



Village News

Produced by The Hempnall Group of Parishes



May 2023

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Launching Saturday 27th May 2023

All Welcome!



PILGRIMS



What: *Pilgrims* is a new initiative exploring the spirituality of pilgrimage and the monastic life, considering how these can inform life as a follower of Jesus today

When: *Pilgrims* launches on Saturday 27th May, 8.30am - 4.30pm, with a day-long 12-mile walk along the Via Beata pilgrim way, starting with a simple time of morning prayer at All Hallows' Convent in Ditchingham and concluding with a short service of thanksgiving at Great Moulton Church

Who: Everyone is welcome to worship and/or walk! The Bishop of Norwich and author of *The Way Under Our Feet*, Graham Usher, will also be joining

How: If you're excited to learn more and would like to come along, please email revdshelton@outlook.com. More information is available at earshambenefice.org.uk/pilgrims

Help with living costs

You may be struggling with living costs for a range of reasons. Find out what support is available and get advice.

<https://www.norfolk.gov.uk/what-we-do-and-how-we-work/campaigns/help-with-living-costs>



Norfolk
County Council

PETER LESLIE DOWNING

Christine would like to thank everyone who sent cards, flowers and messages of sympathy following the sad loss of Peter. She would also like to thank family and friends for their continued strength and support shown, her thanks to everyone who attended and contributed to Peter's funeral service, especially the Rev Lynn Chapman, Rev Michael Kingston and Rev Liz Billett for their kind words, also David Pointer for his village memories, as well as Mike Sinclair and Jack Bloomfield (music) and Jo Riches (organist). Her grateful thanks goes to Emma and her team at R B Copping Funeral Services for the perfect funeral arrangements and to Tina at Flour Pot Catering for the wonderful food supplied. The total of donations received so far are £1,014.60 for Spinal Research, Peter would be so touched to know so many people donated.



Bungay Voices

(Formerly Bungay Choral Society)

Saturday 20th. May 7.30 pm

at Bungay St. Mary's Church



The Choir under their Musical Director **Jason Collins** and accompanist **Helen Morgan** present their **Spring concert** with Items from **Lux Aeterna** by Morten Lauredson and **The Sprig of Thyme**, an arrangement of folk songs by John Rutter. Children from Ellingham and Woodton Primary Schools will also bring their talent with their own individual songs as well as joining the Choir in a variety of pieces. Come and enjoy an evening with a variety of music for all tastes.

Admission £10.00 including Refreshments, accompanied children free.
Tickets from Wightmans of Bungay, Jason Collins 07545 545718 or Choir members.

Following on from this concert we are rehearsing for a concert performance of Gilbert & Sullivan's "Trial by Jury" on 2nd September. Weekly rehearsals start on Wednesday 31st May at 7.00pm at Bungay Emmanuel Church, NR35 1BH. All are welcome to join us to sing in this light-hearted comic operetta, no auditions, just come and enjoy the social evenings.

WOODTON UNITED CHARITIES

Woodton United Charities was set up to help the residents of the village in times of need.

Do you need any financial help with education costs, transport costs, heating or any other financial assistance?

All Grants are considered at the discretion of the Trustees and treated in the strictest confidence.

Please email: woodtonunitedcharities@gmail.com for further information or download an application form:

<https://woodtonunitedcharities.wordpress.com/>

Alternatively, application forms can be collected from Ian Butler at Eastview, Hempnall Road, Woodton, NR35 2LS, or telephone 01508 482451.

Topcroft Parish Council

MEETING DATES Topcroft Sport Pavilion

- Monday 22nd May 2023 – 7.30pm –
Annual Parish Meeting & Annual Parish Council Meeting
- Monday 10th July 2023 - 7.30pm
- Monday 11th September 2023 - 7.30pm
- Monday 13th November 2023 - 7.30pm

Planning meetings are arranged when required.

*The agenda is displayed 3 days before the meeting on the noticeboards & website: <https://topcroftpc.norfolkparishes.gov.uk>
For further details contact the Clerk email: topcroftpc@gmail.com*

~ Parishioners are Welcome to attend the Meetings ~

Topcroft Coronation Day Village Celebration

Sunday May 7th

Arrive from 1.00
Street Party food 1:30

Join our village celebration at the Recreation Ground throughout the afternoon and into the evening -
bar open all day with great prices - Red, white & blue dress encouraged !

Bring & share street party
style food



Traditional games & races



Coronation Bingo



Decorate-a-crown



Road Train Rides



Beacon Lighting &
parade of crowns



Evening Bar B Q



Live music from 5 piece local band

Herding Cats



FOR FURTHER DETAILS CHECK US OUT ON FACEBOOK
<https://en-gb.facebook.com/topcroftsoclub/>



**TOPCROFT OPEN
GARDENS**
Sunday 28th and 29th
May
11:00am to 5:00 pm

Including Orchid house at Longwood House
Car parking available at Trees Farm—NR35 2BL
£5 entry with map.

Refreshments at Pavilion and the Woodlands
Tombola and Vintage bus transport.

93rd Bomb Group museum open.

Further details email: daphnebeckett@gmail.com

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 7TH MAY 2023 &

SUNDAY 4TH JUNE 2023

Any items can be left at

Hempnall Church Office

Mon-Thu, 9am-12:30pm.

Please phone before arrival

01508 498157

URGENTLY NEEDED ITEMS:

PASTA SAUCE

TINNED VEGETABLES

TINNED FRUIT

NON URGENT ITEMS:

INSTANT NOODLES (NOT POTS)

TINNED POTATOES

MICROWAVE PUDDINGS/CAKES

Donating Money: Regular giving is a great way to support the Food Bank

For further details please check out this website: [https://](https://waveney.foodbank.org.uk/give-help/donate-money/)

waveney.foodbank.org.uk/give-help/donate-money/



- Door to door dial-a-ride service
- Weekly members outings throughout the year
- Group hires for not-for-profit organisations

BORDERHOPPA OUTINGS FOR MAY 2023

Thu 4th	Cherry Lane Garden Centre	Fare £8.00
Thu 11th	Lunch at The White Horse, Stoke Ash	Fare £8.00
Mon 15th	Bungay	Fare £13.00
Mon 22nd	Bury St Edmunds	Fare £18.00
Thu 25th	Lunch at The Jolly Farmers, Fornsett	Fare £10.00

To book or for more information please call 01379 854800

or visit our website www.borderhoppa.org



Norfolk County Council

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	Fritton	12:40	13:00	Village Green(post box/bench)	NR15 2QS

DATE OF NEXT VISIT: • 18 May 23

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

BACON BUTTIES IN THE GARDEN

At The Chequers, Mill Road, Hempnall

On Friday 12th May 9.30am to 12.00 noon

Eat in or take away

Also: cakes, produce, plants, books and raffle

Orders may be made in advance by contacting Jill

Turner 01508 499344

All proceeds in aid of St. Margaret's Church



The Hempnall Trust



Thank you to all that attended the Village Meeting on 1st May to discuss the future options for the Hempnall Trust. The feedback we have had so far is being reviewed & we will publish next steps in due course.

The Hempnall Trust is a charity that was set up to help residents who are in need, hardship or distress and to support the community of Hempnall.

We can provide financial grants to those who need them. The Trust also run the Mill Centre to support the local community through village lunch clubs, the Mill Bar & room hire in a listed building.

If you would like to find out more about any area of the Hempnall Trust please look at our website www.hempnalltrust.org.uk or email hempnalltrust@gmail.com



What's On Hempnall Trust & Mill Bar

Sunday 7th May from 2pm – Hempnall Village Coronation Celebration
Bring your own picnic, children's crown making, tea & coffee & bar open.

Saturday 13th May from 6pm – California Burritos from Feast
It's a twist on the classic, fresh red onion and tomato salsa, guacamole, Fries, cheese, sweet chilli sauce and garlic mayo all wrapped up with your choice of fillings

Friday 2nd June from 7pm – The Mill Bar present Graham McGrotty
An evening of live music from across the decades

Sunday 18th June from 1030am – Classic Car show & craft stalls
Father's Day celebration of classic cars & craft stalls

If you'd like to receive details of our upcoming events via email, please let us know at hempnallmillbar@gmail.com



CORONATION PICNIC AT THE MILL

SUNDAY 7TH MAY
2PM

JOIN US FOR A VILLAGE CELEBRATION
FOR THE CORONATION OF KING
CHARLES III.

BRING YOUR OWN PICNIC
TEAS AND COFFEES
BAR OPEN
CHILDRENS CROWN
MAKING



The Mill Bar



LONG STRATTON MEDICAL PARTNERSHIP

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

As this May issue comes out, we are all out and about enjoying Spring with its warmth and the beauty of nature. May holds a very important day, 12th May, International Nurses' Day which commemorates the birthday of Florence Nightingale, the founder of modern nursing. The Royal College of Nursing on its website says with pride 'Despite working through challenging circumstances, nursing staff continue to go above and beyond to deliver highly skilled, safety-critical care every single day. On Nurses' Day we recognised this work and took the opportunity to say thank you.'

Our Long Stratton Nursing team comprises extremely talented and professional Nurses and Health Care Assistants. The team has grown slowly over the last few years and now includes an Advanced Nurse Practitioner (ANP). The busy nursing corridor sees a variety of activities ranging from blood taking, Warfarin monitoring, Spirometry, ECGs and Dressings to recalling, reviewing and managing patients with long term disease conditions like Diabetes, Pre-diabetes, Asthma/COPD, Hypertension/stroke and Learning difficulties. Not forgetting preventive medicine in the form of NHS Health checks, pill checks, immunisations and cervical smear taking.

On a personal note, I have thought of the many instances where they have saved lives. Due to their excellent communication skills and active listening skills, many patients have found it easy to communicate their problems and this has led to more effective management of their diseases. The Nursing team have played a very big role in the covid booster immunisation programme and continue to do so.

Our Team comprises of Lead Nurse Nicola Outten along with Nurses Amy, Emma, Lindsay and Elysa, and Health Care Assistants Cheryl, Elizabeth and Sophie. Many of you know Stuart Coxon who efficiently looks after our most vulnerable members of our elderly population and those bed bound and housebound. ANP Natalie Fiander has been with us for over a year and has now officially joined our LSMP team.

Please join me in thanking our nursing team for the excellent contribution to patient care and in wishing them a Happy Nurses Day!

~Dr Mini Nelson~

Thought for the Month: Local but not Parochial...

In this extended 'Thought for the Month' we are sharing information about the topics covered by our series of Lent talks in March this year (on Zoom), which focused on things happening on our doorstep but having a national dimension.

The talks were interesting and stimulating, telling is about the vision of the organisations involved and encouraging our support.

EMMAUS NORFOLK AND WAVENEY: *Speaker - David Daynes*

There are 400 Emmaus groups/communities in 40 countries providing a variety of support and services depending on their location. There are 30 in the UK, all individual charities bound together within a federation that seeks to set common aims and goals whilst allowing each community to achieve those in a way that best suits their circumstances.

Emmaus has its origins in France in the post-war period of the late 1940s and rose up from efforts by a Catholic Priest, Abbe Pierre, to address in some way the severe housing shortage. His decision not to give money was crucial and formed an important principle of Emmaus; it does not just give housing and food to the formerly homeless but also seeks to give purpose and support for companions, as they are called, to take their lives forward.



Emmaus Norfolk and Waveney can house up to 31 Companions in two buildings on the site of the former All Hallows Convent at Belsey Bridge Road in Ditchingham. A third building houses a shop selling furniture, clothes, bric-a-brac, electrical goods and other unwanted items donated by those who wish to see them benefit others. The community is funded by the proceeds of this social enterprise, housing benefit received in respect of each companion and donations.

The site is overseen by its own independent Board of Trustees and managed by a Director with up to nine staff who deal with support for the companions, management of the social enterprise, the buildings and site and administration. The companions work in the social enterprise and within the community in order that the community, itself, is contributing to its own maintenance. Training is provided for the companions in the skills they require to undertake

their work plus other skills which will help them to move on. Alongside is a strong programme to help companions understand where their life is at any time, to identify where they want life to take them and how they might get there. This includes support to enable them to take next steps either away from the Community, if they wish, or within the Community if that is how they see their future.

Emmaus is currently seeking to undertake significant building work to restore the former convent building and develop a Bed and Breakfast facility to support the Via Beata pilgrimage route (see below) and provide accommodation for those wishing to experience something of the spirituality of this special site.

Further information: <https://emmaus.org.uk/norfolk-waveney/>

What we can do: Shop at Emmaus; donate via the Hempnall Group (which has chosen Emmaus as its charity to support in 2023); volunteer to help (see website).

THE VIA BEATA: Speakers - Steven Eggleton

and The Revd James Shelton

The Via Beata is a 440-mile pilgrimage route stretching across the widest part of the UK from Lowestoft in the east to St David's, Pembrokeshire, in the west.

The original vision was of a sculpture trail with a Way Station every 10 miles or so. A Way Station typically houses a beautiful, sculpted form, usually in wood but sometimes in metal or some other substance, accompanied by a quotation from the bible which it illustrates. The concept of the development of linking footpaths has grown from this to produce an exciting pilgrimage route.

There are many entertaining and sometimes very moving stories around



*The Ditchingham way-station
on the Via Beata*

the production and construction of these artefacts. Often community groups or other groups are involved in the painting or carving parts of these.

Numerous supporters are now involved in the project: some are researching footpaths and possibilities for accommodation, which in some cases may be in a church, others pray or walk the route, spreading the Christian message, and others help administratively.

On Saturday 27 May there is to be a 12-mile pilgrimage walk from Emmaus at Ditchingham to Great Moulton. This starts with morning prayer at All Hallows convent at 8.30am, then follows the route via Hardwick, with a pause there for picnic lunches, before continuing to Great Moulton where there will be a short service of thanksgiving. The Bishop of Norwich, Graham Usher will be taking part.

Further information: See the Via Beata website <https://www.viabeata.co.uk/walking-the-via-beata/>

For information on the local event on 27 May:

<https://www.dioceseofnorwich.org/news/new-initiative-exploring-pilgrimage-and-religious-life-launching/> and <https://www.earshambenefice.org.uk/pilgrims>

What we can do: walk the route, volunteer to help. The speakers also particularly asked for support in prayer for the Via Beata project and the pilgrims.

The National Rivers Trust and the River Waveney:

Speaker - Tessa Wardley

The Rivers Trust is a charity of river experts with a wealth of data and experience at their fingertips. It is an international movement with over 65 local trusts in England, Wales, Scotland and Northern Ireland. Personnel work in partnership at catchment scale to find solutions to the multiple pressures on our rivers, to make our vision of healthy, natural rivers a reality.

In East Anglia there are three main river trusts – one for Norfolk; one for Suffolk and Essex; and, significantly, one for the River Waveney.

There are many pressures that our rivers face:

River quality: This can be jeopardised by sewer overflows, poorly performing sewage treatment, agricultural activity, nutrient pollution caused by chemicals from cleaning products, herbicides, pesticides and pharmaceutical products.

Water quantity: Too much, causing flooding or too little in times of drought. Either can affect water quality. Norfolk is currently, technically in a time of drought.

Habitat degradation: Caused by historic straightening of rivers and/or loss of riverside vegetation which can also exacerbate the pollution problems.

The Rivers Trust engages with government, parliamentarians, their agencies and other decision makers to encourage them to make the right choices to protect and enhance our river catchments.



The River Waveney

In this area, problems include sewage inefficiency and, particularly in this area, agricultural run-off.

The River Waveney Trust is supporting a local community group in Bungay that is aiming to get a section of river designated as bathing water and working with landowners to reduce contamination.

Volunteers are planting trees by rivers to cool them and carrying out litter picks.

Further information: *The national Rivers Trust website (which includes for sewage maps etc) is <https://theriverstrust.org>. See The River Waveney Trust website for local events etc <https://www.riverwaveneytrust.org/>. The email of the River Waveney Trust if people want to register interest or ask a question is info@riverwaveneytrust.org.*

What we can do: *Try to protect our water environment and lessen pollution; be careful what we put down our drains; reduce plastic use; don't waste water. Volunteer to help the Trust.*

So, as outlined above, the Lent talks have yielded considerable material for thought and action. What can each of us do to help?

With best wishes

~The Hempnall Group of Parishes~

(report compiled by Jill Turner)

Our Church Services...

Friday 5th May 2023	7:00pm Celebrate the Coronation <i>A Special Service to Celebrate the Coronation of King Charles III</i>	Hardwick Church
5th Sunday of Easter 7th May 2023	10:00am Group Eucharist <i>Revd Charles Read (Diocesan Co-ordinator of Licensed Lay Ministry Training)</i>	Woodton Church
	4:00pm Family Praise	Hempnall Church
6th Sunday of Easter 14th May 2023	10:00am Book of Common Prayer Matins	Fritton Church
Thursday 18th May 2023 Ascension Day	7:00pm Holy Communion <i>Special shared service with Brooke Benefice to be held at St Peter's Church, Brooke</i>	St Peter's Church, Brooke
7th Sunday of Easter 21st May 2023 <i>Sunday after Ascension Day</i>	10:00am Group Eucharist <i>Revd Canon Barbara Bilston (Retired Clergy)</i>	Topcroft Church
	4:00pm Book of Common Prayer Evensong	Shelton Church
Sunday 28th May 2023 Pentecost Whit Sunday	11:00am Group Eucharist <i>Revd Cate Turner (Assistant Curate, Bramerton Group Ministry)</i>	Hempnall Church

THE HEMPSTALL GROUP OF PARISHES



**A SPECIAL SERVICE TO CELEBRATE
THE CORONATION OF
KING CHARLES III**

FRIDAY 5TH MAY 2023 AT 7:00PM

AT

ST MARGARET'S CHURCH, HARDWICK.

ALL WELCOME!

Happy Birthday to....

Children

* Aila McCrea who will be 4 on the 9th

Teenage

* Archie Wood who will be 18 on the 26th



From the Registers....

Funerals

3rd April 2023, Shelia Ann Clarke, aged 83 years.
Burial of Ashes at St Margaret's Church,
Hempnall.

18th April 2023, Basil Walpole, aged 97 years.
Funeral Service at Waveney Memorial Park and
Crematorium.

21st April 2023, Diana Sowerby, aged 100 years.
Cremation at St Faiths Crematorium and 22nd
April 2023 Funeral Service at St Margaret's
Church, Hempnall.

25th April 2023, Jessie Whitely, aged 100 years.
Funeral at St Margaret's Church, Hardwick.



TREE SURGERY

T. MABBUTT TREE SERVICES – High standard of work from a professional, considerate and friendly local business. Covering all aspects of tree surgery and stump removal. Holding qualifications from the RHS, RFS, City & Guilds. Free quotes. Based in Ditchingham.
07773676465 www.treemabbutt.com Find us on Facebook.

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 & UPHOLSTERY 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

ELECTRICIANS

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

EXTERIOR MAINTENANCE SERVICE

KERB APPEAL SOLUTIONS – Pressure washing, driveways & patios, fence & decking rejuvenation, roof & gutter cleaning. Based in Hempnall, for a friendly professional service call Mark 07360538572

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

GARAGE DOOR SUPPLIER

Garolla Roller Shutter Doors - GARAGE DOOR SUPPLIER & INSTALLER - Hempnall and surrounding areas – Mobile 07537 149 128 or 01508 320 038 / 01986 960 067

GROUNDWORK & GARDENING SERVICES

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

HAIR & NAIL SALONS

EVIE CLARK HAIRDRESSING - Hairdresser & Barber, based in Hempnall - 01508 499934 or 07703 680443

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

OSTEOPATH

OSTEOPATH-Osteopathy for all-adults to babies, includes cranial. Joints, spine, nerves, headaches, accidents - 07818 747776 | 01953 789629 | www.norfolkost.co.uk

PIANO TUTION

PIANO LESSONS - Bedingham - All ages welcome - Marian Gibb ALCM (TD) DipLCM. 01508 482 746

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

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

WINDOW CLEANING

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



This defibrillator is owned by Topcroft Parish Council - any issues contact 07774 734411

DEFIBRILLATOR

A defibrillator is located at
Topcroft's Social Club
The Street Topcroft NR35 2BL
what3words:///goods.students.economics

**In an Emergency call 999 for the
Defibrillator Cabinet Code & Instructions**

Contact us....

Frances Atherton
Group Administrator
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....

Items for the Village News should be
Delivered, Posted or Emailed to:
Group Office, The Rectory,
The Street, Hempnall, NR15 2AD
Email:

hempnallgroup.office@btinternet.com

BEFORE 15TH MAY

This magazine is published by the Joint Council of the Hempnall Group of Parishes. We reserve the right to edit or decline any material submitted for publication. While reasonable efforts are made to ensure that the contents of the magazine are accurate, no responsibility can be taken for errors and omissions. The material printed does not necessarily represent the views of the Joint Council. In accepting advertisements for publication, no recommendation of products or services is implied and we cannot accept responsibility for any unsatisfactory transactions.