



Village News

Produced by The Hempnall Group of Parishes



February 2022

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Christmas Anagrams, Words and Films Quiz 2021

The winner for the 2021 Christmas Quiz was

Mrs J Kimber.

Many thanks to Pat Westley for running the Christmas Quiz again last year, which raised £45.

IN THE EVENT OF FLOODING

0344 800 8013

Norfolk's new one stop number
for flooding in our county

or visit

www.norfolk.gov.uk/flooding

If you are in immediate danger call 999

Winter Walks 2022

Our **FEBRUARY WINTER WALK** will take place on **Sunday 20th February 2022**. We will meet at **Hempnall Church at 2pm** for a walk around Hempnall. The walk will be about 3 1/2 miles around lanes and fields, if not too muddy, or just the lanes if fields unsuitable.



If you would like to join us, please contact Keith or Shirley on 01508 499465 so that we know you're coming and don't set off without you. There will be cake at the church afterwards but please bring your own drinks.

Our Sunday walk in **March** will take place on **Sunday 20th March 2022** and will be organised by Sue and David Banham 01508 498223. Please see next issue for details.

Thank you for all donations for British Poppy Appeal in Hempnall

The total amount was £393 .80

Individual amounts were:

The School £228.83 The Surgery £16.47 Butchers £17.18

Mill Centre £40.11 McColls £91.21

Margaret Sparham - Registered volunteer of British Legion

Food Bank

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

Our next collections will be on:

Sunday 6th February. Any items can be left at Hempnall Church Office Mon-Thu, 9am-12:30pm. Please phone before arrival - 498157

URGENTLY NEEDED FOOD ITEMS

TINNED TOMATOES
LONG LIFE MICROWAVEABLE SPONGE PUDDINGS
SMALL JAR COFFEE
PASTA SAUCE
COOKING SAUCE TO GO WITH RICE
BAKED BEANS

The next meeting of the **HEMPNALL TOWN ESTATE EDUCATIONAL FOUNDATION** is during **March 2022**. **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 Church, The 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. VALID RECEIPTS/PROOF OF PAYMENT MUST BE INCLUDED. INVOICES ALONE CANNOT BE CONSIDERED AS PROOF OF PAYMENT MADE.

The Foundation is keen to support all Hempnall residents, regardless of financial circumstances, to take advantage of a wide range of educational opportunities. Consequently, if you would like to discuss any aspect of a claim you may be planning to make, including how it may be funded, we would be happy to talk with you informally. Please contact Alison as above

A Big **THANK YOU**

Hempnall Group of Parishes
For donating 429kgs of food, equivalent to 613 meals
Your donations make a **BIG** difference to local people in crisis.

Matthew Scade
Matthew Scade Project Manager

Waveney foodbank is part of the Trussell Trust's UK wide foodbank network.

Registered Charity Number 1151679 | Registered in England and Wales

HEMPNALL TRUST GRANT

From time to time we all need help be that because of ill health, disability or bereavement, relationship breakdown, lack of transport or telecommunications, and most recently Covid and its effects on work, child care and our ability to make ends meet. Residents of Hempnall who are in need or suffering hardship can uniquely apply to The Hempnall Trust for a Grant to assist them.

All applications are dealt with in complete confidence. We do not means test but as our resources are finite we will prioritise support for cases where there is a genuine need of financial assistance. Applications can be made for oneself or on behalf of another. Grant applications can be made throughout the year. Grant levels are reviewed annually by the board of Trustees against Trust Guidelines.

To apply, please download, print and complete the application form from our website <http://hempnalltrust.org.uk/grants/> or collect one from the Mill, School, Surgery, Rectory or the Village Hall and return it to Jackie Jackson, Secretary to the Hempnall Trust at the address on the form. If you need help to fill in the form please telephone Jackie 07704 656458 / email. jackson.jc@btinternet.com.

Likewise if you think a neighbour might be in difficulty, perhaps suggest they apply.

All applications are dealt with in the strictest confidence.

HEMPNALL MILL, Mill Road, Hempnall, Norwich, NR15 2LP

The **LUNCH CLUB** currently supplies Take Away lunches on Wednesdays and Thursdays delivered by volunteers. Table service on Thursdays. If you would like to receive meals, please apply to Margaret Sparham (contact details please see page 6).

The MILL BAR is currently closed at present due to Covid restrictions.

The **MILL HALL** has reopened to hire for Private Functions such as parties, conferences (capacity 60 people), childcare and yoga. To book please fill out the form on our website <https://www.hempnallmill.co.uk/> or telephone: 07504 699534 / email: hempnallmillcentre@gmail.com. The Mill Bar may be available on application and catering may be available by our cook Simon Wilkin tel. 01986 894560.

HEMPNALL TRUST VOLUNTEERS

The Hempnall Trust exists to serve the residents of Hempnall and is run by volunteers of all ages, expertise and interests. If you can spare the odd hour and would like to help our community, we are currently seeking the following.

Trustees to govern the operation of the Trust (especially those with Facebook experience); please contact chairman John Kelly tel. 07771 598046 / email. johnkelly1945@gmail.com.

Volunteers (**especially kitchen volunteers on Thursdays for the table service lunch club**) to help Margaret with the LUNCH CLUB tel. 01508 499579 (apart from Wednesday and Thursday) / 01508 499766 (Wednesdays and Thursdays) email margaretsparham@live.co.uk.

Volunteers to help run the MILL BAR (full training provided) contact Debbie Ashford tel. 01508 498242 / email. cds.debbie@gmail.com).

HEMPNALL TRUST & ALLOTMENT CHANGE OF ADDRESS

Please note the address for the Hempnall Trust & Allotments has changed.

All correspondence should be sent to Hempnall Mill Centre, Mill Road, Hempnall, Norwich. NR15 2LP

You can also contact Jackie, Secretary, on 07704 656458 or jackson.jc@btinternet.com

HEATING GRANT

Charity Registered Number : 1074433

If you are finding heating costs a real problem this year, please do apply to the Hempnall Trust for assistance.

The Trust is meeting in early February and will consider applications then, and any grants issued will be sent in March 2022.

You can apply by completing a grant application form which are available from

The Hempnall Mill Centre

or visit our website

www.hempnalltrust.org.uk

or email jackson.jc@btinternet.com

Deadline for all heating grant applications 31st January 2022.

Topcroft Open Gardens

Saturday [note change of day] 28th May and Sunday 29th May

11:00am - 5:00pm

£5 admission per person

Approximately 12 Gardens. Light lunches, strawberry teas, cakes

Vintage bus transport



Brooke VC CE Primary School
High Green
Brooke
Norwich
Norfolk
NR15 1HP

Hempnall Primary School
The Street
Hempnall
Norwich
Norfolk
NR15 2AD



Hello from all of us at Hempnall Primary School.

As the new(ish) Executive Headteacher at Hempnall, it is my pleasure to introduce myself to the local community. My name is Alex Griffiths and I have been Head at Brooke since May 2018. From September 2021, Brooke and Hempnall governors took the opportunity to work with one another in partnership. This is a really exciting opportunity for both schools to continue their development together. I am passionate about ensuring that all children are given the best possible standards of education, that their views are listened to and acted upon, and that they actively participate in making school the school that they want to go to.

The staff and children at Hempnall are absolutely fantastic. Our school values are co-operation, independence, participation, concentration, imagination and perseverance – and these are embodied by those in the school every day. The curriculum that we offer our children is exciting, motivating and builds on the school values and the children's strengths to ensure that they are learning for their future, about their place in the world and importantly, about their own local area and environment.

So far in 2021/22, and despite the challenges that schools continue to face with Covid, we have been able to arrange sporting fixtures and curriculum enrichment opportunities between Brooke and Hempnall. We have had a whole school trip to Banham Zoo, as funded by the Friends of Hempnall School Association. We have had all of our eldest three year groups enjoy a two night residential to Norfolk Lakes. Our plans will grow as the year progresses, and we really hope that, pandemic permitting, we will be able to throw open our school site to the local community over the next few months and showcase everything that makes our school, our children and our curriculum amazing.

We are on Facebook @HempnallPrimarySchool and we also have a new and updated school website – www.hempnall.norfolk.sch.uk, please do take the opportunity to follow us and see what is going on in our school.

I look forward to meeting more of you as soon as possible.

Mr A Griffiths

Executive Headteacher – Hempnall Primary School



News from Woodton Primary School

February 2022

We want to start by wishing everyone a Happy New Year! The children have settled in well after Christmas and are happy to be back at school.

A New Year is a time of reflection and new starts, so we really wanted to share with our wider community our Vision and Values which underpin everything that we do at Woodton Primary School.

Our Vision embodies what we believe in as a school – it represents how we see the world of education and how we hope our children will learn. We hope that, through our Vision and Values, our children will move into the wider world appreciating the importance of community, valuing others and making a positive contribution to society.

Our Vision is **'To love our neighbour, enabling everyone to flourish and reach their full potential.'**

Our inspiration comes from Luke 10:27 (The Good Samaritan):

He answered, "Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind; and 'Love your neighbour as yourself.'"



We are so lucky to have our vision and value represented by a local artist and parent at Woodton Primary – thank you Rebecca!

In the parable of the Good Samaritan the main character shares our 6 core values. The Samaritan showed a **respect** for all living things and with **nurture** was able to help the injured man. This character also demonstrated that when things are a **challenge**, we can be **resilient** and offer love and support for others. We take **inspiration** from the Good Samaritan and **aspire** to love our neighbours as he did.

Our vision and values are embedded throughout our curriculum and daily life within our schools. Each term the curriculum is based on one of our Core Values and forms the basis for our daily Collective Worship. Our values are an inherent part of our daily teaching and can be identified in everything we do. In these turbulent times the importance of being a good neighbour is vital, ensuring that as a community we pull together and support each other.

Morningthorpe & Fritton

The Parish Council of Morningthorpe & Fritton were very pleased to receive two plaques from HM Lord-Lieutenant of Norfolk, The Lady Dannatt MBE just before Christmas, commemorating our community's resilience in the year of the pandemic.



The plaque was inscribed with the words of a Norfolk woman, Harriet Martineau, who was born in 1802 in Norwich, "Live your best and act your best and think you best today".

Carol McDonnell accepted two plaques, one for each village, on behalf of the Parish Council at the Candlelit Carol Service held at St Catherine's Church, Fritton on the 19th December.

Thursdays 1.30 – 3.00pm 13/1/22 – 3/3/22**Saxlingham Nethergate Village Hall or Scout HQ (to be confirmed)****Fee £41.30 (free to those on certain benefits)**

A complete bluffer's guide to the cinema! A journey through the most important films ever made, the background to their making, and how they changed the medium of cinema forever. Here is the opportunity to explore some of the most innovative, inspiring and controversial films ever put on the silver screen and why they deserve the title of 'Movie Milestones'

Enrol at www.enrolonline.wea.org.uk or by phone on 0300 303 3464 (office hours) using Course Ref C2228444

For more information please ring Cathy on 499126 or Harriet on 499667 or email cathy.harvey@wea.ac.uk

The Workers' Educational Association is a charity registered in England and Wales (number 1112775) and in Scotland (number SC039239) and a company limited by guarantee registered in England and Wales (number 2806910). Registered office: 4 Luke St, London EC2A.

In January we welcome back **Ian McLachlan** with a course celebrating the lives and achievements of early aviation pioneers. Please join us; covid safety will be high priority.

Glory Days and Golden Girls with Ian McLachlan**On Wednesdays 2-4pm, 19/1/22 – 9/3/22 (except 16/2/22)****At Hempnall Village Hall, Nelson Suite****Fee £55.30 (free to those on certain benefits)**

The 1930s was a decade of adventure and technological development hastened by the gathering threat of war. Exploring the achievements and tragedies associated with the growing technology, including airships and the beginnings of modern airliners, Ian's bias is towards personal stories reflecting the challenges of that era. Favourites amongst those studied will be Amelia Earhart, Amy Johnson, Beryl Markham, Jim Mollison, Francis Chichester and Charles Kingsford Smith.

Enrol using 'Hempnall' at www.enrolonline.wea.org.uk or by phone on 0300 303 3464 (office hours).

If you would like more information, please phone Gill on 01508 500979 or email gill.edden@wea.ac.uk.

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HEMPNALL WI.

We met in the Mill on Wednesday 5th January for our first meeting of 2022. Juliet Webster gave a very interesting and amusing talk - The Yellow Caravan. An account of her three great aunts' two week trip around Norfolk in 1912, about which she has written a book.

If you would like to join us for our next two meetings these would be free and if you liked us and joined subs would not be payable until April. We are a nice friendly bunch of ladies. We have some excellent speakers booked.

For details please contact Cindy Brookes 01508 499358.

LONG STRATTON LIBRARY

We're working to restore our services at Long Stratton Library. Here's what we have up and running:

- Browsing and borrowing, in both the adult and children's libraries, including reservations
- Our table and chairs are back, so you can sit comfortably in the branch again
- PCs for customer use, including printing and copying services
- Just a Cuppa on Mondays from 11am - and we're recruiting for a regular volunteer, contact library for further info
- Bounce & Rhyme on Tuesdays at 2pm
- Stitches & Knitters on Thursdays at 4.45pm

We'll be working on other offers and activities, including those for children, and you can keep in touch with us on Facebook by searching for 'Diss, Harleston and Long Stratton Libraries'. You can also call us on 01508 530797 with any questions.

We've also restored our usual staffed opening hours - please note that Open Libraries is unavailable for the time being.

- Monday 11am-7pm
- Tuesday 1-7pm
- Wednesday CLOSED
- Thursday 1-7pm
- Friday CLOSED
- Saturday 11am-4pm
- Sunday CLOSED

We hope to see you soon!

Ryan Watts, Library Manager - Diss, Harleston & Long Stratton Libraries

Topcroft Parish Council

Flooding Advice

HAVE YOU BEEN AFFECTED BY FLOODING?

There are many reasons why flooding occurs. If you know of any blocked ditches, culverts or other flood related problems, please send details including the area/s affected, to the Clerk to the Parish Council, to assist your Parish Council in compiling data of problem areas. Please reply to topcroftpc@gmail.com – your information will be treated confidentially.

On this leaflet we have put together a list of agencies you can contact if we have extreme rainfall again. The list is by no means exhaustive but we feel there is enough information for you to put into your address books or mobile phones.

You can also sign up with the **Environment Agency** for useful advice and alerts and they list all the advice you need to help make your home safe from flooding.

Organisations responsible for flood warnings and who are able to provide assistance in areas affected by floodwater:

Environment Agency

- Issues flood warnings for flooding from rivers, the sea and groundwater
- Receives and records details of flooding incidents.
- Monitors the situation and advises other organisations.
- Deals with emergency repairs and blockages on main rivers and own structures.
- Responds to pollution incidents.

Norfolk County Council

- Co-ordinate's emergency arrangements.
- Maintains safe conditions on the roads.
- Puts floodwater signs on the highway.
- Organises road closure and traffic closures.
- Clears blockages on highway drainage systems.
- May take action to protect property from flooding by water from the highway where there is a failure of the highway drainage system.

EMERGENCY NUMBERS & ADDRESSES

Environment Agency (EA)

FLOODLINE Tel. 0345 988 1188 or google: gov.uk/flood

INCIDENT LINE - Pollution etc. Tel. 0800 80 7060

South Norfolk Council

Tel. 01508 533633

Email: council@s-norfolk.gov.uk

Website: www.south-norfolk.gov.uk

Norfolk County Council

Blocked gullies & surface water flooding: Tel. 0344 800 8020

Sewage problems Anglia Water Services: Tel. 03457 145145

Property owners who have had internal flooding which is verified by NCC are able to apply for a grant for flood protection and resilience measures. More information can be found on our website: [Flood protection grants - Norfolk County Council](#)

Report All Incidents of Flooding to

Lead Local Flood Authority: llfa@norfolk.gov.uk

SAND BAGS & FLOOD DEFENCES

- A stock of sandbags is available at Ditchingham Village Hall and the following hubs: <https://www.southnorfolkandbroadland.gov.uk/neighbourhood-issues/sandbags-south-norfolk> for parishioners in **EMERGENCIES**, but please don't take them all – think of others. If the stock has depleted, please inform the Clerk on 07774 734411.
SNC does not have the facilities to restock sandbags out of hours.
- Empty sandbags can be purchased from Builders Merchants and filled with sand or soil and in an emergency pillowcases or strong bags can be used.
- Information on flood products to protect your home can be found at: <https://www.gov.uk/prepare-for-flooding/future-flooding>

~ Keep this information handy! ~

Many thanks to Dickleburgh & Rushall PC for allowing us to circulate this information.



Mobile library timetable

| Stop number | Village | Arrival time | Departure time | Stop name | Postcode |
|-------------|----------------|--------------|----------------|----------------------------------|----------|
| 2 | Hempnall | 09:50 | 10:10 | Old Market Way (Bainard Rise) | NR15 2LZ |
| 4 | Hempnall Green | 10:20 | 10:45 | Three Horseshoes | NR15 2NN |
| 6 | Topcroft | 10:50 | 11:00 | The Old Chapel | NR35 2BL |
| 8 | Topcroft | 11:05 | 11:20 | Church Road | NR35 2BH |
| 10 | Hempnall | 11:25 | 11:40 | Road Green Farm | NR15 2NQ |
| 12 | Hempnall | 11:45 | 12:10 | Millfields | NR15 2NE |
| 14 | Hempnall | 12:15 | 12:35 | Roland Drive | NR15 2RB |
| 16 | Hempnall | 12:40 | 12:55 | Fairstead Lane | NR15 2NF |

DATE OF NEXT VISIT:

- 24 FEBRUARY 2022
- 24 MARCH 2022

Route No: CEN423 Calls on: Thursday

Normally every: 28 days

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



The Borderhoppa 2022 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.

Need help with transport? Borderhoppa buses are available to people of all ages who are unable to use ordinary bus services either because of mobility difficulties or because there isn't a bus service available for them to use.

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 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

At **HEALTHWATCH NORFOLK** we are launching a project alongside Healthwatch Suffolk to find out how people affected by cancer have accessed their appointments during the pandemic. We are working with the people in charge of cancer services in Norfolk and Suffolk to help shape the way appointments are accessed in the future, so it is vital that we get as much feedback as possible to get an authentic sense of patient opinion. If you live in Norfolk or Waveney and have had a cancer diagnosis, referral, or treatment since March 2020, Healthwatch Norfolk and Suffolk would love to hear from you. If you would like to participate, please contact Healthwatch Norfolk by calling 0808 1689669, or emailing enquiries@healthwatchnorfolk.co.uk. Alternatively, the survey can be completed online by visiting www.smartsurvey.co.uk/s/cancerappointments/



Healthwatch Norfolk and Healthwatch Suffolk are the independent voices for patients and service users in our counties. We gather your views of health and social care services to ensure they are heard by the people in charge. For more information about what we do, visit our websites www.healthwatchnorfolk.co.uk and www.healthwatchesuffolk.co.uk.

LONG STRATTON MEDICAL PARTNERSHIP

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

This month we have national awareness weeks dedicated to mental health and Eating disorders. Having written about adolescent mental health recently, it is only right to discuss the important subject of eating disorders. The prevalence of eating disorders has increased massively in the last 40 years here in the UK and worldwide. Here in the UK, it is known that around 1.25 to 3.4 million people are affected by an eating disorder and around 25% of this number are male. Eating disorders are most common between the ages of 16 and 40. Most of the eating disorders start in the adolescent period.

NICE defines Eating disorders as a persistent disturbance of eating or eating related behaviour which leads to altered intake or absorption of food and causes significant impairment to health and psychosocial functioning.

The main types are:

1. Anorexia nervosa - there is an intense fear of gaining weight. There is severe restriction of food intake or persistent behaviour which interferes with weight gain.
2. Bulimia nervosa - recurrent episodes of binge eating followed by compensatory behaviour such as self-induced vomiting, use of laxatives or excessive exercise.
3. Binge eating disorder - recurrent episodes of binge eating in the absence of compensatory behaviours.

4. Atypical eating disorders – symptoms of anorexia nervosa or bulimia nervosa which do not meet the precise diagnostic criteria. An example is a person who has all the features of anorexia nervosa and has lost significant weight and yet the person's weight is within or above the normal range.

There has been considerable research into eating disorders. It is known that the cause is multifactorial. This can be classed into:

1. Biological factors – family history of eating disorders, changes in the brain or hormone levels
2. Psychological factors – lack of confidence or self-esteem or being a perfectionist
3. Social factors – bullying, difficulties with school or work or abuse

What help is available:

If you are aware of anyone with eating disorders, encourage the person to approach their GP.

The NHS website has a lot of helpful information. <https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/overview/>

The charity BEAT provides information, advice and support including online web chats and phone lines which are open 365 days a year. Visit beateatingdisorders.org.uk or phone 0808 801 0677.

Stay Safe

~Mini Nelson~

Just for fun...

Have fun with this Fairy Tales Quiz.

1. Napping Model
2. Girl at the end of small French sea.
3. Hardy digit
4. Frost joins in runners' gossip
5. Splutters in milk
6. Tiddle's collecting his medicine?
7. Score in the hideout of one of the gaggle.
8. Begin with the friendly ogre of this monarch.
9. Unpopular book travelling with robin
10. Has this guy got hot money?



10 Top gardening jobs this month



1. Prepare vegetable seed beds, and sow some vegetables under cover



2. Chit potato tubers It's important with earlies, and a good idea with maincrops, to 'chit' the seed potatoes before planting. This means allowing them to start sprouting shoots.

3. Protect blossom on apricots, nectarines and peaches
4. Most top fruit and soft fruit are very hardy but once they start into growth in spring, flowers and buds are especially vulnerable to frost and may need protection to crop well.



5. Net fruit and vegetable crops to keep the birds off
6. Prune winter-flowering shrubs that have finished flowering



7. Divide bulbs such as snowdrops, and plant those that need planting 'in the green'
8. Prune Wisteria

9. Prune hardy evergreen hedges and renovate overgrown deciduous hedges
10. Prune conservatory climbers such as bougainvillea
11. Cut back deciduous grasses left uncut over the winter, remove dead grass from evergreen grasses



Thought for the month...

Hello Everyone,

I have been watching "The Green Planet", a BBC 1 production with David Attenborough; it's worth seeing.

<https://www.bbc.co.uk/iplayer/episode/m0013cl5/the-green-planet-series-1-1-tropical-worlds>

Did you know there is another WWW? It's right under our feet, a hidden fungal network through which trees talk to each other and share resources; it has been nicknamed the Wood Wide Web. We may think of trees as solitary individuals but this network creates a thriving community between individuals as they "chat and swap" information. For example older trees use this system to supply shaded seedlings with sugars giving them a better chance of survival. Trees that are sick and dying may "dump" their resources into this network which can then be used by healthier neighbouring trees. If they are attacked they send chemical signals which warn their neighbours to raise their deterrents. Scientists are still debating why trees behave in this altruistic way.

The wisdom of John Donne, writing in the 16th Century is no less true for us in the 21st century. *"No man is an island, Entire of itself, Every man is a piece of the continent, A part of the main.* There is more that unites us, seen or unseen.

At the heart of the Christian faith is an invitation not only to care for our God given planet but each other. This year in The Hempnall Group of Parishes we are seeking to do this through our chosen charity "Garden Twinning", (under the umbrella of Send a Cow) <https://sendacow.org/welcome-grower/>

Over the past two years we have all discovered the value of our gardens, even if it is a window box or grow bag. This charity seeks to improve the lives of people in rural Kenya by enabling them to sustainably farm their land, thus providing food and a stable income for each family.

Like the trees we can develop a network of communication across the world, supporting others to have a better chance of survival, sharing resources for the good of all.



Liz

Our Church Services...

| | | |
|--|---|----------------------|
| Thursday 3rd Feb 2022 | 10:00am Holy Communion Book of Common Prayer | Hempnall Church |
| 6th Feb 2022 Presentation of Christ in the Temple (Candlemas) | 10:00am Group Eucharist Candlemas | Bedingham Church |
| | 4:00 pm Family Praise | Hempnall Church |
| 13th Feb 2022 3rd Sunday before Lent | 9:30am Morning Service | Hempnall Church |
| | 11:00 am Eucharist | Topcroft Church |
| 20th Feb 2022 2nd Sunday before Lent | 9:30am Eucharist | Hardwick Church |
| | 11:00am Eucharist | Morningthorpe Church |
| 27th Feb 2022 Sunday next before Lent | 9.30am Eucharist | Woodton Church |
| | 11.00am Morning Praise | Topcroft Church |
| | 6:00pm Evening Service | Zoom |
| Wednesday 2nd Mar 2022 Ash Wednesday | 6:00pm Group Eucharist | Hempnall Church |
| Thursday 3rd Mar 2022 | 10:00am Holy Communion Book of Common Prayer | Hempnall Church |
| 6th Mar 2022 1st Sunday of Lent | 9:30am Eucharist | Bedingham Church |
| | 11:00am Eucharist | Hardwick Church |
| | 4:00 pm Family Praise | Hempnall Church |
| | 6:00pm Lent Evening Service | Via Zoom |

Garden Twinning 2022

The Group charity for 2022 is Garden Twinning. This charity uses money raised to support people in African countries to enable them to develop their gardens. As a result, they can grow vegetables to nourish their families, sell surplus produce and in some cases start up small businesses.

Look out for more information on this project during the year.



SEND Garden Twinning

If you would like to support this charity there are plenty of virtual or real things to buy. Below are just three examples:



Helpful Hoe



Marvellous Mud



Little Donkey

Or if you prefer you could help us reach our Group Target of 8 gardens (£480) by making a donation.

Please send cheques (payable to the Hempnall Group of Churches) to:

Group Office, The Rectory, The Street, Hempnall, NR15 2AD
or if you prefer you can pay by Bacs to the Group fund to:

Account Name: Hempnall Group of Churches
Account No.: 00346438
Sort Code: 12-09-25
Reference: Garden Twinning

For more information please see the Send a Cow website:
<https://sendacow.org/how-it-works>



✚ WORLD DAY OF PRAYER 2022 ✚

FRIDAY 4 MARCH

A SERVICE FOR EVERYONE

The Hempnall Group of Parishes

Celebrating World Day of Prayer

at

2:00pm via zoom

Join Zoom Meeting:

<https://us02web.zoom.us/j/84231040109?pwd=VGd0VVRudGdiSG96>

Uct0WDZpUEc0dz09

Meeting ID: 842 3104 0109

Passcode: 331968

All are most welcome

I know the plans I have for you

365 days a year · Informed Prayer · Prayerful Action · 24-7 · Prayer
movement · Ecumenical · Global · Women-led · 365 days a year · Informe
ment · 24-7 · Prayerful Action · Prayer Movement · Ecumenical · Global
men-led · Women-led · 365 days a year · Women-led · Prayerful Actio
www.wwdp.org.uk · ment · Ecumenical · Global · Registered Charity Number 233242

A thank you for your Harvest Donations

Thank you for your generous gift
of £224.10 on behalf of Hempnall
Benefice. With your gift this

Harvest your church is helping communities around the world unite
against poverty, injustice and the climate crisis.



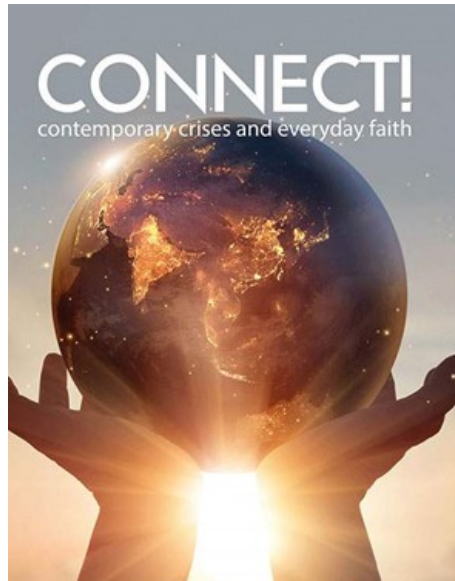
Do you like flower arranging?

Would you be interested in joining a friendly team who
arrange flowers in Hempnall church?

No experience necessary. Help and guidance can be given
and financial support available.

Please contact Judy 01508 498689 or Paula 01508 499763
or a chat.





A series of 4 evenings in Lent exploring the connection between Christian faith and pressing issues of our time, asking how can we bring our faith to the worlds current problems and how does it affect our response?

with The Revd. Canon Susanna Gunner, Diocesan Advisor in Spirituality and Discipleship,
author of the Connect series of booklets.

Thursday 10th March 7.00pm via zoom Topic Homelessness

Thursday 17th March 7.00pm via zoom Topic Food

Thursday 24th March 7.00pm via zoom Topic Waste

Thursday 31st March 7.00pm via zoom Topic Nature

Link

<https://us02web.zoom.us/j/82262116244?pwd=cU1IN3VoTkZPVVZXZGYyVVJWZDVuZz09>
Meeting ID: 822 6211 6244
Passcode: 842527

You can order all booklets as printed copies or download in PDF format at
<https://www.dioceseofnorwich.org/resource/connect-booklets/>
or contact Diocesan House 01603 880853

Happy Birthday to....

Happy Belated Birthday to those born in January:

Poppy Hanner who was 10 on the 3rd

Henry William Alistair Florance who was 10 on the 4th

Stephanie Gray who was 12 on the 19th

Alexandra Styles who was 13 on the 24th

Jonathan Styles who was 13 on the 24th

Happy Birthday to those with a Birthday in February:

Thomas Chapman who will be 3 on the 4th

Daisi Lili-May Reeder Rodger who will be 15 on the 5th

Thomas Potter who will be 17 on the 22nd



From the Registers....

Funerals

30th December 2021, Marilyn Jarratt, aged 73 years, St Mary's Church, Shelton

Peter Taylor, aged 82 years, died in Sprowston and was buried in Brooke.



ACCOUNTS & BOOKEEPING

ALINE TURNER ACA - bookkeeping, accounts, tax returns, payroll - 01508 550403 or 07785 528069

AGGREGATE SUPPLIERS

CARRY ALL - Supplies of quality aggregates, to Trade & Public, Free delivery, No VAT - 01508 536182 or 07850 402845

CARPENTRY SERVICES

CARPENTER - Mark Whitbread, Free quotations, No job too small - 01508 532605

CARPET & UPHOLSTORY CLEANING

CARPET AND UPHOLSTERY CLEANING - Local reasonable rates - David - 01379 608529 or 07768 757308

CHIMNEY SWEEP

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

CYCLE REPAIRS

BLACK CAT CYCLES - Mobile repairs & services - service@blackcatcycles.co.uk - 07996 403794

DOG WALKING

WALKS WITH SHARNIE - 07562 745609, WalksWithSharnie@gmail.com

ELECTRICIANS

ELECTRICIAN - Bob Turner - Domestic & Commercial Electrical Contractor - 07899 794813

FARM SHOPS

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

FUNERAL SERVICES

R. B. COPPING FUNERAL SERVICES, PORINGLAND - 01508 494434

ROSEDALE FUNERAL HOME - Beccles & Bungay, a family business - 01986 892790 or 01502 714445

GARAGES TO LET

GARAGES TO LET - Long Stratton area, Secure, dry, insulated, power - David - 07770 587981

GROUNDWORK & GARDENING SERVICES

S. W. CONTRACTORS Groundwork, Gardens, Fences, Patios & Hedge Trimming - 01508 495528

TK GARDEN MAINTENANCE - Hedge trimming, Tree care, Lawn mowing, Garden clearance - 07858 723357

HAIR & NAIL SALONS

NEW SALON - Hempnall - Gel & Acrylic Nails, Lashes, Brows, Waxing, Hairdresser & Barber - 07872 366756

FEET - Corns, calluses, nail cutting & more, treated in you home - Wendy - 01379 676872

OSTEOPATH

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

PIANO TUTION

PIANO LESSONS - Bedingham - All ages welcome - Marian - 01508 482746

PAINTING & DECORATORS

PAINTING, DECORATING, FLOORING & FLOOR RESTORATION, WOOD PAINTING & STRIPPING - Seb - 07821 973612

PARISH COUNCILS

HEMPNALL PARISH COUNCIL- Website Address www.hempnallpc.org

PEST CONTROL

SAFE & SOUND HYGIENE AND PEST CONTROL & GARDEN MAINTENANCE - 01379 788865 or 07809 226109

PLANT HIRE

PETER MATTHEWSON PLANT HIRE -
Drainage & Groundworks - Please call for info.
01508 482655 or 07850 722094

PLUMBING SERVICES

OIL, GAS HEATING AND PLUMBING
SERVICES - Alan Bell - 07710 515775 or
01508 532393

PAUL CLARRY PLUMBING & HEATING - For all
your requirements - 07887 485676 or 01508
550519

PLUMBER - David Milward - Over 30 years'
experience all plumbing work - 07763
359313 or 01508 498005

CHRIS CLARKE OIL BOILER SERVICES -
Servicing: 07912 146619, Breakdowns: 07377
516660

TRANSPORT

CHRIS BAKER TRANSPORT - Man & Van -
01508 531738 or 07821 923489

UPHOLSTERY & SOFT FURNISHINGS

UPHOLSTERY & SOFT FURNISHINGS,
Woodton - outoftheburrough@gmail.com - 07771
857255 or 01508 482621

WINDOW CLEANING

WINDOW WONDERLAND - Window
cleaning services - Contact Sammy Raynes -
01508 482679 or 07975 579292

WOODBURNERS

NORFOLK WOODBURNERS -Hempnall -
Woodburner Supplier & Installer - 01508
498393

Canine Cared For

If I pass away.
If I receive a life-changing diagnosis.
If I move to a care home.

Feel reassured with our FREE
Canine Care Card service

Call Paige on
01953 497912 or email
paige.pope@dogstrust.org.uk
for more information

Registered charity number: 277021 & SC039841

Contact us...

Liz Billett – Team Vicar
[07891 854219](tel:07891854219) or 01508 482366

Group Office, open
Mon-Thurs 9am-12.30pm

Telephone: 01508 498157

Our email:

hempnallgroup.office@btinternet.com

Our website:

www.hempnallgroup.co.uk

Items for the next issue...

of Village News should be
delivered/posted to:

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

or

Emailed

hempnallgroup.office@btinternet.com

before 15th FEBRUARY