will be about 4 miles, with a shorter 3 mile option for those who would prefer it. Do hope some of you can join us. Further information from Daphne Littleboy (Tel: 01508 494318).



HEMPNALL MILL CENTRE

It was decided when we went down into lockdown with this nasty pandemic we would offer to deliver lunch on a Wednesday and Thursday to vulnerable people in Hempnall.

It was started on April the first and so far 650 meals have been delivered by an army of lovely volunteers thanks go out to David, Helen, Michael, Maggie, Lorraine, Andy, Sara, Sue, Liz, Keith, Diane, Emily, Sylvi, and Andy, Back at base [the Mill] Simon cooked all the lovely meals and caretaker Andy sorted the food to delivery drivers.

I myself being of an age not allowed to help on the frontline have been doing the admin at home.

I would like to say once again to all involved; it has made a huge difference to many people. Much Love *Margaret xx*

Answer to breakfast cereal quiz (in our May issue):

1. Special K
2. Shreddies
3. Coco Pops
4. Rice Krispies
5. Weetabix
6. Shredded Wheat
7. Frosties
8. Golden Nuggets
9. Cheerios
10. Cornflakes
11. Golden Grahams
12. All Bran
13. Fruit N Fibre
14. Fruit Loops
15. Lucky Charms
16. Sugar Puffs
17. Crunchy Nut
18. Krave
19. Bran Flakes
20. Alpen

SUMMER FLOWERS- when we think of summer flowers the first thing that probably comes to mind is the rose. However roses are not especially attractive to bees, butterflies and other insects.

Listed below are some that do attract wildlife in summer:



- Astrantia
- Buddleja davidii
- Buddleja globosa
- Cardoon
- Cosmos
- Dahlias (single flowered varieties)
- Echinacea (Coneflowers)
- Echinops (Globe thistle)
- Michaelmas Daisies
- Monarda (Bee Balm)
- Penstemons
- Scabious
- Sedum (Iceplants)
- Sunflowers
- Verbena Bonariensis



Wildflowers of all kinds - perhaps you could leave some of the lawn uncut and see what happens!

GARDENING TIPS FOR JULY

Summer is progressing. This is often one of the hottest months of the year and a great time to sit out and enjoy your garden. Keep plants looking good by regularly dead-heading, and you'll enjoy a longer display of blooms. Make sure you keep new plants well watered, using grey water where possible, and hoe off weeds, which thrive in the sunshine.

Top 10 jobs this month

1. Check clematis for signs of clematis wilt
2. Care for houseplant while on holiday
3. Water tubs and new plants if dry, but be water-wise
4. Deadhead bedding plants and repeat-flowering perennials, to ensure continuous flowering
5. Pick courgettes before they become marrows
6. Treat apple scab
7. Clear algae, blanket weeds and debris from ponds, and keep them topped up
8. Order catalogues for next year's spring-flowering bulbs
9. Give the lawn a quick-acting summer feed, especially if not given a spring feed
10. Harvest apricots, peaches and nectarines



A few extra tips.....

- Hoe borders regularly to keep down weeds
- Be water-wise, especially in drought-affected areas
- Pinch out side-shoots on tomatoes
- Harvest lettuce, radish, other salads and early potatoes
- Position summer hanging baskets and containers outside
- Mow lawns at least once a week
- Plant out summer bedding
- Stake tall or floppy plants
- Prune many spring-flowering shrubs
- Shade greenhouses to keep them cool and prevent scorch



**NOW WE ARE ABLE TO GO OUT AND ABOUT A BIT MORE
WHY NOT TRY SOME OF OUR COUNTRYSIDE WALKS?**

Let's Walk



Let's Walk Again



Our books are available from
Hempnall Rectory office @ £2 each.

**We are in the process of researching our 3rd walk book –
watch this space...**

WEA courses will all be on-line this Autumn. Hempnall Branch hopes to be able to offer something specifically for local members but nothing is yet confirmed. For our members who do not 'do digital', the regional office is planning to offer something via the postal service. We will keep in touch with those who have given permission and let you know as soon as we have details.

TOPCROFT PHOTOGRAPHIC COMPETITION

After a great deal of consideration we have decided to cancel the 2020 Topcroft Photographic Competition due to be held in September. We look forward to its return in 2021. *David and Margaret Ferre*



Happy Birthday to....

Children:

- ❖ Sophie Chapman who will be 6 on the 8th
- ❖ Megan Lea Reeder-Rodger who will be 11 on the 9th
- ❖ Annabelle Summer Amelia Florance who will be 12 on the 11th
- ❖ Elizabeth Gray who will be 12 on the 14th
- ❖ Molly Denny who will be 12 on the 23rd
- ❖ Lily Denny who will be 9 on the 30th
- ❖ Archie Christopher Land who will be 10 on the 31st

Teenage:

- ❖ Amy Caird who will be 16 on the 4th
- ❖ Amelia Joy Cunningham who will be 18 on the 13th
- ❖ Bethany Cooper who will be 14 on the 14th
- ❖ Madeline Burrough who will be 17 on the 29th



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

FREE – Neptune bath lift

Battery operated, white plastic, very strong, fixed in chair position, easy to operate and to clean, but hardly used. Photo and manual available. Free, but maybe a donation to your local church would be appreciated.

Contact: 01986 895159.

LONG STRATTON MEDICAL PARTNERSHIP - Tel: 01508 530781

For some time now we have been gradually working towards better digitalisation of services. If any positives can be found in the Covid-19 pandemic, then one is that it triggered a rapid change in working practices and some of these changes will probably be permanent. Most obviously we have found that telephone and video consultations when used appropriately can be hugely beneficial and convenient. We continue to strive towards our service being more accessible to all. In the future we will see a mix of face to face and remote consultation. In addition, there will be much that can be managed online.

To this end we support the use of the NHS App which is available to download for Android and Apple iOS mobile devices from Google Play or the App Store (It is not possible to download the App to your computer). Without registering you are able to use the symptom checkers and access NHS approved advice. Registering gives you access to the range of functions within the app. To register follow the onscreen instructions. If you have previously registered for our online services, then you can use those details to register. If not, then you will be asked to register using a form of ID e.g. a driving license. You will be prompted to record a short video which is then used to verify your identity. After adding the additional required information, it can take a couple of hours for the registration to be completed.

Once you have logged in you will find information regarding managing medical symptoms, booking or managing appointments, ordering repeat prescriptions, viewing certain elements of your medical record and recording your wishes regarding organ donation. At the time of writing, due to Covid-19, online appointments are not available to book directly.

We are also in the process of updating our website to allow more integration with online services and as such allowing certain requests to be available online via the website. This is a work in progress, and we will give more details as it develops.

Dr Lara Douglass

BEDINGHAM 59 CLUB - LATEST WINNERS

23/05 - No. **54**, Mrs A Phillips, 30/05 - No. **45** Mr V Thomas, 06/06 - No. **33** Mrs J Holden, 13/06 - No. **42** Mrs A Binks

There are two numbers that are now vacant if somebody would like to join the club. Anyone interested please contact either Rachel Shreeve on 01508 499128 or Margaret Jarvis on 01508 482421



From the Registers



Funerals

6th Jun Jack Pilgrim (aged 84) at Earlham Crematorium

11th Jun Eric Buckmaster (aged 98) 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-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 498088

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