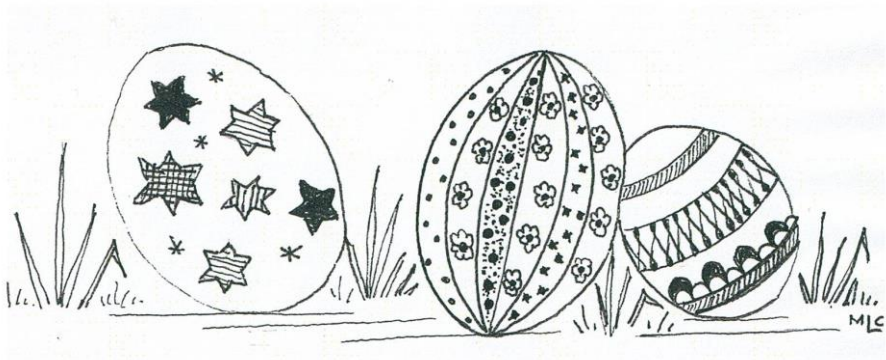


Outlook

April 2015



**Serving the parishes of
Bedingham Fritton Hardwick Hempnall
Morningthorpe Shelton Topcroft Woodton**
www.hempnallgroup.co.uk

Services for April

HOLY WEEK		
Wednesday 1st		Red
Eucharist	7.30pm	Woodton
Thursday 2nd		Maundy Thursday
		White
Eucharist and Vigil	7.30pm	Topcroft
Friday 3rd		Good Friday
		Red
Family Service	10.30am	Hempnall
Reflection at the cross	2.00pm	Morningthorpe
Reflection at the tomb	7.00pm	Bedingham
Sunday 5th		EASTER DAY
		Gold/White
Easter Vigil	5.30am	Topcroft
Eucharist	9.30am	Woodton
Eucharist	9.30am	Hempnall
Eucharist	11.00am	Shelton
Family Communion	11.00am	Morningthorpe
Eucharist	11.00am	Topcroft
Holy Communion	2.30pm	The Hollies
<i>Readings: Acts 10:34-43, Mark 16:1-8</i>		
Sunday 12th		2nd Sunday of Easter
		White
Group Service	10.00am	Woodton
<i>Readings: to be arranged</i>		
Sunday 19th		3rd Sunday of Easter
		White
Eucharist	8.00am	Topcroft
Eucharist	9.30am	Bedingham
Morning Service	9.30am	Hempnall
Eucharist	11.00am	Hardwick or Shelton
<i>Readings: Acts 3:12-19, Luke 24:36b-48</i>		
Sunday 26th		4th Sunday of Easter
		White
Eucharist	9.30am	Woodton
Eucharist	9.30am	Hempnall
Eucharist	11.00am	Fritton
Morning Praise	11.00am	Topcroft
<i>Readings: Acts 4:5-12, John 10:11-18</i>		

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

The Rectory
The Street
Hempnall

Dear All

During Lent, the Hempnall Group has been looking at the Lord's Prayer. It's a prayer many of us know well and a profound prayer about all aspects of life.

"Lord forgive us our trespasses as we forgive those who trespass against us" is perhaps one of the most difficult bits of the prayer. The first part is easier – we can continually go back to God and ask his forgiveness. The second part is harder as it means actually speaking to those who have wronged us.

I was helped in this by a story about Corrie Ten Boom. Corrie was a Dutch woman who suffered under the Nazis in Ravensbruck concentration camp during the Second World War. One day after the war an ex-guard was at a service where she was talking. He asked her to forgive him for all the murders he committed.

Corrie said 'I stood there – I whose sins had again and again to be forgiven by God - and I could not forgive. I stood there with the coldness clutching my heart. 'Jesus help me' I prayed silently. 'I can lift my hand, you provide the feeling.' I thrust my hand into the one stretched out to me. An incredible thing took place. A healing warmth seemed to flood my body. I had never known God's love so intensely as I did then.'

Corrie was able to forgive because the power of God's Holy Spirit had given her the power to do so. I wonder how I or you would have reacted? The connection with Easter? This time of year is about forgiveness – Jesus giving his life for each of us to enable us, through his love, to, among other things, face those challenges that we find so difficult.

Our Easter services are set out elsewhere in this edition of 'Outlook.' You will receive a very warm welcome at any of them. However, whatever you do, where ever you go, I do hope you have an enjoyable time.

Alleluia He is risen.

Easter blessings to you all.

A handwritten signature in purple ink that reads "Michael".

Events for your diary in April:

TOPCROFT BINGO

Come and win prizes at Topcroft **Easter Bingo** in the Sportsfield Pavilion on **Wednesday 1st April** at 8.00pm. Everyone welcome.

HEMPNALL WOMEN'S INSTITUTE

The next meeting is on **Wednesday, 1 April, at 7.30pm in the Mill Centre**, when **Nana Lay** will be demonstrating the making of **Danish Pastries**. The **Competition** will be for a **Homemade Tart**. There will also be home-made refreshments, plus a Raffle and the **TRADING STALL** (contributions please!!). Please contact our Secretary, Sue Eagle (01508 499559) if you would like further information – we would love to welcome new members!

CAKE STALL AT BUNGAY BUTTERCROSS – SATURDAY 4th APRIL.

Woodton Church will be having a home-made cake stall at the Buttercross from 9 am til 12 noon, to raise funds for the proposed new heating system. If you are able to make a cake for us, we will be happy to collect or just come along and buy a cake. Many thanks - Gillian Noakes (482322) or Daphne Littleboy (482479)

COME AND JOIN US AT HEMPNALL MILL CAFÉ on 13th April

Tea, Coffee & cakes and light Lunches from 10am – 2pm

Future dates 11th May & 1st June Hempnall Mill Centre,
Mill Road, Hempnall. NR15 2LP Mill Café Tel: 01508
499766 (for orders and enquiries on café days only)



FOOD BANK

The first collections of this year have been so generous and were much appreciated. Unfortunately the need remains as great as ever. The next collection will be at Woodton Church **on April 12th** – or at the Rectory Office Monday to Thursday mornings. Seasonal (eg Easter) items are lovely and welcome, but essential staple foods last longer!

Thank you so much for your continued support.

PILATES CLASSES are busy at Hempnall Village Hall with only a few spaces on a Tuesday at 5.30 and 6.30pm if interested in returning. Classes begin again on **13th & 14th April**. Carin 01603 503718

Beginners classes on Mondays at 6 & 7pm ring Jo Douglas on 01508 530261

COMPUTER CLASSES AT HEMPSTALL VILLAGE HALL

The Summer term begins again with a short course starting on **Tuesday 14th April** 3pm -5pm and **Thursday 16th April** 4pm – 6pm. All levels of ability from beginners onwards. Come and join us! Contact Yvonne Davy 01508 499405

FOOTBALL CLUB FOR WOODTON?

As a positive result of the recent flyer from Woodton Playing Field Committee, anyone interested in a friendly football team please come along to the playing field on **Tuesday April 14th at 6-30pm** for a friendly kick about. All adults and children welcome - please wear trainers only.
Enquiries to Tony 01508 482313/ Peter 01508 482772.

BODY SHOP PARTY IN AID OF CANCER RESEARCH UK.

Friday 17th April at Hempnall Mill Centre at 7:30pm until 10:30pm.

Tickets will need to be purchased either in advance for £2 or on the door for £3. All money raised will go straight to Cancer Research UK; this will include 10% of all body shop purchases, raffle tickets, tombola, 10% of all Hurley Burley Jewellery purchases and refreshments. Why not come and join the fundraising? Any donation of prize or money would be gratefully received.

If you would like to order a ticket or have any further questions, please email Kayleigh Gallant on: kayleighgallant@gmail.com or telephone on 01508 531732

CEILIDH! Saturday 18 April. 6-9 pm in Woodton Village Hall.

Come and dance with the Snapdragon Band. Tickets £10 (family ticket £25 for 2 adults and 2 under-16s). Ticket includes supper; please bring own drinks. Book by Monday 13 April 01508 483838 or hostdavid.patey@gmail.com (please mention any dietary restrictions). *Please note the corrected email address.*

COME AND ASK YOUR QUESTIONS AT A PRE-ELECTION FORUM

Chaired by Louise Priest of BBC Radio Norfolk with

Richard Bacon MP – Conservative

Deborah Sacks – Labour

Jacky Howe – Liberal Democrat

Barry Cameron – UKIP

Catherine Rowett - Green

on **Monday 20th April, 7pm for 7.30pm** at **Long Stratton High School**

***** STOP PRESS**** The changes to the opening hours of Morningthorpe recycling centre have been put on hold so the current opening hours will continue as before whilst NCC reconsider.

EASY WALKING IN APRIL

Dates:	Village	Walk Leader	Contact Details
19 April	Hardwick	Josephine Murgatroyd	01508 530453
26 April	Bedingham	Elisabeth Garrood	01508 482360

More easy walks

31 May	Hempnall	Ron Cooper	01508 499428
7 June	Morningthorpe	Brian and June Cutting	01508 499600
28 June	Woodton	Daphne Littleboy	01508 482479
26 July	Topcroft	Margaret & David Ferre	01508 482562
2 August	Fritton	Pat Parsons	01508 498106
6 Sept	Shelton	Josephine Murgatroyd	01508 530453

All walks will start at the appropriate church at 3.00pm, will take approximately one and a half hours and will finish with tea. Further information from the walks' leaders.

THE ANNUAL GENERAL MEETING OF BEDINGHAM PARISH MEETING will be held at Woodton Village Hall on **Tuesday April 21st** at 7.30 p.m.
All parishioners very welcome.

Reminders- "YOUR EYESIGHT MATTERS" Hempnall Mill Centre 22nd April 7.30pm

Saxlingham Players drama 15th -18th April 7.30pm Saxlingham VH

Topcroft Progressive Supper 18th April. Phone Daphne on 07850709297

SAXLINGHAM NETHERGATE BOWLS CLUB

The Club is running two taster session for new and experienced bowlers at the Saxlingham Playing Field

Saturday 25th April from 1:30pm

Monday 27th April from 11:00am

Contact Chris Lacey on 499700



Need help with transport?

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

We can pick you up from your home and take you shopping, to work, to your local job club/ job centre or to visit a friend or relative, for appointments at doctors, dentists, hairdressers, vets etc. and take you home again. Maybe you would like to join in with a local community group or go to an event but can't get there and back. Borderhoppa is here to help you make all of your journeys with ease.

We also run members outings to the seaside, gardens, shopping trips, boat trips, pub lunches etc. and we hire our mini buses with a driver to local not for profit community groups.

Become a member and enjoy all the benefits of our door to door service and join us on our monthly organised outings.

(Membership £6 for 6 months or £10 for 12 months and journeys are priced on distance travelled) Unfortunately we are no longer able to accept concessionary bus passes.

Borderhoppa Outings:

April 2015

Mon 13th – The Range, Norwich & lunch at The Village Inn, Little Melton - £15 (lunch extra)

Mon 20th – Thetford - £10

Mon 27th – Lunch at the Flixton Buck & shopping in Bungay - £8 (lunch extra)

May: 2015

Thurs 7th – Lunch at the Chip Inn, Long Stratton - £5 (chips extra)

Mon 11th – Cherry Lane Garden Centre, Fritton & Gorleston for shopping - £16

Thurs 21st – Waveney Stardust, Stalham - £25 (includes boat trip). Spaces limited

Thurs 28th – Highway Nurseries - £14

If you would like to make a booking please call 01379 854800

Email: adminborderhoppa@btconnect.com

or for more information visit our website: www.borderhoppa.org

HOME GROUPS

The group met three times during March where we explored "I am the vine". Our next meeting will be on **Thursday 23rd April** 2.30pm - 4pm at The Chequers, Mill Road, Hemphall. All are welcome to come and join the group for discussions and refreshments. Please let us know if you are interested; - Jackie 01362 288195, Kate 498673 or Rosemary 499570.

STEP AEROBICS Woodton Village Hall Thursday 6.30-7.30pm

All levels welcome Call Jacqui 482679

also Running Classes Tuesday am and Saturday am

WOODTON BIG LITTER PICK 2015- SATURDAY 25th APRIL 10.00am -12.00

After the success of the Big Litter Pick last year, resulting in winning one of the £200 prizes, it has been decided that once again the village of Woodton would take part in this worthwhile event benefiting the whole community. The Big Litter Pick will take place on Saturday 25th April, meeting at 10.00am outside the village shop. We welcome all volunteers and look forward to seeing you there.

EASTER 2015

We would love you to come and join in our Easter Celebrations.

HOLY WEEK

Wed 1st April

7.30pm Eucharist at Woodton Church

Thur 2nd April

Maundy Thursday – 7.30pm Eucharist and Vigil
at Topcroft Church

11.00am Chrism Eucharist Service at
Norwich Cathedral

Friday 3rd April GOOD FRIDAY

Family Service

10.30am at Hempnall Church when children and
adults from the Group re-enact The Passion and
Resurrection Story.

Reflection at the cross 2.00pm at Morningthorpe Church

Reflection at the tomb 7.00pm at Bedingham Church

Sunday 5th April EASTER DAY

5.30am Vigil Service at Topcroft

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 Woodton

9.30am Eucharist at Hempnall

11.00am Eucharist at Shelton

11.00am Family Communion at
Morningthorpe

11.00am Eucharist at Topcroft

2.30pm Holy Communion at The Hollies

If you would like to receive Communion at home, please
contact Michael on 498157 or Liz on 482366.

Fill a Jam Jar to Support Nicola and Sophie Green who will be cycling 217 miles across Tanzania in October 2015

They will be part of an amazing group of women taking part in this challenge to raise funds for the fight against breast, ovarian and cervical cancers.

As well as having to train hard Nicola and Sophie need to raise a minimum of £3000 each to support the work of the Women v Cancer charities, and they are asking local people and companies to help reach their target. If you would like to help save money in a jam jar and join the fight against this terrible disease. (Jam jars available at back to churches).

Thank you so much



From the Registers

Funerals

3rd March

Daron Gunson (69)

Woodton Church

Burial of Ashes

12th March

Vera Sturman (94)

Bedingham Church

Happy Birthday to:

Children:

- * Millie Hanner who will be 5 on the 2nd
- * Harry DJ Shreeve who will be 9 on the 9th
- * Elliot Storey who will be 2 on the 12th
- * Eleanor Pretty who will be 9 on the 14th
- * Leocadia Wood who will be 4 on the 27th

Teenage:

- * Fern Broom who will be 14 on the 1st
- * Sam Yaxley who will be 16 on the 10th
- * Matilda Warde-Aldam who will be 15 on the 18th
- * Allesandro Maruca who will be 13 on the 18th

Future events for your diary:



Annual Art Exhibition 1st, 2nd & 3rd May 2015 Hempnall Village Hall

Friday 1st May 7 – 9pm (by ticket)

Saturday 2nd & Sunday 3rd 10.30am until 4.00pm

Entrance £1 per person including catalogue

Over 300 exhibits for sale by club members and invited local artists

Refreshments available

A donation from the profits will be given to a chosen local charity

Call Richard 499498 or Graham 01508 550775 for further details

Please come, browse and enjoy this interesting display. All welcome.

HEMPNALL CINEMA CLUB. We have managed to get the Stephen Hawking biography **“THE THEORY OF EVERYTHING”** for our film night on **Friday 8th May**. A moving and truly inspiring film which stars Best Actor Oscar winner Eddie Redmayne and Felicity Jones. Tickets are still only £5 including refreshments and will be on sale from Friday 24th April 2015.

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. **“THE SECOND BEST MARIGOLD HOTEL”** will be our film for **Friday 11th September 2015**.

CHRISTIAN AID WEEK 10th – 16th MAY - More details next month

TOPCROFT OPEN GARDENS

SCARECROWS. Would you like to join in the fun and make a scarecrow? We are hoping for a good display of village scarecrows. These will be put on show through the street for the Open Gardens on Sunday 24th and **Monday 25th May**. Straw will be available for scarecrows from Jackie at Woodlands. If you would like to know more please contact Jackie 482 267 or Charlotte 482 707

TOPCROFT COUNTRY DAY

More Scarecrows. We are hoping to have lots of scarecrows for the Country Day **Sunday 14th June**. If you enjoyed making one for the Open Gardens and feel like putting it on display again, or making another, please join in the fun. There will be another Cake Competition this year. Last year we had a wonderful selection of cakes.
Or if you would like to bake something for sale it would be very much appreciated.

OPEN DAY DITCHINGHAM HALL, Ditchingham, Bungay, NR35 2JX

Sunday 7th June Open 2 - 5pm

A beautiful garden surrounding a Queen Anne house set in magnificent parkland with lake and woodland for visitors to walk round. There is a walled kitchen garden, a cedar walk, many herbaceous borders, abundant roses and a parterre. An arboretum has been recently planted. Home made teas available and plants from a local nursery for sale.

Adults £4 in aid of St. John Ambulance in Norfolk and children free.

Please no dogs.

WOODTON PRIMARY SCHOOL FETE on Saturday 27th June. There will be plenty of fun for all the family to include bouncy castle, fun races, raffle, tombola, plenty of stalls, refreshments and ice creams.

TOPCROFT PHOTO COMPETITION: This year's competition will be held on **Saturday 26th September 2015** at Topcroft Church, to raise funds for the church kitchen extension:

Categories this year will be:

- 1. A Coastal Scene**
- 2. A Favourite Animal or Bird :**
- 3. Wings and Wheels:**
- 4. Childhood Fun:**

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 July/August edition of Outlook. (Enquiries to David and Margaret Ferre – Tel. 01508 482562).

Thank you....

Norfolk Young Carers Forum

Money was donated to the Norfolk Young Carers Forum from The Hempnall Group Christmas Carol Concert, we have received the following response:

We would like to thank you so much for the £300 donated to Norfolk Young Carers Forum.

We used that to go onto a residential break in North Norfolk. 8 of us were able to get

together, along with 4 staff to support us, to spend a couple of days together



working on our project with Norfolk County Council where we are aiming to improve support for young carers in Norfolk.

This time away from our caring duties is really important to us. We are proud of our caring roles and the things we do but it can be hard work and very stressful, so time to just be teenagers and 'hang out' together was really important.

Thank you so much 😊

Thank you for all who came to the Women's World Day of Prayer Service on Friday 6th March. The service was put together by women from The Bahamas with the theme: Jesus said to them 'do you know what I have done to you?' This refers to the story in the bible after Jesus washes the disciples' feet at the Last Supper. Here Jesus shows radical love and we are called to do the same. We spent time thinking of ways we could show this kind of love in our community. I showed a slide show of pictures of The Bahamas and we learnt that life there wasn't just the tourist sandy beaches, but they struggle with poverty, HIV/Aids, crime, refugees and cancer, about which we prayed. We had lunch before and more refreshments after. Thank you to all who took part and provided food. The collection amounted to £203, sent to charities across the world. An amazing amount!

Next year the service comes from Cuba. Has anyone been there?

Do join us men and women, Friday 1st March 2016!

With thanks again – Maggie Kingston.

Topcroft Stewardship - Thank you to you all who have kindly responded to the Stewardship letter and if not we are still happy to receive your reply. Please contact me if you wish to discuss anything on 01508 482448 evenings or need a further information.

Not for the first time in recent months change is afoot at LSMP with

THE RETIREMENT OF OUR LONG SERVING AND MOST SENIOR PARTNER DR BAMBER. (*Dr. Bamber is a resident of Fritton*)

Born in Liverpool, the son of a dermatologist, Dr Bamber studied Classics at Cambridge. He interviewed for the Foreign Office but was advised to gain experience by joining the army first. He joined the Royal Green Jackets following a 6 months course at Sandhurst, going on to serve in Northern Ireland & Belize, and was ADC to the Commander-in-Chief of UK Land Forces.

On deciding to become a doctor, as he had no science A-levels, he initially completed a 1st MB course at Birmingham, before going on to complete his medical degree there. He funded his studies by using the HGV licence gained in the Army to drive (amongst other things) explosives round Europe, car

transporters and fish from the docks to supermarkets. He did his “house jobs” in Birmingham and on one eventful shift in A&E disarmed a patient wielding a gun for which he was awarded the BMA Award for Valour. Three years of GP training in Bury St Edmunds followed before he joined Long Stratton in August 1989. Dr Bamber’s retirement will not be dull. He enjoys cycling, raising £21,000 for “Help for Heroes” on the “Big Battlefield Bike Ride in 2010.” He has a love of books including military and local history and the history of medicine. There are of course the donkeys and chickens to help him relax (keep him busy!) at home. Dr Bamber is an institution at LSMP. He has the best-organised patient list of all of the doctors and can teach them all a thing or two about efficiency and good use of technology. We, along with his patients who have had fantastic care over the last 25 years, will miss him greatly and wish him all the best for a Happy Retirement.

Dr Lara Douglass (Many thanks to Mrs B for her input)

HEMPNALL MILL CENTRE Bookings & Allotments Hiring

Contact Jackie Jackson 01508 499061 (tel/fax) info@hempnalltrust.org.uk
www.hempnalltrust.org.uk

HEMPNALL VILLAGE HALL TOTE WINNERS February 2015

£40 T. Andrews £30 M. Carter £20 R. Deller
£15 T. Medlar £10 T. Joyce

Fritton and Morningthorpe Non-Ecclesiastical Charity

Grants are available to assist with travel to and from hospital. If you know of anyone who would qualify please let the Trustees know. Carol McDonnell 01508 531629 or Stanley Youngman 01508 498115. Funeral grants are also available to a surviving spouse.

Dog Fouling – Woodton Churchyard - Recently there have been incidents of dog fouling in the churchyard. We welcome well behaved dogs on leads in the churchyard, which is a public open space. As it is a public open space the South Norfolk Council byelaws on dog fouling apply to the churchyard, meaning that it is an offence to fail to clear up after your dog. It would be appreciated if owners would clean up after their dog.

BEDINGHAM 49 CLUB WINNERS for the last 5 weeks are.

22 R Hadman 36 N Golbourn 43 J Bond
31 W Beasley 45 B Bull

CHURCH DIARY

April 2015

Tues 14 th	7.00pm	Bedingham PCC AGM	Bedingham Church
Wed 15 th	7.30pm	Woodton PCC AGM	Woodton Kings Head
Thurs 16 th	7.30pm	Fritton & Morningthorpe PCC AGM	Friars Farm Barn
Sun 19 th	3.00pm	Hardwick Church Walk	Meet at Hardwick Church
	6.30pm	Farewell Service for David Sochon	Shotesham Church
Mon 20 th	7.30pm	Depwade Deanery Pre-Election Forum	Long Stratton High School
Tues 21 st	7.30pm	Hempnall PCC AGM	Hempnall Church
Wed 22 nd	7.00pm	Hardwick & Shelton PCC AGM	Shelton Church
Thurs 23 rd	7.30pm	Topcroft PCC AGM	Topcroft Pavilion
Sun 26 th	3.00pm	Bedingham Church Walk	Meet at Bedingham Church
Wed 29 th	6.00pm-9.00pm	Lay Deacons Evening	Hempnall Mill Centre
Thurs 30 th	7.30pm	Quiet Prayer	Hempnall Church

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

Please note: there will be no evening prayer meetings or Thursday morning Eucharist weeks commencing 30th March and 6th April.

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
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	498855/07789722533
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
FLORIST, Tyler Lilley Flowers, weddings, sympathy, events tylerlilleyflowers.co.uk	531282
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
JOHN GODDARD Gardening, driving & Agricultural work, Reliable & Experienced	07875121788 or 531055
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

More Adverts inside back cover

PAINTER & DECORATOR Graham Bull over 25 years experience grahambull071@btinternet.com 482409
PAUL CLARRY PLUMBING & HEATING for all your requirements 07887485676 / 491197
PAWS 4 TRAINING – Puppy Life Skills, Obedience, Agility and 1-2-1 Training 499026 / 07709 539903
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

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