

Outlook

February 2015



**Serving the parishes of
Bedingham Fritton Hardwick Hempnall
Morningthorpe Shelton Topcroft Woodton**

Services for February

Sunday 1st		Candlemas	Gold/White
Group Eucharist	10.00am	Bedingham	
Holy Communion	2.30pm	The Hollies	
Readings: Malachi 3:1-5, Luke 2:22-40			
Sunday 8th		2 nd Sunday before Lent	Green
Eucharist (BCP)	8.00am	Morningthorpe	
Eucharist	9.30am	Woodton	
Eucharist	9.30am	Hempnall	
Eucharist	11.00am	Topcroft	
Matins	11.00am	Shelton	
Readings: Proverbs 8:1,22-31, John 1:1-14			
Sunday 15th		Sunday next before Lent	Green
Eucharist	8.00am	Topcroft	
Eucharist	9.30am	Bedingham	
Morning Service	9.30am	Hempnall	
Eucharist	11.00am	Hardwick	
Readings: 2 Kings: 2-1-12, Mark 9:2-9			
Wednesday 18th		Ash Wednesday	
Ash Wednesday Service	7.30pm	Hempnall	
Sunday 22 nd		1 st Sunday of Lent	Purple
Eucharist	9.30am	Woodton	
Eucharist	9.30am	Hempnall	
Morning Praise	11.00am	Topcroft	
Eucharist	11.00am	Fritton	
Lent Reflection	4.00pm	Hempnall	
Readings: Psalm 8:1-end, Matthew 6:8-13			

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

Dear Friends,

Have you ever found yourself regretting what you have done or not done?

Two psychologists Gilovic and Medvec researched how regrets are experienced, in terms of what we do or don't do. They found that we tend to regret more what we have done in the short term. For example, a regret may be that I ate and drank too much over Christmas. But in the longer term we regret what we have not done. For example, I never managed to reconcile with my father.

The older we are, it seems, the more we regret what we have not done. When they asked people towards the end of their lives, to look back, they found the regrets of what was not done far outweighed what had been done it was 84% to 16%.

The wisdom of 85 year old Nadine Stair looking back at her life writes:
"If I had my life to live over again I'd dare to make more mistakes next time. I'd relax. I would limber up. I would be sillier than I have been this trip. I would take fewer things seriously. I would take more chances.....I would perhaps have more actual troubles but I'd have fewer imaginary ones....."

*I've been one of those people who never go anywhere without a thermometer, a hot water bottle, a raincoat and a parachute.....
If I had it to do again, I would travel lighter next time. I would go to more dances. I would ride more merry-go-rounds. I would pick more daisies.
If I had to do it again, I would travel lighter than I have. If I had my life to live over, I would start bare foot earlier in the spring and stay that way later in the fall. I would go to more dances.
I would ride more merry-go-rounds. I would pick more daisies.*

What have you been meaning to do but never somehow got around to it? Why not do it now and make the most of every opportunity.

With love



Events for your diary in February

FOOD BANKS

Feeling sluggish after Christmas? Many families found the time difficult if wages, benefits and pensions were slow in arriving or did not stretch far enough.

A quote from Archbishop John Sentamu:

"Come pay day nearly five million people in this country won't have been paid enough to live on."

The Hempnall Group will continue to support the Food Banks again this year after the amazing response in 2014.

Next collections at Group Services or at the Rectory, The Street, Hempnall:

Bedingham 1st February 10.00am Fritton 1st March 10.00am

COME AND JOIN US AT HEMPSTALL MILL CAFÉ on 2nd February

Tea, Coffee & cakes and light Lunches from 11am – 2pm

Future dates 2nd March & 13th April (note this later date avoiding the Easter holiday) Hempnall Mill Centre, Mill Road, Hempnall. NR15 2LP Mill Café Tel: 01508 499766 (for orders and enquiries on café days only)



FITMIX- exercise class at Hempnall Mill Centre Come and join our fun and friendly class. It's a fusion of aerobics, boxing, toning and hit tracks to music, suitable for all ages and levels.

Held on **Tuesdays (3rd 10th 24th February)** except for the 3rd week of the month (17th) when it is on **Thursday** from approx **7-8pm**.

Optional weigh in £5 exercise only £4. Places are limited due to hall size.

To book **call Catriona** on 01508-498303 or 07918907423 catj71@btinternet.com

HEMPSTALL WOMEN'S INSTITUTE

The next meeting takes place on **Wednesday, 4 February**, at 7.30pm at Hempnall Mill Centre. This will be an **OPEN MEETING** (for husbands, partners, friends and anyone else interested) when Mr Dan Scott will be talking about **"Beekeeping and Honey Tasting"**. The Competition is for a **"Photo or Picture of Bees"**. There

will also be a Raffle and Refreshments.

If you would like further information please contact our Secretary, Sue Eagle, 01508 499559



A SCOTTISH/BURNS NIGHT WITH A HAGGIS SUPPER.

Its that time of year so dig out your tartan and join us again at Woodton Village Hall on **Saturday February 7th 2015**. There will be a two course supper with a tot of whisky. Tea/coffee.

Traditional Scottish dancing and music. Please bring your own drinks for the evening. Tickets available £12.00. From below. 7pm for 7-35pm start. Please note the date.

Enquiries to Tony 01508 482313/Chris 482276/Ian 482451/Jane 518007.

WOODTON & BEDINGHAM LADIES TOGETHER

Our next meeting will be on **Wednesday 11th February at 2.30 p.m.** in Woodton Village Hall. Our speaker will be Philip Mariner giving an audio visual presentation with images from home and abroad. Visitors are always welcome. For further information please contact our Chairman Mrs Sue Wilmer on: 01508 482683

PANCAKE DASH ON SATURDAY 14TH FEBRUARY

On Topcroft Playing Field from 2.00-3.30pm

Enter as an individual or part of a team of three.

Participants please arrive at **1.30** and bring your own frying pan and pancakes. Entry fee £1.00

Challenge Liz and Michael, the Clergy team.

All ages welcome. Tea and cakes for everyone and a raffle.

Proceeds to 'Cycle Africa' for breast, cervical and ovarian cancer charity. Further information from Jackie Leggett 482267 or Jill Turner 499344



LENT BEGINS

Ash Wednesday Service 18th February at Hempnall Church, 7.30pm

Our Lent talks have the theme **"Faith in Practice"** where we will hear how people work together towards making a difference. Refreshments will be served. Each evening is held at **Hempnall Village Hall** at **7.30pm**.

February 26th. Credit Union + Waveney Food Bank: offering help to those in financial and nourishment crisis.

Please note future dates: 5th March, 12th March, 19th March – more details to follow next month.

Contact Jackie Cook 01362 288195

Future events for your diary:

THE HEMPSTALL CINEMA CLUB. Thank you to all of our club patrons who came along on Friday 16th January and made our showing of “WHAT WE DID ON OUR HOLIDAY” a very enjoyable success.

Our next film night **Friday 6th. March**, we will be showing, a Comedy – Drama, “THE HUNDRED-FOOT JOURNEY” starring HELEN MIRREN, Tickets will be on sale from MONDAY 16th. FEBRUARY and are still only £5 including refreshments. As we are sure this will be another sell out, to avoid disappointment, be sure to get your tickets early from Ned Potts on 01508 499741.

WOMEN’S WORLD DAY OF PRAYER

Do come and join us in a Worship Service, designed by women from the Bahamas – on **Friday 6th March at 2pm**, at Hempnall Church. We are serving lunch at 1pm and more refreshments after the service.

All are welcome: men, women and children

TOPCROFT SOCIAL CLUB MOUSE RACING

Coming soon to Topcroft Social Club A night of Mouse racing! **7th March 2015**
Don't miss this very popular evening of entertainment!

TOPCROFT PARISH COUNCIL MEETINGS will be held at Topcroft Pavilion on:

Monday 9th March 2015 - 7:30pm Monday 11th May 2015 - 7:30pm

Monday 13th July 2015 - 7:30pm All Parishioners of Topcroft are welcome!

<http://topcroftpc.norfolkparishes.gov.uk>.

ST MARGARET’S CHURCH, HEMPSTALL EASTER LILIES

Easter Sunday 5th April Easter Lilies

Anyone wishing to purchase a lily for Easter in memory of loved ones, please contact Claire Key – 499342. The cost per lily this year is £2.50



A Date For Your Diary: GENERAL ELECTION 2015 THE DEPWADE DEANERY is arranging a **pre-election forum** on the **20th April**, 7.30pm at Long Stratton High School. More details to follow.

HOLLAND HOUSE

Don't forget we are travelling to Holland House, Worcestershire for a holiday retreat from **10th May to 15th May**. The cost is £350 per person. There are still a few places left.

Contact Michael, Liz or Jane in the office 498157, if you are interested.

Village House Groups

Sowing and Reaping Seeds of Faith

Working together, members of both the Hempnall Group of Parishes and the Methodist Church are planning to set up groups to give people a chance to meet informally outside church. These groups will provide an opportunity to discuss, explore and develop our Christian faith while also welcoming those who may be new to faith. Our meetings will be relaxed and comfortable as we share together a cup of tea or coffee and perhaps even some biscuits! We will follow a study course to guide our discussions but we intend these should just be a starting point as we can talk about issues that are important to people.

We are running a taster group for three consecutive weeks in March; the dates are **Mondays 9th, 16th, and 23rd March between 2.30 pm and 4.00pm**. This is to help people to get to know each other, after that we can agree how often we meet. Some of the details are still to be finalised but we wanted to tell people about this new idea as soon as possible so you can put the dates in your diary

If you would like to join us or know more, please contact Jackie Cook 01362 288195 or Kate Daynes 01508 498673 or Rosemary Tooms 01508 499570.

'Your Eyesight Matters'

Open Evening

Old Mill & Millgates Medical Practice Patient Participation Group

Invite you to an Open Evening on Wednesday 22nd April 2015 at 7.30pm at the Mill Centre, Mill Road, Hempnall, and Norwich, NR15 2LP The Open Evening is designed to help with Eyesight problems and prevention. The speakers include a Dispensing Optician who will cover the importance of tests, costs, exemptions and referrals. An Ophthalmic Specialist to discuss common eye conditions E.g.

Macular degeneration, Glaucoma and Cataracts. Also someone from the Norfolk and Norwich Association for the Blind to cover support for patients from eye clinic referrals and community support workers.

You do NOT have to be a patient of the practice everyone is welcome to attend.

If you would like more information please phone Mary Parker, Practice Manager 01508 492929 or email oldmillppg@gmail.com



TOPCROFT OPEN GARDENS

will take place **on Sunday 24th and Monday 25th May** (Bank Holiday Week-end) We hope to have approximately 12 gardens open, with free parking, vintage bus rides and refreshments including light lunches available all day.

If you are a resident of Topcroft perhaps you could consider opening your garden. Our visitors enjoy coming back to gardens they have seen but equally love to view new venues so all will be most welcome to join in the fun and hard work! For further details for opening please contact Daphne on 07850709297 or evenings 01508 482448

TOPCROFT COUNTRY DAY, SUNDAY 14TH JUNE 11-5pm

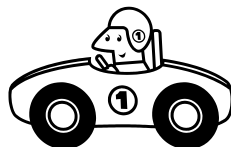
Come and enjoy a fun family day out at the Pavilion.

Classic and Sports Cars Stationary and Steam Engines

Dog Agility Live Music Great selection of stalls

Auto jumble Old Tractors (Weather permitting) Bar BBQ

If you would like a pitch for this event £10 for 3metre square stall, please contact Nicola or Jackie 01508 482267



Thank you....

Roger and Clare Andrews would like to thank all those that gave so generously in memory of Florence Andrews, £554.25 has been sent to the Big C, £514.25 to All Hallows Home-care and £10 to Cancer Research. This is an amazing amount of money, and we feel very proud to be giving something back to those organisations who helped us so much, in memory of Florence.

FRITTON AND MORNINGTHORPE QUIZ NIGHT 28th November 2014.

Thank you to all who supported this enjoyable evening and those who gave donations but were unable to attend. We were able to send off cheques totalling £624 to East Anglian Air Ambulance and St Catherine's Fritton Fabric Fund.

A BIG THANK YOU: A bustling CHRISTMAS MARKET filled St Margaret's Church, Hempnall on 15th November raising the record total of £483.30 for church funds. MANY THANKS to the numerous stall holders, shoppers and helpers who all contributed towards this successful and enjoyable event.

HEMPNALL CAROL SINGING

Thank you to everyone who contributed to the Hempnall carol singing. £417 was raised which will go to EACH & Age UK. Particular thanks to Steve & Jean Griffiths for their wonderful hospitality after the singing.

Bernard, Nick and Philip (Smith) would like to say a thank you for all the cards and messages they received on the death of Pat. It was very much appreciated. (Bernard was the butcher in Hempnall)

HARDWICK POPPY COLLECTION 2014

Thank you to everyone who contributed to the Poppy Collection at Hardwick Church, the amazing sum of £222.17 was raised – what a great result!

Thank you to everyone involved in making the Group Carol Concert such a success. We collected over £200.00 for the Crossroads Care Norfolk Young Carers Forum. Happy New Year! Joy

WOODTON CAROL SINGERS would like to thank everyone who supported them again this last year.

We raised £230 which was divided between the Clare School in Norwich, for Physically Disabled Students and "The Nook" the new Quidenham Hospice venture. Thank you.

Nicola and Sophie Green would like to extend a heartfelt "thank you" to all those who made our New Year's Eve Dance in aid of Women v Cancer such a huge success. To David and Stuart Woodrow for allowing us to use the Mess Hall and decorating it so beautifully. To all those who gave donations for our auction:- Sara Flower, Hannah Giffard, Sue Wilmer, Nurseys of Bungay, Jack Brister, Lisa North, Wildcat Aerobatics, Maurice Hammond, and Cooper and Stiles of London. To those who were unable to come on the night but gave donations and to all those who came and with their great generosity made it such a thoroughly enjoyable evening. **With all your help we made an astounding £1378!** Thank you so much. Nicola and Sophie

The family of Edmund Hann (Ted) would like to thank everyone for the lovely cards and messages of sympathy at a sad time. Thank you to the Reverend Michael Kingston for a nice service. Ted will be sadly missed by his family.
Jan Stockwell

Bedingham:

Village events in Bedingham included a Garden Party at the home of Bryan and Margaret Jarvis. Thanks to Bryan and Margaret for collecting donations around the village to refurbish the Memorial in time for the 100 years commemorations. Also the start of the Friends of Bedingham is a great support to St Andrews.

FLOWER ROTA VOLUNTEERS - Sally Hall would be grateful if there is anybody who would be willing to join the flower rota for St Andrew's Bedingham this next year. Please contact Sally on 01508 550791.
A Happy Peaceful and Healthy New Year.

TOPCROFT CAROL SINGING

Once again we were lucky enough to have the help of Russell Tidnam of Low Farm, who turned out with his tractor and shooting trailer to help us to reach all the homes in our rather strung-out village, so that we were able to collect a total of £297 on behalf of the Children's Society. Jackie Leggett and Nicola Green at Woodlands sent us on our way with a splendid party and Tom and Amanda Catchpole warmed us up at the finish with an equally cheering welcome at Trees Farm, which included a rousing chorus of carols from our group, accompanied by Liz Marjoram on the piano, and Amanda on the flute. Thanks, too, to our enthusiastic singers, and to everyone who gave so generously.

LOST/FOUND

Purple bicycle found in Bedingham at the beginning of January. Is it yours? Please contact Long Stratton Police Station asap to claim it.

A MESSAGE FROM AUSTRALIA

My name is Barry Cochrane, I live in Australia and I'm trying to research my mother's family who came from the Bedingham area.
My 3 times Great Grandfather, William Brown, was born in Wortwell on 22 February 1784 and married Hannah Smith in Bedingham on 20 March 1809. William passed away in Bedingham on 11 June 1867 while Hannah passed away in Bedingham on 30 November 1842. William's parents were William Brown & Sarah Clarke who were married in Wortwell on 13 October 1782.

William & Hannah had 7 children that I've been able to find, 6 of who were born in Bedingham. The second youngest child, Hepsebeth, married Daniel Cappleman in Bedingham on 2 May 1857 and migrated to Australia aboard the ship Nimroud arriving in Sydney on 6 October 1857. All of my Mother's family is descendant from Hepsebeth.

I'd like to be able to make contact with any descendants from William Brown. My email address is thecockos@bigpond.com

My wife & I plan on traveling over there around August 2015 so would love to be able to contact any relatives while there. Barry Cochrane Australia

HEMPNALL VILLAGE HALL TOTE WINNERS

November 2014

£40 A. Allen	£30 A. Page	£20 P. Dean
£15 S. Workman	£10 M. Peck	

December 2014

Bonus £75 V. Carter	£40 P. Rodger	£30 K. Rust
£20 P. Rogers	£15 A. Buck	£10 K. Medlar

Georgina would like to apologise for the very late cancellation of Bingo on 20th December. This was unfortunately due to having 4 of the 5 helpers on the day either called into work or being taken ill. Very sincere apologies to those who turned up - It was beyond my capabilities to run it single handed.

Friends of Bedingham Church 49 club. The first draw was on Saturday 6/12/14, Winners to date are. No: 8 J Watts no: 36 N Goulborn no: 28 A Gunson no: 49 M Gibb no: 24 R Day no: 39 G Gray All weekly winners receive £20 after bonus ball is drawn on Saturdays. The members hold that number for the year.

Do you need transport.....?

We can help.

Borderhoppa is a local Community Transport charity operating in this area.

Our service has been running successfully & reliably for over 12 years.

We currently operate with 9 mini buses, 6 of which have wheel chair lifts, and offer a friendly door to door Dial a Ride service with helpful drivers, covering 60 parishes across South Norfolk & North Suffolk. From as far as Horham in the south to Newton Flotman in the north, Metfield in the east to Blo Norton in the west. We serve the market towns of Harleston, Diss &



Long Stratton but can take you to anywhere of your choice within our coverage area. If you need transport, please call our office on **01379 854800** & we will do our best to meet your transport needs.

Unfortunately we do not provide transport to any hospitals, but we can take you to catch a connecting bus or train.

We can take you to local appointments at doctors, dentist, hairdressers, vets etc, shopping, to work or just to visit a friend or relative. To use our service you will need to become a member, forms are available to download from our website www.borderhoppa.org or by telephoning our office on 01379 854800.

Membership is £10 for 12 months or £6 for 6 months. Journeys are priced depending on distance travelled.

On Mondays & some Thursdays throughout the year we run members outings to the seaside, gardens, shopping trips, boat trips, pub lunches etc.

We also hire our mini buses with a driver to local not for profit community groups.

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

AGE UK NORFOLK IS GREATLY IN NEED OF NEW VOLUNTEERS to enable the charity to continue the many free services it provides to support older people and their carers living throughout Norfolk.

Age UK Norfolk is asking you to make volunteering your New Year's resolution for 2015 **A little of your time could make a big difference...**

Age UK Norfolk is a local charity, helping local people. Each year we provide support to thousands of older people in Norfolk and have been doing so for over 65 years.

Our free Information, Advice and Advocacy Service offers support on a wide range of issues, including benefits and entitlements, advocacy, bereavement advice, money matters, housing and care options and much more!

Age UK Norfolk also offers, dementia support services, telephone befriending, day support clubs and respite care.

Last year our Benefits Outreach service helped older people living in Norfolk receive a total of £2,942,986 in benefits and entitlements that otherwise would have been unclaimed.

Could you help?

The services and support Age UK Norfolk offers would not exist without our volunteers and we are currently in urgent need of new volunteers!

Volunteering for Age UK Norfolk is an opportunity to learn new skills, meet new people and work within a friendly, professional organisation and have the satisfaction of knowing that you are making a real difference to people's lives.

Volunteering benefits not just the older person receiving your support, but also, their family, friends and the wider community - and you! **Pick up the phone to find out what Age UK Norfolk can offer you!** Call our volunteer recruitment line on 01603 785241 or check out our website www.ageuknorfolk.org.uk to find out more.



Hempnall Town Estate Property Charity – Allotments for rent

We currently have allotments for rent on the
Mill Road site

Rent is £10.00 per year (or £5.00 for half an allotment or part thereof)

Anybody interested should contact

Jackie Jackson

01508 499061

jackson.jc@btinternet.com



Happy Birthday to:

Children

Melissa Alice Harvey who will be 11 on the 3rd

Daisi Lili-May Reeder Rodger who will be 8 on the 5th

Thomas Potter who will be 10 on the 22nd

Teenage

Benjamin James who will be 15 on the 5th

Daniel Goulborn who will be 18 on the 11th

Sam Raynes who will be 18 on the 27th

From the Registers

Funerals

22nd November Lawrence Chapman aged 90

8th December Edward (Ted) Hann aged 92

18th December Ivy Gooch aged 90

Hempnall Church

Earlham Crematorium

Bedingham Church

Weddings

24th December Brian and Nicola Moore

Hempnall Church

Baptisms

11th January

Owen Haynes

Hempnall Church

CHURCH DIARIES

February 2015

Thurs 5 th	11.30am	Holy Communion	Mill Centre
	4.00pm	Outreach Team Meeting	Brick Kiln Cottage
	12.00noon	Hardwick & Shelton PCC Meeting	Fidelis
Tues 10 th	7.30pm	Hempnall PCC Meeting	Hempnall Church
	7.30pm	Topcroft PCC Meeting	Woodlands
Wed 11 th	7.00pm	Bedingham PCC Meeting	The Flat
	7.30pm	Fritton & Morningthorpe PCC Meeting	The Old Rectory
Thurs 12 th	2.30pm	Learning & Growing Team Meeting	The Flat
	7pm for 7.30pm	Deanery Synod Meeting with Dean of Norwich	Brooke Church
Sat 14 th	2.00pm	Pancake Race	Topcroft Pavilion
Tues 17 th	7.30pm	Team Council Meeting	Woodton Kings Head
Wed 18 th	7.30pm	Ash Wednesday Service	Hempnall Church
Thurs 26 th	2.30pm	Hymn Choosing	Cottleston
Thurs 26 th	7.30pm	Lent Reflections: Credit Union + Waveney Food Bank : offering help to those in financial and nourishment crisis.	Nelson Room at Hempnall Village Hall

Every Tuesday at 5.00pm Evening Prayer at The Flat
 Every Wednesday at 5.00pm Evening Prayer at Hempnall Rectory,
 Every Thursday at 8.00am there is Holy Communion in Hempnall Church

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 07785 528069
ARCHITECTURAL SERVICES Call Mark Woods for advice and free quotation	498805
ANDRE SANTANDER All plumbing, repairs, tiling and bathrooms	499283 or 07775 575796
ARKSCAPE LANDSCAPE & GARDENING SERVICES Free quotes no job too small	470482
BANNER ROOFING SERVICES LTD Quality felt and fibreglass flat roofing	07766604054 or 498444
BEAUTY THERAPIST treatment room in Hempnall or in your own home Barley Moyes	98855/07789722533
BED & BREAKFAST at George's House, Woodton www.rossmag.com/georges/ Call Juliet	482214
BUILDER Small works and maintenance, sand blasting	D W Beckett 499435
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
CHILDMINDER in Hempnall. 2/3 year old funding approved. Level 3 qualified.	Helen 07754 942987
CHIMNEY SWEEP	Ring James 07990 655340 or 07944 743681
CHRIS BAKER TRANSPORT Removals and House Clearance	531738 or 07785306249
CHRIS CLARKE OIL BOILER SERVICES, servicing & breakdown repairs	07912146619 & 536573
CUNNINGHAM GARAGE A range of services for all motoring needs, cars and motorbikes	499232
DAVID HEWETT FRICS Chartered Building Surveyor CAD drawings & surveying services	499761
ELECTRICIAN Bob Turner – Domestic and Commercial Electrical Contractor	07899794813
FEET – Have your feet treated at home – nails cut, corns and dry skin removal etc. Nicky	07719727581
GREENDALE GARDENING SERVICES Grass & Hedge Cutting, Fencing	Andy 07802702602 / 531168
HEMPNALL LAWNMOWER CENTRE Brick Kiln Lane Morningthorpe www.mowdirect.co.uk	473700
HEMPNALL PARISH COUNCIL	website address: www.hempnallpc.org
INDEPENDENT FINANCIAL ADVISER:	Contact Philip Edwards on 499496 or 07917296773
KNIGHTS PAVING & LANDSCAPING LTD Brickweave drives, patios, paths, fencing, tree work	558999
LLOYD JOHNSON FINANCIAL CONSULTANT, Mortgages, Investments, Protection	483972 / 07780 330768
LOCAL HANDYMAN AVAILABLE only £10 per hour	Call Mike 07534694673 or 499821
MUSIC TUITION in Topcroft: Piano Keyboard Guitar Bass Drums Vocals Theory. Deive Montaigne	483787
NORFOLK WOODBURNERS, Hempnall. Suppliers and Hetas installers.	498393
OIL, GAS HEATING AND PLUMBING SERVICES – Alan Bell	07710 515775 or 532393
OSTEOPATH Yvonne Ayliffe - for treatment of Back, Nerves and Joints	01953 789629 /07770 652839
PAINTER & DECORATOR Graham Bull over 25 years experience grahambull071@btinternet.com	482409

PAUL CLARRY PLUMBING & HEATING for all your requirements	07887485676 / 491197
PETER MATTHEWSON PLANT HIRE Drainage & Groundworks. Please call for info	482655 / 07850722094
PLUMBER/ELECTRICIAN/BLOCKED DRAINS & LOOS minor or major jobs	James 07896335618 or 482243
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
R.B. COPPING FUNERAL SERVICES, PORINGLAND	494434
RJF PROPERTY MAINTENANCE - Kitchens, Bathrooms, Painting and more	499026 / 07518 075409
R. H. TREE SERVICES	contact Robert Herring 482552 or 07926751987
ROSEDALE FUNERAL HOME Beccles & Bungay, a family business	01986 892790/ 01502 714445
R.S TREE CARE. All aspects of tree care undertaken, firewood supplier.	01986 896154 or 07990 510412
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	
SP HEATING All plumbing, heating, boiler servicing & repairs	07808 454500
S.W. CONTRACTORS Groundwork, Gardens, Fences, Patios & Hedge Trimming	495528
THE LAUNDRY PRESS – Washing & Ironing Services – www.thelaundrypress.co.uk	498856
VIOLIN LESSONS in Topcroft, Adults and Children, all standards welcome – Liz Marjoram	483803
WHERRY VETERINARY GROUP Surgeries at Hempnall and Bungay	01986 892771
WINDOW WONDERLAND: window cleaning services contact Sam Raynes	482679 or 07975579292
WOODLAND BED & BREAKFAST www.froghollowbb.co.uk	499689 or 07771610611
www.mouse-computing.co.uk For all your computer problems & advice	Mike 07813026580

Copy for the March issue of Outlook should be delivered/posted to:

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

or e-mail: hempnallgroup.office@btinternet.com
Visit our website: www.hempnallgroup.co.uk