

# *Outlook*

## *June* 2018



**Serving the parishes of**

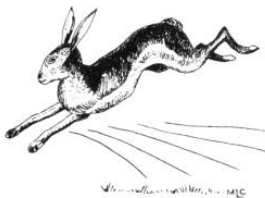
**Bedingham Fritton Hardwick Hempnall  
Morningthorpe Shelton Topcroft Woodton**

[www.hempnallgroup.co.uk](http://www.hempnallgroup.co.uk)

## Hempnall Group Services June 2018

| <b>Sunday 3<sup>rd</sup></b>                                             |         | <b>Trinity 1</b>     | <b>Green</b> |
|--------------------------------------------------------------------------|---------|----------------------|--------------|
| Group Service                                                            | 10.00am | Woodton Church       |              |
| Holy Communion                                                           | 2.30pm  | The Hollies          |              |
| <i>Readings: to be arranged</i>                                          |         |                      |              |
| <b>Sunday 10<sup>th</sup></b>                                            |         | <b>Trinity 2</b>     | <b>Green</b> |
| Eucharist BCP                                                            | 8.00am  | Fritton Church       |              |
| Eucharist                                                                | 9.30am  | Woodton Church       |              |
| Eucharist                                                                | 9.30am  | Hempnall Church      |              |
| Eucharist                                                                | 11.00am | Topcroft Church      |              |
| Matins                                                                   | 11.00am | Hardwick Church      |              |
| <i>Readings: Genesis 3:8-15, 2 Corinthians 4:13-Chp5:1, Mark 3:20-35</i> |         |                      |              |
| <b>Sunday 17<sup>th</sup></b>                                            |         | <b>Trinity 3</b>     | <b>Green</b> |
| Eucharist                                                                | 8.00am  | Topcroft Church      |              |
| Eucharist                                                                | 9.30am  | Bedingham Church     |              |
| Morning Service                                                          | 9.30am  | Hempnall Church      |              |
| Eucharist                                                                | 11.00am | Shelton Church       |              |
| <i>Readings: Ezekiel 17:22-24, 2 Corinthians 5:6-17, Mark 4:26-34</i>    |         |                      |              |
| <b>Sunday 24<sup>th</sup></b>                                            |         | <b>Trinity 4</b>     | <b>Green</b> |
| Eucharist                                                                | 9.30am  | Woodton Church       |              |
| Eucharist                                                                | 9.30am  | Hempnall Church      |              |
| Morning Praise                                                           | 11.00am | Topcroft Church      |              |
| Eucharist                                                                | 11.00am | Morningthorpe Church |              |
| <i>Readings: Job 38:1-11, 2 Corinthians 6:1-13, Mark 4:35-41</i>         |         |                      |              |

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



Dear Friends,

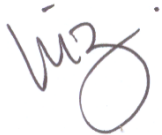
A couple of months ago a couple of ducks flew into our garden from The Mere in Diss looking for a place to nest. They found a comfy, warm and secluded spot by a south facing wall in amongst a sage bush. We could see them from the dining room window, just visible because of the white feathers on their chests. After great anticipation on our part and faithfulness on theirs, in due time seventeen ducklings emerged. A proud mother led them through the garden gate, down the road to The Mere. The parents have returned in search again!

Did you know that it takes 28 days for duck eggs to hatch? The mother duck sits for 20-23 hours a day. During that time she may take 3 short breaks, making sure her nest is covered and warm. She looks after herself by taking short breaks and relying on reserves of fat to see her through.

There are times in life when something may be asked of us, requiring commitment and perseverance, done with loyalty and loving care. It may be for a short time, or we may not know when it will end. Like the mother duck, we need to look after ourselves, so we can continue to look after others. A “short break” can mean different things; it may be time away or stopping to look at the wind moving in the trees, or lunch with a friend. We must not think it’s being selfish: looking after ourselves enables us to look after others.

During these times, we, like the duck may need to rely on “reserves” built up over the years. What I mean is things that have happened to us in the past, good things, that we can revisit in our mind and heart, savouring the moment or the person or the place. If we give our attention to these we may well find ourselves unexpectedly nourished and strengthened for the task before us.

With love,

A handwritten signature in purple ink, appearing to be 'Liz' with a large, stylized loop at the end.

# Events for your diary June

**PULHAM PLAYERS PRESENTS: Love Begins at 50** – a fast pace comedy  
**31<sup>st</sup> May – 2<sup>nd</sup> June**, 7.30pm at Memorial Hall, Pulham Market.  
For tickets ring Jodie 07411 121418.

## FOOD BANK

Every item that is collected for the Food Bank makes a difference to someone's life. Thanks you so much for your faithful giving, it is very much appreciated.

**The next collections are on Sunday 3<sup>rd</sup> June at Woodton Church and Sunday 1<sup>st</sup> July at Morningthorpe**, or any items can be left at Hempnall Rectory, Mon-Thurs 9am-1pm.

**CAR BOOT SALE** on Woodton Playing Field **Saturday 2nd June** beside the Primary School on the B1332. NR35 2NB. 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.

## THE MILL CAFÉ- Hempnall

**Monday 4<sup>th</sup> June & 2<sup>nd</sup> 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](http://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 **4th June** at 2 pm at Woodton Village Hall. Everyone is most welcome, do come and join your fellow villagers for a pleasant social afternoon. For further information please contact Janet Chadwick on 01508 483996 or Pam Mariner on 01508 483796

## HEMPNALL WOMEN'S INSTITUTE

The next meeting will be on **Wednesday 6<sup>th</sup> June at 7.30pm in the Mill Centre.** We welcome Dr. Mary Fewster who will be speaking on **Norwich Goldsmiths and their Work.** Refreshments will be served.

**Forthcoming Outings** will be a trip to Peter Beales Rose gardens on 25th June and a visit to Southwold Summer Theatre on 21st July when we will see Alan Ayckbourn's comedy "Body Language". New members or visitors are welcome and if you wish to have information about our friendly group please contact Sue Eagle secretary 499559.

## HARDWICK AND SHELTON JUNE CAFE MORNING

will be on **Thursday 7th June**

10.30am-12noon, Hardwick Village Hall.

All very welcome - invite your friends too!



## HEMPNALL MILL BAR OPENING - 6PM FRIDAY 8<sup>TH</sup> JUNE

The Hempnall Mill Bar will open at 6.00pm on Friday 8<sup>th</sup> June, with the minimum of ceremony, and we hope the maximum of ongoing fellowship and good cheer.

The Bar is located in the Mill Tower, which has plenty of space for normal pub nights, but which on special occasions, such as the opening, may mean having to overflow into the main hall.

**The Mill Bar will be open every Friday and Saturday evening from 6.00pm to 10.00pm from 8<sup>th</sup> June.**

The Hempnall Mill Trust will receive all profits from the Bar.

**Volunteers** are still required to help run the Bar. If you are interested please contact Trevor Shurmer on 01508 499688.

## TOPCROFT COUNTRY DAY

**10th June** at Topcroft Sportsfield from 11am – 4pm

A host of activities will be on offer for the whole family, including craft stalls, classic and vintage vehicles, dog show and agility, bouncy castle, Children's' entertainer and games, bar, barbeque and lots more.

We still have a few spaces left for craft stalls and vehicles so if you are interested please email Nicola for stalls at

[n.green@hotmail.co.uk](mailto:n.green@hotmail.co.uk) or Kevin for vehicles at [kevinandrews@live.co.uk](mailto:kevinandrews@live.co.uk).

But best of all just come along and have a great day!



## **CHURCH GROUP WALK - SUNDAY 10TH JUNE (PLEASE NOTE NEW DATE)**

Rearranged from 24th June, this walk starts and finishes at Pulham Market Green. Parking will be available outside the village hall adjacent to the Green. The walk starts at 2pm and will be 1 to 1½ hours in length followed by tea on the Green. All welcome. For further information, please contact David or Josephine on 01508 530453.



### **THE ARK**

**at Hempnall Church**

**Wednesday 13<sup>th</sup> June 2pm-3pm**

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

**ALL WELCOME - Contact: Jackie 01362 288195**

## **WOODTON & BEDINGHAM LADIES TOGETHER**

Next meeting **Wednesday 13th June** at 7.30 p.m. in Woodton Village Hall. Our speaker this month will be Mrs Juyna Lewis speaking about a Korean wedding. Visitors are always welcome.

For further information please contact Tricia Gunson on: 01508 482543.

## **CALLING ALL WOMEN!**

Join us and 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. Tickets (£12) available from Sue Eagle 01508 499559

or email [rogersue.eagle@btinternet.com](mailto:rogersue.eagle@btinternet.com)

Organised by Hempnall WI.





## **DEPWADE DEANERY – DELVING DEEPER**

### **The Good Shepherd**

**Thursday 14<sup>th</sup> June, 7.15pm** at Hempnall Church.

An opportunity to delve deeper into what it means to have Jesus as the Shepherd of your life. Wonder with words;

wonder with silence or with art / craft materials in the style of Godly Play. – All welcome to attend.

**THE GRAFITTI NIGHT** that was postponed from the 25th May will now be held on **FRIDAY 15<sup>TH</sup> JUNE AT 7.00 PM.**

The evening will commence with a short talk followed by travelling round the church with Andrew McDonald and his team. There will be light refreshments served during the evening. Tickets £5.00 are available from Rachel Shreeve 01508 499128/Jane 518007 with proceeds for St Andrew's Church.

**ALL HALLOWS GARDEN PARTY - Saturday 16<sup>th</sup> June, 11am-3.30pm.**

Cakes, refreshments, games, tombola, bouncy castle, treasure hunt.

At All Hallows Hospital, Ditchingham. Money raised for All Hallows Hospital.

## **OPEN GARDENS AT DITCHINGHAM HALL IN AID OF THE MOTOR NEURONE DISEASE ASSOCIATION.**

An 18<sup>th</sup> Century landscaped park of 48 hectares designed by Capability Brown including woodland, lake, a large walled garden and parterre.

**Sunday 17<sup>th</sup> June, 2pm- 5pm. £5 with U16 free.** Free parking. Guide Dogs only.

Afternoon Teas, Ronaldo's Ice Cream, Plant and Pot stalls, Tombola.

*If you are willing to help with baking a cake or donating a prize for the Tombola please call Judith on 01508 499575 or email [judithbamber50@gmail.com](mailto:judithbamber50@gmail.com)*

## **WOODTON VILLAGE HALL BREAKFAST CLUB**

Join us for a delicious breakfast with a choice of locally sourced bacon, sausages and eggs plus freshly brewed coffee/tea. Enjoy the Sunday papers, chat with your friends and family and meet other people from Woodton and the surrounding area. Future Breakfast Club dates in 2018:

- Sunday 17<sup>th</sup> June 9:00am – 11:00am
- Sunday 16<sup>th</sup> September 9:00am – 11:00am
- Sunday 16<sup>th</sup> December 9:00am – 11:00am

Book early to reserve your table, call Mandy 07772 767116

(Breakfast Club is a Fundraiser for the Village Hall)



### FRANGLAIS LUNCH 2018

There will be a French/English Ploughman's Lunch at The Chequers, Mill Road Hempnall on **Friday 22<sup>nd</sup> June** from 12.00 noon. Please come and enjoy a relaxing time in the garden. Proceeds in aid of Hempnall Church. More information from Jill Turner 01508 499344.

The **ANNUAL WOODTON PRIMARY SCHOOL SUMMER FETE** will be held on **Saturday 23rd June** from 12pm – 2pm. Plenty of family entertainment to be enjoyed including a BBQ, bar, raffle, tombola, bouncy castle and face painting plus lots more.



### FRITTON – How many of you have noticed the village sign has gone?



It was originally done by Mick Marsh, former villager and John Reynolds Senior. It was begun in 1977 and we hoped to unveil it for the Queen's Silver Jubilee but it wasn't finished in time, so was completed and unveiled for Prince Charles and Lady Diana Spencer's wedding in 1981.

Roger Rackham who lived in the village has been repairing and working on it all through the winter and spring and it's now going to be unveiled on **June 24<sup>th</sup>, 11.45am** to celebrate Harry and Meghan's wedding. Do come along and see how hard Roger has worked. Bring a picnic and we can all chat about the old times when we had a shop, a pub and a school. Anyone with any old photographs would be good. Hope to see you all there.  
*Carol McDonnell on behalf of Parish Council – 01508 531629.*

### HARDWICK HOP AT TOPCROFT PAVILION

Following the popularity of recent dances we now have the **Hardwick Hop on Friday 29th June from 7.30pm**

A very popular dance with great music from the 40s and 50s.

A chance to practice your moves before the hangar dance on 7th July!  
£5 per person on the door.



**WOODTON PLAYING FIELD COMMITTEE** is holding the **Annual Clay Shoot** and BBQ on **Saturday 30th June** by kind permission of Janet and Roy Dunning at their home "Woodton Farm", Hempnall road from 6.00. PM. There will also be refreshments. Tickets are £20.00 for Clay Shoot and BBQ. BBQ only £7.50. Available from Janet 01508 482278/ Jane 518007. Raffle. Proceeds to Woodton Playing Field Association.

## Future Events For Your Diary

### **OUR LITTLE FRIENDS 1940'S HANGAR DANCE with the JONATHAN WYATT BIG BAND AT AIRFIELD FARM TOPCROFT**



**Saturday 7<sup>th</sup> July** gates open at 6.30pm. Food & drink available on site. Bar. Dance Tickets £15 in advance or £20 at the gate. For all enquiries and tickets please contact 01379 870004 or email [ourlittlefriends@ymail.com](mailto:ourlittlefriends@ymail.com) All proceeds to local charities.



**THE HEMPSTALL TOWN ESTATE EDUCATIONAL FOUNDATION** was sad to hear of the death of **Miss Marjorie Emery**. Miss Emery was not only a well-respected Trustee of the Charity but was the Clerk for many years. She very rarely missed a meeting and devoted a lot of time to ensure that the administration ran smoothly. She will be sadly missed.

The next meeting of the **TOWN ESTATE EDUCATIONAL FOUNDATION** is on **Monday 9th July**. Requests for grants to Pauline Brookes, Fairstead Lane Farm Bungalow, Pymar's Lane , Hempnall. NR15 2RG .

Application forms are available in Hempnall Village Hall, Hempnall Mill Centre and Hempnall Surgery .

Any queries to [pauline.brookes1@uwclub.net](mailto:pauline.brookes1@uwclub.net). Tel. 01508498960.



### **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.

## **FUTURE SUNDAY WALKS 2018**

### **Dates and contacts:**

15<sup>th</sup> July Tyrrell's Wood

Brian and June Cutting 499600

16<sup>th</sup> September Topcroft

Deanery Group Office 498157

23<sup>rd</sup> September Woodton

Elisabeth Garrood 482360

## **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.

## **A NIGHT OF SOUL AND MOTOWN**

**Friday 17th August** from 8:00 at Topcroft Pavilion.

Step back in time to your youth with some fantastic music from the kings and queens of Soul and Motown! £5 per person on the door.



## **SHELTON WITH HARDWICK COMMUNITY SCHOOL**

What a gem in the countryside our school is! I have been so impressed with the children, families and staff of our school since joining the team in September 2016. Apologies that it has taken this long to contribute something to the Outlook

Magazine!

We have been working hard on developing our school since I have joined. One fabulous asset we have is the fantastic woodland at the top of the school field. We now have an art barn there too where children can develop their creativity at lunchtime breaks as well as use it during lessons. We have an amazing Forest School Leader Amy Shawcross, who runs Forest School session weekly for all of our children. This means the children are learning about their rural surroundings as well as enjoying the wonderful setting in which our school lives.

Shelton children also built a racing car last year called a Formula Goblin and enjoyed racing this at RAF Coltishall in the summer. We are entering more national races this summer and if you are interested in supporting the building of the car and/or sponsoring it, please let the school office know on 01508 530331.

Shelton with Hardwick Community School maybe small, but it is certainly beautiful, and we would welcome members of the community to visit our school. Kind regards. *Laura Jestico Executive Headteacher.*

# Thank you

## **APRIL CHURCH WALK**

Luckily it was a dry day for this walk which went from Topcroft to Hempnall church. Seventeen people and one dog took part in a gentle, undemanding stroll along the country lanes and well used tracks between the two villages with uninterrupted views over open farmland looking towards Hempnall Green. At Hempnall Church they were welcomed by a delicious tea and were joined by others who had been unable to take part in the walk. Thanks to all who organized the walk and the tea.

## **HARDWICK CHURCH - BOOKSALE**

A big **thank you** to everyone who supported the book sale held in Hardwick Church on **Saturday 12 May**. We raised a total of **£420** for Hardwick and Shelton Churches. Many thanks to all our donors, buyers and helpers.

**WATER AID** – a very big THANK YOU to all who collected change in jam jars for our Lent Appeal – the money raised was over £390 which is a brilliant sum and this has been passed on to Water Aid.

## **Bacon Butty Brunch**

This took place on a lovely Spring morning and raised £432.00 for Hempnall Church. Thanks to the fryers, tea makers, washer-uppers, welcomers, stall-holders and all who supported this event.

## **Book Launch**

On Tuesday 22<sup>nd</sup> May a Book Launch was held to mark the production of the Group's second book of walks, 'Let's walk Again'.

A good number of people enjoyed a pleasant walk in the sunshine across the fields in the countryside between Hempnall and Saxlingham Nethergate to the accompaniment of the song of skylarks. This was followed by a celebratory tea in the garden of The Chequers, Hempnall. (See page 13)

The new book is now available in the churches or from the Group office for £2.00.

## **FRIENDS OF BEDINGHAM CHURCH TOTE WINNERS**

No 38. K Ripley No 20 B Seaman. No 41 J Felton. No 5 S Harris  
We would like to thank everybody for your continuing support and for the people who have taken up all the vacant numbers.

## WOODTON VILLAGE HALL TOTE – MAY WINNERS

£20 - No: 49 - D Rayner , £10 - No: 38 - I Butler , £5 - No: 76 - E Webb  
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.

**Did you know?** You can now find information on **The Hempnall Trust** – [www.hempnalltrust.org](http://www.hempnalltrust.org)

## Change of Booking Clerk

**To book Hempnall Mill Centre** please telephone 07504 699534 or

e-mail: [hempnallmillcentre@gmail.com](mailto:hempnallmillcentre@gmail.com)

website: [www.hempnallmillcentre.co.uk](http://www.hempnallmillcentre.co.uk)

## HEMPNALL MILL CENTRE

We need more **Volunteer Drivers** to transport people to and from Hempnall Mill Centre on Wednesday or Thursday on a rota basis. If you can help please contact Margaret Sparham 01508 499766 on Wednesday or Thursday or 01508 499579 at other times.

We are looking for a **Cook** who would be prepared to step in to cover holidays at Hempnall Mill Centre. Please phone Margaret Sparham for further details 01508 499766 on Wednesday or Thursday or 01508 499579 at other times

## CHRISTIAN AID WEEK

Thank you to all who collected and gave to Christian Aid Week. When the money is all in and counted we will let you know how much we raised.

If your envelope was not collected you can either drop it through the letter box at The Rectory , The Street, Hempnall or phone 01508 499405 and we will collect it when convenient for you.

## Birthdays in June

### Children

\* Ollie Woodrow who will be 11 on the 26th

### Teenagers

\* Jake Dye who will be 16 on the 2nd

\* Grace Ellen Collison who will be 16 on the 5th



# From the Registers



## Funerals

30<sup>th</sup> April Jean Matthews (aged 82) at Woodton Church

2<sup>nd</sup> May Freddy Whiting (aged 92) at St Faiths Crematorium

## STOP PRESS

The latest book “Let’s Walk Again” – “Circular walks in South Norfolk” has been launched and is now available at the Group Office at the Rectory, Hempnall or in any of the Group churches at a cost of £2.

Thanks to Jill Turner and Elisabeth Garrood who compiled this edition.

Enjoy the walks!

## Let’s Walk Again



**Circular walks in South Norfolk**

## CHURCH DIARY

### June 2018

|                        |        |                                              |                                     |
|------------------------|--------|----------------------------------------------|-------------------------------------|
| Sat 2 <sup>nd</sup>    | 3.30pm | Wedding of Henry Corner and Alice Wickstead  | Woodton Church                      |
| Thurs 7 <sup>th</sup>  | 1.30pm | Hardwick & Shelton PCC Meeting               | Fidelis                             |
| Sun 10 <sup>th</sup>   | 2.00pm | Church Group Walk                            | Pulham Market Village Hall / Common |
| Wed 13 <sup>th</sup>   | 2.00pm | The Ark Toddler Group                        | Hempnall Church                     |
|                        | 7.30pm | Topcroft PCC Meeting                         | Woodlands                           |
| Thurs 14 <sup>th</sup> | 7.00pm | Deanery Synod – Delving Deeper (open to all) | Hempnall Church                     |
| Fri 15 <sup>th</sup>   | 7.00pm | Grafitti Night                               | Bedingham Church                    |
| Wed 20 <sup>th</sup>   | 7.00pm | Fritton & Morningthorpe PCC Meeting          | Old Rectory, Fritton                |
| Thurs 21 <sup>st</sup> | 7.00pm | Woodton PCC Meeting                          | 10 Sebald Crescent Poringland       |
| Thurs 28 <sup>th</sup> | 2.30pm | Learning & Growing Meeting                   | The Flat                            |
|                        | 7.00pm | Quiet Prayer                                 | Hempnall Church                     |

Tuesdays at 5.00pm Evening Prayer at The Flat Woodton

Wednesdays at 5.00pm Evening Prayer at Hempnall Rectory except 2<sup>nd</sup> and 16<sup>th</sup>

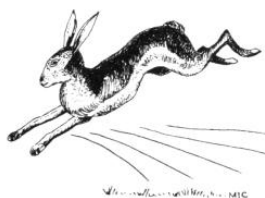
Thursdays at 8.00am Eucharist at Hempnall Church except 17<sup>th</sup>

**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 <a href="mailto:gill@gilly-marklew.co.uk">gill@gilly-marklew.co.uk</a>                            | 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                                                                |
| 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: <a href="http://www.hempnallpc.org">www.hempnallpc.org</a> |
| JAMBO JANES PET CARE SERVICES dog boarding/day care, home visits, walking, horse care                                                                      | 530259                                                                      |
| 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 <a href="mailto:acorns.aylsham.clinical@gmail.com">acorns.aylsham.clinical@gmail.com</a> |                                                                             |
| 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                                                                |
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