

Outlook

September 2017



Serving the parishes of

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

www.hempnallgroup.co.uk

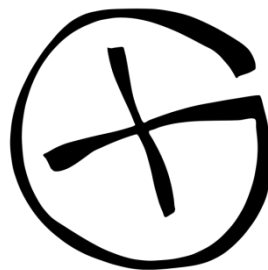
Hempnall Group Services September 2017

Sunday 3 rd		12 th Sunday after Trinity	Green
Group Eucharist from Iona	10.00am	Hempnall Church	
Holy Communion	2.30pm	The Hollies	
Readings: Psalm 139, Romans 12:9-end, Matthew 16:21-end			
Sunday 10 th		13 th Sunday after Trinity	Green
Eucharist (BCP)	8.00am	Morningthorpe Church	
Eucharist	9.30am	Woodton Church	
Eucharist	9.30am	Hempnall Church	
Eucharist	11.00am	Topcroft Church	
Matins	11.00am	Shelton Church	
Readings: Psalm 119:105-112, Romans 13:8-14, Matthew 18:15-20			
Sunday 17 th		14 th Sunday after Trinity	Green
Eucharist	8.00am	Topcroft Church	
Eucharist	9.30am	Bedingham Church	
Eucharist	9.30am	Hempnall Church	
Eucharist	11.00am	Fritton Church	
Readings: Psalm 103:1-13, Romans 14:1-12, Matthew 18:21-35			
Sunday 24 th		Harvest	Green
Harvest Thanksgiving	9.30am	Woodton Church	
Harvest Thanksgiving	9.30am	Hardwick Church	
Harvest Thanksgiving	9.30am	Hempnall Church	
Harvest Thanksgiving	11.00am	Topcroft Church	
Harvest Thanksgiving	11.00am	Fritton Church	
Readings: Psalm 22, Philippians 1:21-end, Matthew 20:1-16			

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

George's House The Street Woodton NR35 2LZ

Dear Friends,
Have you ever heard of "Geocaching"?
Here is the international logo.



It's the world's largest treasure hunt. There are 2 million worldwide to be found, and there are some near you. I recently met someone in Topcroft searching for a "cache" nearby. Caches come in shapes, sizes and difficulty of finding. Once found, you simply sign the logbook with the date and time you found it. Then place the geocache back in the same place, ready for the next person. The one in Topcroft, (which was near the church), was quite difficult to find, but caused great excitement when we did. All you need is a GPS receiver or mobile phone to find containers. To find out more go to www.geocaching.com

Treasure, I think, is to be found all around us, if we can but look and see. We treasure many things, people, an experience we have had, perhaps an object or gift that carries special meaning, it may be a place or memory. None of these are about monetary worth, they have a value much deeper, and they change our lives.

There is also a treasure to be found within ourselves. Often other people see it in us, but we don't. If or when we do, something happens and we can suddenly find a sense and meaning for ourselves, beyond what we ever hoped or imagined.

I am thinking of someone who has just discovered such a treasure in themselves, something that was seen by others long before. Now, having found it, they are so happy. It changed their lives, not just in terms of a job and place to live, but a new purpose and meaning in life.

I hope that you may find something similar.
With love

Events for your diary in September

FOOD BANK

Are you worried about going hungry today? When a person was asked what the Food Bank done for them, their response was ***"they give you hope."***

Waveney Food Bank are making a difference! The Food Bank gives three days of emergency food to individuals and families in crisis. Any donations made are greatly appreciated. Just a few items from their list of ideas: Milk (UHT or powdered, Pasta sauces, rice pudding (tinned), Tea bags/coffee (small jars), Mens and ladies toiletries.

Our next collection will be on **3rd September at Hempnall Church.**

Items can be left in the church office, Monday-Thursday, 9am-1pm.

THE MILL CAFÉ- Hempnall

4th September, 2nd October

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



Hempnall Mill Centre – LUNCHEON CLUB

Wednesdays and Thursdays **for £5.00**

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 September 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 Pam Mariner on 01508 483796.

HEMPNALL W.I. - OPEN MEETING

On **6th September** **Lynton Johnson** will be speaking and demonstrating **"Christmas Flowers and Food"** at The Mill Centre, Hempnall. **All welcome** as this is an open meeting!

The meeting starts at 7.30pm. New members always welcome.

There will be delicious refreshments and a raffle and the chance for a chat amongst friends after the talk. If you would like to know more about our group and this meeting then please contact our Secretary, Sue Eagle 01508 499559 or just come along.

Our **next outing on 22nd September will be to St Peter's Brewery**

where we will tour the Brewery at 11am and sample the various brews!

This will be followed by lunch at 12.30pm in Saint Peters Hall.

QUIET HALF-DAY AT DISS RECTORY

Do you feel like having some time for yourself just to relax and reflect?

Then why not come along to Diss Rectory on

Thursday 7th September, 9.30am-2.00pm.

Bring and share lunch, everyone welcome.

If you would like a lift please contact the office (498157).



TOPCROFT SOCIAL CLUB QUIZ NIGHT

Friday 8th September - 7.30 for 8 p.m. start

£2 pp. Max 6 per. team. Come and join us for a relaxing bit of fun.



**NORFOLK CHURCHES TRUST
SPONSORED BIKE RIDE OR WALK THE
CHURCHES OF NORFOLK including the
Hempnall Group**

This event takes place on **Saturday 9th**

September 10am – 5pm

Sponsor Forms available in our churches.

In **Hempnall Church** there will also be a **CAKE STALL from 10am -12** midday. All welcome.

Cakes & biscuits for sale will be welcome



TOPCROFT PARISH COUNCIL MEETING

to be held at Topcroft Pavilion on: **Monday 11th September at 7.30pm**

For further details please contact the Clerk: Tel 01379 855486 or email: topcroftpc@gmail.com Website: topcroftpc.norfolkparishes.gov.uk

All Parishioners are welcome

PILATES EXERCISE CLASSES AT HEMPSTALL VILLAGE HALL

Pilates classes are still going strong after 11 years! There are 7 classes + a beginner's class and an improver's class. All take place on either Mondays or Tuesdays and begin again in **September 11th & 12th**. Please contact Carin on 01603 503718 or Jo 01508 530261 or visit the website

www.nuttsaboutpilates.co.uk for further details.



COMPUTER SESSIONS at HEMPSTALL Village Hall begin again on

Tuesday 12th September 3pm – 5pm. This is a friendly group which caters for individual needs whether you are a complete beginner or more advanced and would like to get more experience. You can bring your own laptop or use our computers which all have Windows 10 and access to the Internet. Refreshments provided. **Contact Yvonne Davy 01508 499405** email ydvay01@yahoo.co.uk to sign up.

THE ARK
at Hempstall Church
'PICNIC IN GOD'S GARDEN'
Wednesday 13th September 2pm-3pm
Games, Snacks, Story, Crafts
come and join us for lots of fun!!
ALL WELCOME



WOODTON & BEDINGHAM LADIES TOGETHER

Next meeting **Wednesday 13th September** at 7.30 p.m. in **Woodton Village Hall**. The Speaker this month will be from SERV Norfolk Blood Bikes. Visitors are always welcome. For further information please contact Tricia Gunson on: 01508 482543.

CHURCH WALKS



Our next Church Walk will be on **Sunday 17th September**, meeting at **2.30pm at Topcroft Church** – if you would like any further information please contact David or Margaret Ferre – 482562.

Bedingham Church walk is on **Sunday 8th October, 2.30pm** meeting at Bedingham Church – contact: Elisabeth Garrood 482360. Refreshments will be available after the walks.

COMMENCING IN SEPTEMBER

Iyengar Yoga Class at Topcroft Pavilion –

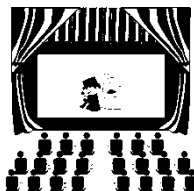
commencing on **Monday 18th September, 6.30-**

8.00pm. For beginners with no or little experience of Iyengar Yoga. Please contact: Eddie 01508 482558 or 07751 832216.



BEDINGHAM PARISH MEETING. The next meeting will take place on Tuesday **19th September at 7.30pm** at Woodton Village Hall. All Bedingham residents are welcome to attend. For more information contact Tricia Gunson (Chairman) on 01508 482543.

HEMPNALL CINEMA CLUB – On Friday 22nd September we are showing **‘VICEROY’S HOUSE.’** An Historic Drama Film of the Year, starring Gillian Anderson and Hugh Bonneville. Tickets are still only £5, including refreshments, from Ned Potts on 01508 499741.



QUIZ NIGHT - Saturday 23 September at 7 pm in

Woodton Village Hall. Tickets £7.50 pp are available from Woodton Stores (tel: 01508 482742) or Daphne Littleboy (email daphnelittleboy@hotmail.com or tel: 01508 494318). Ticket includes: Hot Dog (veg option available), cake, tea/coffee. Please bring your own alcoholic drinks. Proceeds for All Saints Church, Woodton.

DROP IN

Hempnall Church, Wednesday 27th September, 2pm – 3pm

A time to sit and chat over refreshments.

Everyone welcome. Children's corner.

Feel free to bring your knitting / sewing.

For more information contact: Jackie Cook 01362 288195



WEA - Educating adults of all ages throughout the UK

Hempnall Branch

Autumn 2017

RUSSIA IN REVOLUTION: THE USSR AND AFTER

Join us with tutor David Pryn. A seven-week course assesses the period from Lenin to Putin. How did the USSR survive economic and political isolation, what led to its collapse and what has happened since?

The course starts **Wednesday 27th September 2017, 2.30-4.30pm** in the Nelson Room at Hempnall Village Hall. There will be seven weekly sessions (not 25th October). Course fee is £55.00 (fee waived for those on benefits). We love to welcome newcomers to our courses.

Please enrol on-line at www.wea.org.uk or by telephone at 0300 303 3464 (office hours), or for more information call Gill on 01508 499495.

Hempnall Branch AGM will be held on **Wednesday 27th September at 4.45pm** in the Nelson Room at Hempnall Village Hall.

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

FLU CLINICS

MILLGATES SURGERY HEMPNALL will be holding a **Flu Vaccination Clinic** at **Poringland Old Mill Surgery on 30th September 8am – 12 noon**

at **Hempnall Village Hall** on the morning of **Saturday 7th October 8am – 12**

and Poringland Surgery on 14th October 8am – 12

If you are eligible and registered at the practice please phone 499333 or 492929 for an appointment or to make enquiries.



LONG STRATTON SURGERY Flu Clinics:

FLU CLINICS....If you are eligible for a flu vaccination our clinics are now available to book, we would encourage you to attend the surgery for your vaccine as opposed to using alternative providers, this will help us to continue to provide this service year after year.

Saturday 30th September at Long Stratton (am)

Thursday 12th October at Newton Flotman (all day)

Saturday 14th October at Long Stratton (am)

We are often asked about why we have certain rules about the way that we prescribe medications. As a practice we have a responsibility to make sure that we utilise all NHS resources appropriately. This includes referrals, prescribing, investigations and procedures.

From a prescribing point of view we have a number of areas that our CCG highlight as areas we could look at to make sure we are as cost effective as possible. We also have a number of medications we are unable to prescribe and other rules about the quantities of medication we prescribe.

Our CCG consists of 24 GP surgeries and 35 pharmacies. Over £37 million pounds was spent on prescribing medications in this group in the last year, with over 5 million prescriptions being dispensed. Waste of medications is estimated at over £1.2 million pounds, which to put into context would pay for 245 hip replacements or 8510 patients to be seen in A&E. On a regular basis members of our team remove carrier bag upon carrier bag of medication from patients homes when we visit them. Any medication returned to us cannot be reused and has to be destroyed. Anything we can do to reduce this waste of medication will mean that we have greater resources to make sure we can meet the needs of all of our patients. What can our patients do to help us with this?

- spread the word
- be honest with your healthcare professional about what you are taking
- only order what you need
- help friends and family with their medication ordering
- consider using online ordering to aid the surgery in being more efficient

Future Events For Your Diary

CAVELL FLOWER FESTIVAL 2017

Saturday 7th and Sunday 8th October, 11.00am-5.00pm at St Mary's Church, Swardeston.

THE WOODTON PLAYING FIELD COMMITTEE has organised:

An evening with David Clayton: Former Station Manager for Radio Norfolk and renowned for his part in "Treasure Quest".

David will be giving a talk on his "Journey Through The Radio" on

Friday Night October 13th in Woodton Village Hall. 7-30pm for an 8-00 pm start. Refreshments available. There will be more information in the October Outlook regarding entry and tickets.

For more information contact Jane on 01508 518007.

TOPCROFT PHOTOGRAPHIC COMPETITION: This year's competition will be held on **Saturday 14th October 2017** at Topcroft Church, to raise funds for the church: **Categories** this year will be:

1. Wildlife, 2. Dawn or Dusk, 3. Landscape, 4. Transport.

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.

Entries should be taken **to Topcroft Church** on **Saturday 7th October** from 10am-11am or from 2pm-3pm.

Judging will take place in the morning of the Saturday 14th October and the church will be open for viewing from 2.30pm. Our judge this year is Robert Taylor who has kindly agreed to comment on the entries. Any enquiries please phone David and Margaret Ferre - 01508 482562.

CHRISTMAS FAIR AT HEMPSTALL VILLAGE HALL- in aid of St. Margarets Church Hempnall

Saturday 11th November, 10.00am-1.00pm

Come and buy your Christmas Gifts: books, cards, hand-made crafts, Christmas wreaths, refreshments, and much more.....

For further information please contact Claire Key 01508 499342.

Thank you

We received the following letter of thanks following our donation of £890 for the Himalayan Children's Care Home from our Lent collections:

Namaste!

How are you?

You provided us big donation support for Himalayan children's care home through our charity.

So, I would like to gratitude thankful for your such a wonderful

compassionate for us and which is great help for the Children's daily food, medical and stationary and clothes.

We praying for your good health and prosperous in your family life and home 🙏

Take care and have a good day! With thanks and warm regards

Lama Pasang Gurung

Founder of the Himalayan Children's Care Home



FRIENDS OF BEDINGHAM CHURCH. On July 14th we held an evening of fun, community spirit and fund raising in the garden of 5 School Road. Some traditional games, raffles, drinks and hot dogs were so well supported by a great crowd, whose generosity and support gave us a total profit of over £800 pounds, plus a further donation from a local family's sale of plants resulted in a total of £900 towards maintenance of St Andrews Church. Our heart-felt thanks go to all who supported us with help, prizes, cakes and many goodies, and to all who came to our friendly evening. Thank you all again. BRYAN AND MARGARET.

Thank you to everyone for all you kind wishes, cards, letters and goodies. For all your visits which cheered me up and kept me smiling. Love to you all.

Jackie Leggett



Thank You:
All Saints
Church,
Woodton,
welcomed
around 100



classic cars, their owners and passengers at the start of Open Churches Week on 5 August. A big thank you to Gillian who welcomed the visitors to the church, and to the marshals (Janis, John, Peter, and Daphne) who controlled the traffic. A very special thank you to Steve and Elaine Hill for making their fields available for parking.

Topcroft – Open Churches Classic Car Run – A thank you to everyone who baked cakes and helped on the day. It was a very busy but enjoyable morning.

Topcroft- Thank you to everyone who helped to clean the church and prepare refreshments for the evening of music to celebrate the completion of the church kitchen extension. Also a huge thank you goes to the Gissing Choir and the Topcroft String Quartet for their music that helped to make it a memorable evening. Thank you from Topcroft PCC members.

Christian Aid Week final total **£2134.40**. Thank you all.

The Children's Society Boxes this year raised almost **£300**. If you would like to have a box for your small change and in this way help many vulnerable children, please contact Yvonne Davy 01508499405 or email ydavy01@yahoo.co.uk



Borderhoppa is looking for volunteers and trustees to join our vital community transport service in south Norfolk and north Suffolk.

Users of the service include the elderly, young people, community groups, the rurally isolated and those with impaired mobility. Our door to door dial-a-ride service helps people to carry out important tasks such as

attend medical appointments, go shopping, pay bills, participate in social events and visit friends and family. If you are interested in becoming a volunteer/trustee or both and supporting us we would love to hear from you. For more information please contact Tom Clarke 01379 854800.

Come and join us....

as we Pause on Life's Journey



Bishop Woodford House – 15th – 18th May 2018

Bishop Woodford House is situated in Ely. The house is comfortable with easy access. It is surrounded by beautiful secluded grounds with places to sit or wander. Within walking distance is the Cathedral, High Street, market, walks by the riverside.

There are many places to visit nearby including National Trust properties and the City of Cambridge.

The accommodation consists of 13 single rooms, 10 single en-suite and 4 twin en-suite bedrooms.

The cost will be £219 which includes breakfast, morning coffee, lunch, afternoon tea and 2 course dinner. Places are limited so please book early.

For more details please contact Michael or Liz on 01508 498157

Email hempnallgroup.office@btinternet.com

Bishop Woodford's House, Barton Road, Ely, Cambs. CB7 4DX
www.bishopwoodfordhouse.com

CARETAKER NEEDED FOR THE HEMPSTALL MILL for Wednesday and Thursday mornings before 8.30am. The job involves moving tables and chairs and other basic jobs and checks on the building.

There will be additional work available at other times to be arranged. For further details of hours and pay please contact Jean Griffiths 01508 499421 jeangriffiths1950@gmail.com



SAVE £S ON BUYING FUEL

In 2014 Hempnall Parish Council paid for lifelong membership of the **Thinking Fuel Communiity Buying Scheme set up by CAN** (Community Action Norfolk) with AF Affinity. This means that, by registering with CAN, **anyone living in Hempnall** (including the Greens) can take advantage of buying oil with an average of 2p per litre off the going price on the day of ordering, whether buying 500 or 1000 litres.

Once registered, members can order directly with Affinity 2 times each month on specified days. On those days, Affinity shops around for the best price then groups all the orders COUNTY WIDE enabling them to get a good bulk buy discount which is passed on to members.

Further benefits of being a member of the scheme are that members can also buy Calor gas and coal (subject to minimum order) or take advantage of getting a discount when buying:

- White Goods (Fridges, Freezers, Washing Machines etc.)
- Electrical Items including TVs and Tablets
- Gardening Equipment including Lawn Mower and Sheds
- Building Equipment and DIY material including aggregates

More information and application forms can be downloaded from the Parish website www.hempnallpc.org.uk or from Sylvia Driver tel. 01508 498890 or sylviadriver51@gmail.com.



NEED EXTRA OUTDOOR SPACE? to grow vegetables and flowers OR simply to sit and enjoy the countryside.



Town Estate Property Charity – Allotments for rent **ONLY £5.00 per year**. We currently have allotments for rent on the Mill Road site in Hempnall. Anybody interested should contact **Jackie Jackson 01508 499061**
jackson.jc@btinternet.com

OPERATION CHRISTMAS CHILD - SHOE BOX APPEAL

We will be having our Christmas Shoe Box Appeal again this year, filling a shoe box with gifts for children who live in the poorest countries of the world. This is just a reminder so you can start collecting items! More details in next month's magazine.

GOVERNORS WANTED

Hempnall and Shelton with Hardwick are now a federated school. The schools have one governing body, were rated 'good' at the last Ofsted inspections and are looking for more governors. Are you interested? Please contact either Shelton with Hardwick School 01508 530331 or Hempnall School 01508 499264.

HEMPNALL VILLAGE HALL TOTE WINNERS July 2017

£40 K. Peachment £30 L. Everett £20 C. Sauverin £15 E. Williams £10 P. Otty

After 38 years, Hempnall Village Hall Committee has agreed to make this the last year for our TOTE. Some of the collectors have done the job for all this time and it is time to have a rest! This has been an excellent fund raiser over the years and we are indebted to Valerie Carter the tote promoter and all other volunteers. Lastly THANK YOU our loyal punters! The Christmas Bonus will be a good way to finish.

WOODTON VILLAGE HALL TOTE WINNERS – Latest Winners

July winners : S.Webb, C Holden and D Littleboy

August winners: M Barrie, D Wolfender and S 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 monies raised go toward the upkeep of the village hall.

BEDINGHAM VILLAGE TOTE – lucky winners for the last two months:

42. A Binks. No 24. R Day. No 6. L Serle. No 25. D Brinded. No 23. L Bond. No 23. L Bond. No 36. N Goulborn. No 27 P Warner. No 17 T Gunson.

Happy Birthday to:

Children

Samuel Alexander Johnson who will be 9 on the 21st

Daisy Alice Gosling who will be 8 on the 24th

Teenage

Adam Garrod who will be 16 on the 12th

Jasmine Pretty who will be 15 on the 15th



From the Registers

Baptisms

2nd July Albert Rex Murphy at Bedingham Church

8th July Poppy Florence Mackie at Shelton Church

9th July Mya Ann Cooke at Hempnall Church

13th Aug Gideon Maximus Rix at Hempnall Church

Weddings

24th June Samuel Vaughn and Madeleine Alexander at Shelton Church

5th Aug James Harrison and Phoebe York at Topcroft Church

Funerals

11th July Doris Butcher aged 99 at Green Acres, Colney, followed by private cremation at Earlham Crematorium

3rd August Jack Reeder aged 94 at Fritton Church

10th August Richard Holden aged 74 at Bedingham Church

16th August George Davey aged 69 at Shelton Church

18th August Joyce Bradbury aged 88 at St Andrews Church, Holt

Burial of Ashes

18th June Christopher Barker aged 72 at Bedingham Church

12th July Mary Blyth aged 86 at Hempnall Church

3rd August David Kaye aged 88 and Mary Kaye aged 81 at Hempnall Church

15th August Bet Wythe aged 91 at Hempnall Church

Memorial Service 20th June For the life of Joyce Andrews at Woodton Church

Joyce Bradbury

Joyce Bradbury, wife of the Reverend Cedric Bradbury died on 29th July 2017 and her life was celebrated in the parish church of St. Andrew the Apostle in Holt on Friday 18th August.

Cedric and Joyce moved to the Hempnall Group in 1971 where Cedric was Vicar and then Rector of the 8 parishes. Both he and Joyce were very active and keen on the concept of the GROUP.

They continued the "Summer Schools" for young children and the "Working parties", where young people from various, usually urban, parishes, such as Selby, Sawbridgeworth, Bury in Lancashire and Luton joined together with those from our parishes to do work on the churches and graveyards. A lot of learning went on and what a difference they made! Bedingham church was decorated and looked even more bright and beautiful.

Their own family, Jonathan, Bridget, Dorothy and Edward, joined in and carry their own memories of those happy times.

The working party youngsters initially stayed with local families but later set up camp in the garden of Morningthorpe Rectory and what fun that was! Joyce churned out countless breakfasts and the parishes entertained the young people to supper in barns and the old Village Hall in Hempnall. They were good times. Cedric and Joyce were always generous in their hospitality.

Cedric was also a man of vision and it was his idea to turn the old broken down Mill into a Day care Centre and to encourage South Norfolk Council to build the sheltered housing at Millfields. His other inspired idea was to reorganise the Hempnall and other Group parish charities after consultations with the Charity Commission. This in turn led to the creation of a new village hall in Hempnall which has become such a resource for the Group and the community.

Sadly Jonathan was killed in a road traffic accident after Joyce and Cedric had moved to Wroxham parish.

Cedric and Joyce retired to Holt in North Norfolk and both enjoyed keeping in touch through the Outlook magazine.



CHURCH

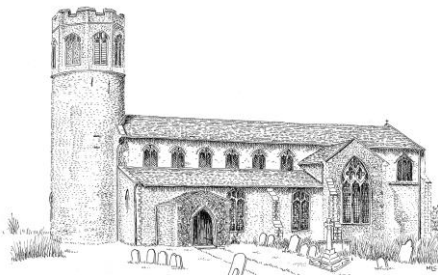
DIARY

September 2017

Thurs 7 th	9.30am	Quiet Morning	Diss Rectory
Wed 13 th	2.00pm	The Ark Toddler Group	Hempnall Church
Sun 17 th	2.30pm	Topcroft Church Walk	Meet at Topcroft Church
Thurs 21 st	11.00am	Wholeness Team Meeting	Hempnall Rectory
	2.30pm	Learning and Growing Team Meeting	The Flat
Tues 26 th	4.00pm	Outreach Team Meeting	Brick Kiln Cottage
Wed 27 th	2.00pm	Drop-In	Hempnall Church
Thurs 28 th	7.00pm	Quiet Prayer	Hempnall Church

Every Tuesday at 5.00pm Evening Prayer at The Flat Woodton
 Every Wednesday at 5.00pm Evening Prayer at Hempnall Rectory
 Every Thursday at 8.00am Eucharist at 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 550403 or 07785 528069

AM FLOORING – Flooring installation service in and around Norwich amflooring@live.co.uk 07939 417342

APPLE JUICING SERVICE. Norfolk Scrumpers press, pasteurise, and bottle your apples. 820103

ARCHITECTURAL SERVICES Call Mark Woods for advice and free quotation 498805

ARKSCAPE LANDSCAPE & GARDENING SERVICES Free quotes no job too small 470482

BED & BREAKFAST at George's House, Woodton e-mail: julietpeter@googlemail.com Call Juliet 482214

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

CHIROPODIST/PODIATRIST Samantha McCluskey 14 yrs NHS experience HCPC registered 07905 724408

CHRIS CLARKE OIL BOILER SERVICES, servicing & breakdown repairs 07912146619 & 536573

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 HOME CARE SERVICES: personal care and support in your home Contact Karen 07538 936249

HEMPNALL LAWNMOWER CENTRE Brick Kiln Lane Morningthorpe www.mowdirect.co.uk 473700

HEMPNALL PARISH COUNCIL website address: www.hempnallpc.org

LOCAL SKILLED HANDYMAN AVAILABLE only £12 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

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