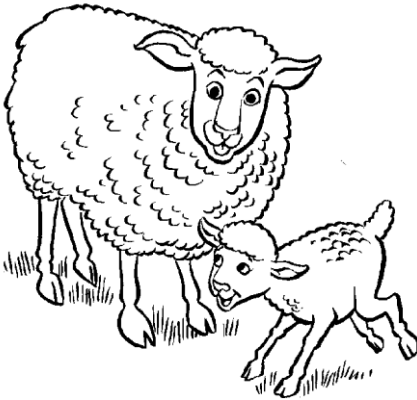


Outlook

April 2018



Serving the parishes of

**Bedingham Fritton Hardwick Hempnall
Morningthorpe Shelton Topcroft Woodton**

www.hempnallgroup.co.uk

Hempnall Group Services

April 2018

Sunday 1st	Easter Day	Gold/White
Easter Vigil	6.30am	Topcroft Church
Eucharist	9.30am	Bedingham Church
Eucharist	9.30am	Hempnall Church
Eucharist	11.00am	Shelton Church
Family Communion	11.00am	Fritton Church
Family Service	11.00am	Topcroft Church
Holy Communion	2.30pm	The Hollies
<i>Readings: Acts 10:34-43, 1 Corinthians 15:1-11, John 20:1-18</i>		
Sunday 8th	Easter 2	Gold/White
Group Eucharist	10.00am	Hempnall Church
<i>Readings: Acts 4:32-35, 1 John 1:1-Ch 2:2, John 20:19-31</i>		
Sunday 15th	Easter 3	White
Eucharist BCP	8.00am	Topcroft Church
Eucharist	9.30am	Bedingham Church
Songs of Praise	9.30am	Hempnall Church
Eucharist	11.00am	Hardwick Church
<i>Readings: Acts 3:12-19, 1 John 3:1-7, Luke 24:36b-48</i>		
Sunday 22nd	Easter 4	White
Eucharist	9.30am	Woodton Church
Eucharist	9.30am	Hempnall Church
Morning Praise	11.00am	Topcroft Church
Matins	11.00am	Fritton Church
<i>Readings: Acts 4:5-12, 1 John 3:16-24, John 10:11-18</i>		
Sunday 29th	Easter 5	White
Group Service from Iona with Kate Daynes	10.00am	Woodton Church
<i>Readings: Acts 8:26-40, 1 John 4:7-21, John 15:1-8</i>		

Every Thursday at 8.00am there is Holy Communion
in Hempnall Church

Dear Friends,

Walking down to the village shop the other day I met Shirley who was off to Laughter Yoga – Hempnall Village Hall Friday mornings. Children laugh a lot but sometimes adults can forget to laugh – for many different reasons.

Sir Ken Dodd, who died recently, wanted us to exercise our ‘chuckle muscles’. Maggie and I went to see him in his ‘Happiness Show’ a couple of years ago. He started at 7.00pm and we had to leave at 11.50pm otherwise the car would have been locked in the car park. For most of that time he was on stage and the whole audience was joining in the mayhem and laughter. An incredible act, performed by a clever and witty person. He also had a good voice. His song ‘Tears’ was the best selling record of 1965. Some of the words of that song are ‘let’s forgive and forget, turn our tears of regret into tears of happiness’.

That is not easy to do, but forgiveness is the Easter story. Jesus was crucified so that the sins of all could be forgiven. The joy of Easter is the resurrection where many who had seen Jesus die were surprised, but full of joy and excitement that he was now alive.

As the blossoms flower on the trees and the spring flowers bloom, let’s enjoy the new life we see all around us at this time of year. Also remembering the new life available to us all in Jesus Christ and not forgetting our joy and happiness can be infectious to others.

With love

A handwritten signature in purple ink that reads "Michael". The script is cursive and fluid, with a small dot above the 'i'.

Events for your diary April

OUR EASTER SERVICES – you would be very welcome!

Sunday 1st 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 Bedingham Church

9.30am Eucharist at Hempnall Church

11.00am Eucharist at Shelton Church

11.00am Family Communion at Fritton Church

11.00am Family Service at Topcroft Church

2.30pm Holy Communion at The Hollies

HEMPNALL WOMEN'S INSTITUTE

Our next meeting will be **on Wednesday 4th April at 7.30pm at Hempnall Mill Centre** when you can get your garden tips from George Gillespie as he talks to us about **George's Gorgeous Gardens**.

Refreshments will be served. New members or visitors are welcome and if you wish to have information about our friendly group please contact Sue Eagle secretary 499559.

TOPCROFT CRICKET CLUB outdoor cricket sessions will be held on Thursdays for Adults and Under 15's from **Thursday 5th April** from 6.15pm. Mondays for Juniors aged from 4 to 13 years old from **Monday 16th April** 6.15pm. Fridays for Girls 5.30pm and Ladies 6.30pm from **Friday 20th April**. New members are always welcome.

HARDWICK AND SHELTON EASTER CAFE MORNIN at Hardwick Village Hall. **Thursday 5th April** 10.30-12.00. All very welcome.

HEMPNALL COMPUTER CLUB

Our next meeting will be an **Open Meeting** on **Friday 6th April at 7.15pm in the Loft at Hempnall Village Hall** when **Gary Shilling** of GS Computers will be there to answer questions and help with any IT problems. **All welcome to attend**. Refreshments will be served. Any enquiries please contact Diane Freeman 499062

FOOD BANK

Thank you so much to all who have contributed to the Food Bank. There are so many families who need our help, and it is very much appreciated. Our next collection dates will be on **Sunday 8th April at Hempnall Church and Sunday 6th May at Fritton Church**, or any items can be left at Hempnall Rectory, Mon-Thurs 9am-1pm.

UPPER WAVENEY WOMEN'S INSTITUTES GROUP "OUT & ABOUT" EXHIBITION OF PRODUCE & CRAFT. + Craft workshops and demonstrations at **Hempnall Village Hall. Friday 6th 7-9pm & Saturday 7th April 10am – 5pm. Everyone welcome.** Refreshments will be served throughout the day. £1 entry.

THE MILL CAFÉ- Hempnall

Monday 9th April, 14th May, 4th June, 2nd July



10.00am to 2.00pm. For more information contact:

Margaret Sparham (Wed and Thurs on 499766 or 499579 at other times) . Hempnall Mill Centre, Mill Road, Hempnall NR15 2LP
www.hempnalltrust.org.uk All welcome.

Hempnall Mill Centre – LUNCHEON CLUB

Wednesdays and Thursdays **for £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 contact: Margaret Sparham (Wed and Thurs on 499766 or 499579 at other times).

WOODTON & BEDINGHAM MONDAY CLUB

Next meeting **Monday 9th April at 2 p.m.**

Everyone, ladies and gentlemen, would be most welcome whether you would like to come along to knit, sew, play board games, do puzzles or just come along for a cup of tea and a chat. If you are not able to knit or crochet but would like to try your hand then come along there will always be someone available to offer advice and help. For further information please contact Janet Chadwick on 01508 483996 or Pam Mariner on 01508 483796.

DRAMA IN SAXLINGHAM NETHERGATE - 'PARTY PIECE' 7-30pm, 11th to 14th

April Saxlingham Players latest production is a comedy by Richard Harris called 'Party Piece'.

The play takes place in the adjacent back gardens of two families, one of which is hosting a 'house warming' party. Seats are £7 and are available from Vicky 01508 499631. Come along and join the fun.

WOODTON & BEDINGHAM LADIES TOGETHER

Next meeting **Wednesday 11th April** at 7.30 p.m. in Woodton Village Hall.
Our speaker this month will be **Dan Bradbury from the World Land Trust**.
Visitors are always welcome.
For further information please contact Tricia Gunson on: 01508 482543.

We are on Facebook:
@THEARKHEMPNALL



THE ARK

at Hempnall Church

Wednesday 11th April 2pm-3pm

for pre-school children, up to 4 years - Games,
Snacks, Story, Crafts.

ALL WELCOME - Contact: Jackie 01362 288195



RACE NIGHT at Hempnall Village Hall

In aid of Cancer Research (in memory of Conal Mahony)

On Saturday 14th April 7.00pm

£6 per ticket to include buffet.

For tickets or to buy a horse (£5) or to sponsor a race (£25) please contact Nicola
01508 482267.

SPRING FAIR & COFFEE MORNING in Hempnall Church

on Saturday 14th April from 10am to 12noon

various stalls including Cakes, Plants, Crafts & Books

Any donations will be gratefully received – contact: Claire Key 499342.

In aid of Nepal Relief Fund and Hempnall Church

All welcome

WALKS 2018

The April walk will be from Hempnall Church on **Sunday 15th April**.

Meet there at 2.00pm. The walk will follow tracks and quiet roads and will provide wide views over open countryside. It will take between an hour and an hour and a half and there will be tea and cakes on offer afterwards.

All welcome. Further information from Ron Cooper 01508 499428

FLOWER ARRANGERS IN HEMPNALL CHURCH

There will be a meeting to explore new ideas, for anyone interested in arranging flowers, on **Monday 16th April 10.30am** at Ashness, Bungay Road, Hempnall (the home of Yvonne Davy). All welcome!

If you enjoy arranging flowers either throughout the year or just for Festivals we will welcome you to our team. You do not have to be an expert and you don't have to be a member of the church. This is an opportunity for your enjoyment of flower arranging to add the beauty of flowers to our lovely church building. Please contact Christine Stone 499 472 or Yvonne Davy 499405 or just come along to the meeting. Refreshments will be served.

BEDINGHAM PARISH MEETING will take place on **Tuesday 17th April 2018** in the Woodton Village Hall at 7.30pm. All parishioners very welcome - why not take the opportunity to find out more about your lovely Parish and meet some fellow villagers? Light refreshments will be served after the meeting. Enquiries to the Chairman, Tricia Gunson 01508 482543.

ST. GEORGE'S DAY BRUNCH, St Margaret's Church, Topcroft.

Saturday 21st April, 11am – 1pm.

Come and enjoy a hearty meal, with good company.

It would be helpful if you could let me know if you are coming, we don't want to run out of provisions. Looking forward to seeing you.

Please phone Jackie 482 267



"HARDWICK HOP"

Swing Dance **Saturday April 21st 7.30pm**. £5 on the door at Topcroft Pavilion. The latest of these popular nights with a variety of DJ's!

ZUMBA CLASSES on **Thursdays at 7.00pm** in Topcroft Pavilion £5 per class Contact: Emma 07805197426

AN EVENING OF FRENCH GEMS WITH THE FRAMINGHAM EARL SINGERS AND INVITED ORCHESTRA

Charpentier – Te Deum, Faure – Cantique de Jean Racine

And music by Janequin and Coulais

The Central Baptist Church, Duke Street Norwich

Saturday 21st April 2018 at 7.30pm

Tickets from www.framinghamearlsingers.co.uk or Jean Griffiths 01508499421
£10 in advance or £12 on the door.

DITCHINGHAM HALL, Ditchingham, Bungay, NR35 2JX

Sunday April 22nd Open 2 – 5pm

A beautiful garden. Spring flowers and bulbs in abundance. Plants from a local nursery for sale.

Directions: 12 miles south of Norwich, 2 miles north of Bungay, through large gates off the north side of the B1332.

Adults: £5, children free No dogs



WOODTON UNITED CHARITIES – The AGM will take place in the Committee Room at Woodton Village Hall on **Monday 23 April** at 7.15 pm.

SAXLINGHAM BOWLS CLUB OPEN DAY

on **Saturday 28th April** from 1.30pm,

at the Playing Field

Come along and have a go at Bowls - Coaching for beginners

Experienced Bowlers are welcome. Ring: Chris Lacey on 01508 499700



GROUP HIRES WITH BORDERHOPPA COMMUNITY TRANSPORT

Did you know that, along with our door-to-door dial a ride and outings service for members, not for profit community groups can hire our minibuses for their own outings.

Go to destinations of your choice, visit your favourite places or enjoy shopping trips with your group.

Our requirements are very simple. Your group must register with us as a not for profit organisation, cost of our annual group membership is £15, and tell us what your group does and when and where you would like use of a minibus.

If you would like to make a booking or would like more information, then please call 01379 854800 or visit www.borderhoppa.org

Thank you

At last I can announce amount raised for **Poppy Appeal** 2017 total was £465.18. The individual amounts were McColl's £180.81, Butchers £79.07, School £111.86, Surgery £27.02, Church £24.35 and Mill Centre £42.37.

Thank you to all had the collecting tins. *Margaret Sparham*

Brian Philpott, for many years tutor to Hempnall Village hall Computer classes, has died. Many past students will remember him with thanks for his kindness and patience in teaching them the mysteries of the IT world.

WOMEN'S WORLD DAY OF PRAYER

Thank you to all who came on Friday 9th March to share lunch and our service from the women of Suriname. The theme was 'all God's creation is very good', thanking God for the beauty and abundance of creation. Also there was time to think of conservation and preservation of the planet. 31 people came and £165 was collected, thank you to all who gave so generously. Thanks also to all who helped with the catering, those who did readings and to Maureen for playing the organ. *Maggie Kingston.*

Pat and Basil Walpole wish to express their gratitude to their family, neighbours and local shop (Minnie) who made sure that we were well stocked with everything that makes life worthwhile, such love and kindness will long be remembered. Thank you so much.

Thanks to all who cleared the roads in Woodton and area and a big thank you to Minnie and family who did their best to keep supplies available at the shop and to delivery boys who got the papers through. We don't appreciate the value of a local shop until something like a snowstorm occurs so perhaps we can support it in the good as well as bad weather. Jill Youngman

Future Events For Your Diary

CAR BOOT SALE on Woodton Playing Field **Saturday 5th May and Saturday 2nd June** beside the Primary School on the B1332. NR35 NB. Stall holders can arrive from 8.00am. Gates will open at 9.00am. £5.00 per pitch. There will be a Refreshment Stall serving tea/coffee and bacon rolls.
Contact: 01508 482276/518007. All proceeds to Woodton Playing Field.

ADVANCE WARNING: There will be a **BACON BUTTY BRUNCH** with a vegetarian option at The Chequers, Mill Road, Hempnall on **Friday 11th May** 9.30 am-12 noon. Eat in or Take Away. Contact Jill Turner 499344 for further information.



HARDWICK CHURCH BOOK SALE & REFRESHMENTS **Saturday 12th May, 10.00am-12noon**

Huge range of good quality, second hand books for sale....
also bric-a-brac, cards, tombola and raffle....
Proceeds to Hardwick and Shelton Churches
*Donations of bric-a-brac and raffle prizes welcome, to
be left in the back of Hardwick Church by 8th May please*

Christian Aid Week 13th – 19th May 2018

Volunteers from churches have collected house to house during Christian Aid Week since it began more than 60 years ago and we too will be collecting around the Hempnall Group villages.

Together, supporters delivered over six million envelopes last year. **Could you** help us do the same this Christian Aid Week? Not millions but even 5 -10 envelopes would help!

Each envelope delivered sends a message about love and justice. Every envelope delivered is an act of witness and each envelope collected could help someone living in extreme poverty to protect themselves if a disaster strikes.

Please contact the Group office 01508498157 or Yvonne Davy 499405 or email ydavy01@yahoo.co.uk if you are able to help.

Sunday Walks 2018

Dates and contacts:

20 th May	Caistor St. Edmund	Daphne Littleboy 494318
24 th June	Hardwick	Josephine and David Murgatroyd 530453
15 th July	Tyrrel's Wood	Brian and June Cutting 499600
16 th September	Hempnall	Deanery Group Office 498157
23 rd September	Woodton	Elisabeth Garrood 482360

CHURCH GROUP WALK – 20th May (rearranged from 18 March). This walk will begin at 2 pm in the car park at Caistor St Edmund Roman Town, (NR14 8QN). The walk will take in part of the Boudicca Way as well as footpaths and permissive ways at High Ash Farm with magnificent views, countryside and wildlife. Refreshments will be served afterwards at the home of Daphne Littleboy in Poringland. All welcome. Further information contact daphnelittleboy@hotmail.com or tel 01508 494318

TOPCROFT OPEN GARDENS - Sunday 27 May and Monday 28 May. Please save the date if hoping to visit but also as important if you are considering opening for the first time. New gardens always welcome, small or large. Please contact me for further details on 07850 709297 or email daphnebeckett@gmail.com

TOPCROFT COUNTRY DAY Sunday 10th June

This is to be the 5th annual Country Day and we are hoping that this year's event will be even bigger and better than ever. We have many classic and vintage vehicles coming and also a host of craft stalls already booked. We are hoping to have more craft stalls this year so if you would like to book a stall please contact Nicola at n.green@hotmail.co.uk. If you would like to show a vehicle please contact Kevin at kevin_andrews@live.co.uk. Similarly, if you have any ideas as to

what you would like to see at this year's event please contact Nicola or Kevin at the above email addresses.

CALLING ALL HEMPSTALL GROUP WOMEN

Join us & bring your friends for a **'HEALTHY LIVING & WELL-BEING DAY'** at MANGREEN HALL NR14 8DD – off A140

WEDNESDAY JUNE 13th 9:30 – 3:15

TICKET: £12

There will be two Speakers and a choice of Workshops (one in the morning and one in the afternoon)

Your ticket price includes a lovely 'Mangreen Lunch' plus teas/coffees and very healthy Danish pastries!!

All Workshop activities can be done seated as well as upright.

This will be a day full of fun. Come to this delightful venue and meet new people as well as old friends.

Organised by Hempnall WI. Tickets (£12) available from Sue Eagle 01508 499559 or rogersue.eagle@btinternet.com

TOPCROFT FLOWER FESTIVAL

The theme for the Flower Festival is **'Favourite Songs'**.

Saturday 14th and Sunday 15th July 2018. If you would like to do an arrangement, this gives you plenty of time to get your thinking caps on. For more information give Jackie a ring on 482267.

WOODTON CHURCH TABLE TOP SALE

Saturday 28th July, Woodton Village Hall. 2pm-4pm. Refreshments and a Raffle. To book a table at a cost of £5, please phone Jackie 01362 288195 All proceeds for All Saints' Church, Woodton.



TOPCROFT PHOTOGRAPHIC COMPETITION: This year's competition will be held on **Saturday 6th October 2018** at Topcroft Church, to raise funds for the church: **Categories** this year will be: **1. A Favourite Animal or Bird; 2. Architecture;**

3. East Anglian Waterscape; 4. Echoes of the Past.

You may enter up to four photographs per category. Entry fee 50pence per photograph. Photographs should be no larger than 12" x 8" (A4) and be in a simple mount. No professional photographers please. Entries must not have been offered for sale or have won other competitions. Details relating to entry will be in the September edition of Outlook. (Enquiries to David and Margaret Ferre – Tel. 01508 482562).

WOODTON VILLAGE HALL TOTE – MARCH WINNERS

£20, J Matthews, £10 I Smith, £5 M Barrie.

Membership to the Tote is £12 per year. We are always looking for new members and if you are interested in joining the Tote please contact Pam Mariner on 01508 483796. The draw takes place every month and there are 3 prizes of £20, £10 and £5.

All money raised goes toward the upkeep of the village hall.



NEWS FROM HEMPSTALL PRIMARY SCHOOL

This has been a long time coming, but I am pleased to write an article for the Outlook Magazine. Apologies it has taken such a long time! Since arriving at Hempnall Primary School I have been constantly amazed by our talented children, supportive governors and families and by my magnificent staff.

Highlights so far, have been the development of the music at Hempnall. We now have regular lessons for violin, piano and vocal talents, as well as a wonderful Community Choir. Now this is open to all in our community and presently we have children from Hempnall, Shelton and Long Stratton High School as well some parents and grandparents. The Choir has performed with Wymondham Symphony Orchestra last Christmas and are currently preparing for the Norfolk Music Festival this month. Choir rehearsals are at Hempnall on Mondays from 3:15-4:15pm – all are welcome!

Another notable highlight has been the building of our very own racing car called a Formula Goblin and the children racing this at RAF Coltishall last summer. We are building again this term and plan to race in Norfolk, Essex and Northamptonshire this summer. If anyone is interested in sponsoring our car or supporting the building of it, please contact the school office on 01508 499264. Finally, I have been really grateful for the warm welcome I have received at Hempnall and would welcome any feedback that the community may have regarding the school supporting the community further in the future. Do email me on head@hempnall.norfolk.sch.uk or telephone the school office on 01508 499264. Kind regards Laura Jestico, Executive Headteacher.

An article on Shelton and Hardwick School will follow next month.

Did you know? You can now find information on **The Hempnall Trust** – www.hempnalltrust.org

To book Hempnall Mill Centre please tel/fax Jackie Jackson 01508 499061
e-mail: info@hempnallmillcentre.co.uk
website: www.hempnallmillcentre.co.uk

THE VIDIAL TRUST – PAT’S TRIP NUMBER 52

At last everything is in place to start our farm/though possibly small holding is a more appropriate word. Much of what we do will of course be enhanced by the farm which will help our budget considerably in the longer term. We are at the planning stage of how to use the chickens (meat or laying), the goats will be raised and sold on, the cows producing milk, but we are looking carefully at the economics of this. Fortunately our two staff members Ranjith and Karti (with us as young boys and educated by us) have Masters Degrees in rural development - so will know the best way forward. What we do have now is a facility for training some of our older children.

It will take a few months to rationalise the best way forward, but they will find it! Muthukumar has started a hydroponic unit to produce grass for the goats and cows; this is working well and will have a bearing on where we go from here. Also on site we have mango trees, though these are a bit old, and coconut trees, these are young, but there will be some income from them or they will supplement the diets of our elders and children.

So early days, and there are issues to resolve, but we have the staff to find the best way forward. The days that Muthukumar and I previously spent visiting rural farms to gain ideas and experience have proved to be worthwhile, but of course we still have much to learn.

Birthdays in April

Children

- * Hector Albert Keal who will be 3 on the 1st
- * Millie Hanner who will be 8 on the 2nd
- * Harry DJ Shreeve who will be 12 on the 9th
- * Matthew James Buck who will be 7 on the 12th
- * Elliot Storey who will be 5 on the 12th
- * Eleanor Pretty who will be 12 on the 14th
- * Harriet Rush who will be 6 on the 20th
- * Leocadia Wood who will be 7 on the 27th
- * Betty Rose Keal who will be 6 on the 28th

Teenage

- * Fern Broom who will be 17 on the 1st
- * Matilda Warde-Aldham who will be 18 on the 18th
- * Alessandro Maruca who will be 16 on the 18th



CHURCH DIARY

April 2018

Wed 11 th	2.00pm	The Ark Toddler Group	Hempnall Church
Thurs 12 th	7.15pm	Deanery Synod Meeting	Newton Flotman Church
Sat 14 th	10.00am-12noon	Spring Fair and Coffee Morning	Hempnall Church
Sun 15 th	2.00pm	Hempnall Church Walk	Meet at Hempnall Church
Wed 18 th	7.00pm	Woodton PCC AGM	Woodton Village Hall
Thurs 19 th	3.00pm	Hymn Choosing Meeting	3 Highfields, Woodton
	7.00pm	Bedingham PCC AGM	Bedingham Church
Tues 24 th	7.30pm	Topcroft PCC AGM	Topcroft Pavilion
Wed 25 th	7.00pm	Hardwick & Shelton PCC AGM	Hardwick Church
Thurs 26 th	7.00pm	Quiet Prayer	Hempnall Church

Tuesdays at 5.00pm Evening Prayer at The Flat Woodton (except 3rd Apr)

Wednesdays at 5.00pm Evening Prayer at Hempnall Rectory (except 4th Apr)

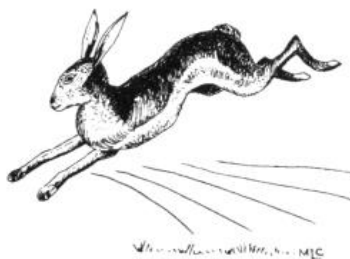
Thursdays at 8.00am Eucharist at Hempnall Church (except 5th Apr)

CLERGY: Team Rector Michael Kingston 01508 498157

Team Vicar Liz Billett 01508 482366

Reader Jackie Cook 01362 288195

Group Office (Mon-Thurs 9.00am-1.00pm) 01508 498157



ALL PHONE NUMBERS BEGIN WITH 01508 UNLESS STATED OTHERWISE

ALINE TURNER ACA - bookkeeping, accounts, tax returns, payroll	Call 550403 or 07785 528069
ARCHITECTURAL SERVICES Call Mark Woods for advice and free quotation	498805
ARKSCAPE LANDSCAPE & GARDENING SERVICES Free quotes no job too small	470482
ART WATERCOLOURS FOR BEGINNERS / IMPROVERS from JAN 2018 gill@gilly-marklew.co.uk	499070
CARPENTER Mark Whitbread Free quotations. No job too small	532605
CARPET AND UPHOLSTERY CLEANING Local reasonable rates	David 01379 608529 or 07768757308
CARRY ALL Supplies of quality aggregates, to trade & public free delivery no VAT	536182 or 07850402845
CHRIS BAKER TRANSPORT - Man & Van	531738 or 07785 306249
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
FEET – Corns, calluses, nail cutting and more, treated in your home	Wendy 01379 676872
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
HEMPNALL PARISH COUNCIL	website address: www.hempnallpc.org
JMB BUILDING AND PROPERTY MAINTENANCE: 20 years experience, fully insured	Call Jon 07825 542958
LOCAL SKILLED HANDYMAN AVAILABLE only £15 per hour	Call Mike 07534694673 or 494547
NORFOLK WOODBURNERS, Hempnall. Suppliers and Hetas installers.	498393
OSTEOPATH, Cranial-accidents, back, headache. 01953 789629 e-mail acorns.aylsham.clinical@gmail.com	
OIL, GAS HEATING AND PLUMBING SERVICES – Alan Bell	07710 515775 or 532393
OLD HALL FARM SHOP, Norwich Road, Woodton for the best Raw Milk in Norfolk	07900 814252
PAINTER & DECORATOR Graham Bull over 25 years experience grahambull071@btinternet.com	482409
PAUL CLARRY PLUMBING & HEATING for all your requirements	07887485676 / 550519
PAWS 4 TRAINING – Puppy, Obedience, Agility Training and Training Worksho	499026 / 07709 539903
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
RACKHAMS BUILDING SUPPLIES Glass & keys cut, paint mixed, all building requirements	01379 853885

RETRACE ANTIQUES We buy good quality antique, vintage & unusual items 01379 608549.
R.B. COPPING FUNERAL SERVICES, PORINGLAND 494434
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
STRATTON CABS Competitive rates, Airports a speciality Freephone 0800 2800430, 532452 / 01379674791
S.W. CONTRACTORS Groundwork, Gardens, Fences, Patios & Hedge Trimming 495528
TOPCROFT PILATES CLASS by physio, Laura Sheppard. Mondays 9:30 & 10:45. www.laura-sheppard.com
TREE SURGEON NTPC qualified. Alan Bell Call 532393 or 07710 515775
VETERINARY SERVICES IN YOUR OWN HOME. Less Stress for your pet - Let Rosie come to you. 498718
WHERRY VETERINARY GROUP Surgeries at Hempnall and Bungay 01986 892771
WINDOW WONDERLAND: window cleaning services contact Sam Raynes 482679 or 07975579292

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