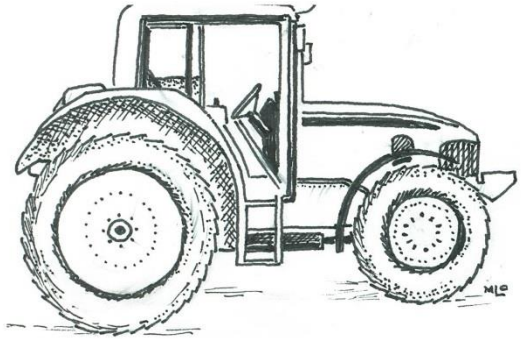


Outlook

September 2016



Serving the parishes of

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

www.hempnallgroup.co.uk

Hempnall Group Services September

Sunday 4th		15th Sunday after Trinity	Green
Group Eucharist from Iona – Peace & Justice + Joan Pygott from Samaritan's Purse		10.00am	Hempnall
Holy Communion		2.30pm	The Hollies
<i>Readings: To be arranged</i>			
Sunday 11th		16th Sunday after Trinity	Green
Eucharist (BCP)		8.00am	Morningthorpe
Eucharist		9.30am	Woodton
Eucharist		9.30am	Hempnall
Eucharist		11.00am	Topcroft
Matins		11.00am	Shelton
<i>Readings: Exodus 32:7-14, 1 Timothy 1:12-17, Luke 15:1-10</i>			
Sunday 18th		17th Sunday after Trinity	Green
Eucharist		9.30am	Bedingham
Morning Service		9.30am	Hempnall
Eucharist		11.00am	Topcroft
Eucharist		11.00am	Fritton
<i>Readings: Amos 8:4-7, 1 Timothy 2:1-7, Luke 16:1-13</i>			
Sunday 25th		Harvest	Green
Harvest Thanksgiving		9.30am	Woodton
Harvest Thanksgiving		9.30am	Hardwick
Harvest Thanksgiving		9.30am	Hempnall
Harvest Thanksgiving		11.00am	Topcroft
Harvest Thanksgiving		11.00am	Fritton
<i>Readings: To be arranged</i>			

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



Hello from The Flat in Woodton. A Story for you.

A little boy was watching his grandmother write a letter. At one point he asked, “Are you writing a story about what we’ve done? Is it a story about me?” His grandmother stopped writing, smiled and said, “I am writing about you. But more important than the words is the pencil I am using. I hope you will be like this pencil when you grow up.” Intrigued, the boy looked at the pencil, it did not seem very special. “But it’s just like any other pencils”, he said. “It all depends on how you look at things” his grandmother replied. “You see, it has five qualities, and if you manage to hang on to them, they will make you a person always at peace with the world.”

This is what she said to her grandson,
“You are capable of great things, but you must never forget that there is a hand that guides our steps. This hand we call God, and He will always guide it according to His will.



Now and then I have to stop writing and use a sharpener. That makes the pencil suffer a little, but afterwards he’s much sharper. So you too must learn to bear certain pains and sorrows because they will make you a wiser and better person.

The pencil always allows us to use an eraser, to rub out any mistakes. This means that correcting something that we have done is not necessarily a bad thing, but rather something important that keeps us on the road to justice.

What really matters in a pencil is not the wood or its outer shape but rather the lead that is inside it. So, always take care of what happens inside you. Lastly, it always leaves a mark. In just the same way, you should know that everything you do in life will leave a mark. So try to be aware of each and every action.”

Then his grandmother went back to her writing.

With love

Events for your diary in September

FOOD BANK

The autumn is upon us and the needs of many families, the elderly and the young still remain as acute as ever. The generosity of everyone is much appreciated, and unfortunately, still needed. The next collection is on **4th September** at Hempnall Church and then on **2nd October** at Bedingham Church or food gifts can be left at The Rectory Hempnall.



TOPCROFT SOCIAL CLUB QUIZ NIGHTS - In aid of refurbishment funds - Friday **September 2nd and 30th**. Doors open 8.00pm. for 8.30pm Start £2 pp. Max 6 per team.

A MUSICAL EVENING WITH THE TOPCROFT QUARTET

Saturday 3rd September 7.00pm-9.00pm at Swallow Barn, School Road, Bedingham. Tickets £10 to include buffet and glass of wine. Tickets available from 01508 482543 or 01508 482253.

OPERATION CHRISTMAS CHILD - SHOE BOX APPEAL



Sunday 4th September – we have Joan Pygott from Samaritan's Purse coming to speak to us about Operation Christmas Child at Hempnall Church, 10.00am.

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.

CHURCH WALKS

4th Sept	Topcroft	Margaret & David Ferre	482562
18th Sep	Hempnall	Ron Cooper	499428

These walks will begin at 3.00pm.

HOME GROUP – Monday 5th September, 8.00pm

at the home of David and Kate Daynes, Willow House, Bungay Road, Hempnall
We meet together for bible study and refreshments. Everyone welcome. Other dates will be notified in due course. If you need any further information please phone: 01508 498673.



HEMPNALL MILL CAFÉ 5th September.

Tea or coffee, homemade scones and cake from 10am and light lunches from 12 noon -2pm at the Mill Centre, Mill Road Hempnall NR15 2LP

For more information contact Margaret Sparham -Phone no: 01508499766 on Café days only 9am – 2pm or 01508 499579 at other times.

Future dates - 3rd October, 7th November, 5th December.

We apologise for cancelling the August Café due to unforeseen circumstances.

Hempnall Mill Centre – LUNCHEON CLUB

Wednesday and Thursday for **£4.50**

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)

HEMPNALL WOMEN'S INSTITUTE

The next meeting will be on **Wednesday 7th September at 7.30pm at the Mill Centre Hempnall** when our speaker will be Rachel Duffield talking on **“The Seven Ages of Women”**. What are they? Why not come and find out!

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

NORFOLK CHURCHES SPONSORED BIKE RIDE 10th September.

If you wish to bike, Walk or Steward and be sponsored please contact Jane at the Office 01508498157. All our churches will be open.

GIFT DAY for St. Margaret's Church Hempnall 10th September.

A letter and envelope is enclosed for Hempnall residents and these may be brought along to the church between 10.30am & 3.30pm. **Thank you all.**

ALL HALLOWS HEALTHCARE TRUST – FAMILY GARDEN PARTY

Saturday 10th September In the gardens at All Hallows Hospital, Ditchingham. Crafts, tombola, bouncy castle, Punch and Judy, home-made produce and more!

TOPCROFT PARISH COUNCIL MEETING

at Topcroft Pavilion on **Monday 12th September – 7.30pm.**
All parishioners in Topcroft are welcome!

PILATES CLASSES AT HEMPSTALL VILLAGE HALL begin a new season on **Monday evening 12th September and Tuesday morning and evening on 13th September.**

Please contact Carin on 01603 503718 or www.nuttsaboutpilates.co.uk for further details



COMPUTER CLASSES at HEMPSTALL VILLAGE HALL -

begin again on Tuesday 13th September 3pm – 5pm and Thursday 15th September 4pm – 6pm. All levels welcome. Maybe you want to brush up your skills, relearn a few or start from scratch!

For more details please contact Yvonne Davy 01508 499405

A Taster Computer Session will be held on Thursday 8th September between 3pm & 6pm.- why not come along for free and see if you like IT?

THE ARK

For carers and toddlers 0-4 years

Wednesday 14th September 2pm-3pm at

St Margaret's Church, Hempnall.

There will be a sing time, play time, snack time, and story time.

Come and join us - all are welcome, it's free!



WOODTON AND BEDINGHAM LADIES TOGETHER

Next meeting will be on Wednesday **14th September** at 7.30 in Woodton Village Hall. Our speaker will be from the Norfolk Wildlife Trust. Visitors are always welcome. For further information please contact Tricia Gunson on 01508 482543.

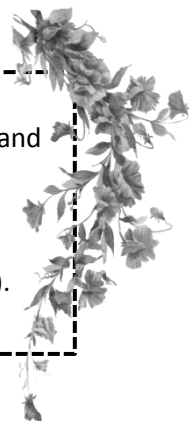
QUIET HALF-DAY AT DISS RECTORY

Do you feel like having some time for yourself just to relax and reflect? Then why not come along to Diss Rectory on

Thursday 15th September, 9.30am-2.00pm.

Bring and share lunch, everyone welcome.

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



NEW BEGINNERS BRIDGE CLASS AT HEMPSTALL MILL CENTRE

Starts on **Friday 16th September** from 10am – 12.15pm

Expert professional teaching by Norwich Bridge School. Come and learn to play and improve your bridge in a fun and friendly stimulating environment.

Contact Sue Gill suegill@btinternet.com 01603 627586

SHELTON WITH HARDWICK COMMUNITY SCHOOL FETE

Please note that our fete which was scheduled for Sunday 18th September will **no longer be going ahead** due to a date clash. Apologies.

BEDINGHAM PARISH MEETING: the next meeting will be held on Tuesday **20th September** at 7.45pm in Woodton Village Hall. All parishioners very welcome.

HEMPSTALL CINEMA CLUB.

Our Autumn Film Season starts on **Friday 23rd September** with the British comedy **“Golden Years”** starring Bernard Hill, Simon Callow, Virginia McKenna, Una Stubbs and Phil Davies; a lovely cast of British acting talent, with a hilarious bank robbery plot. 7.30pm prompt.

Tickets are on sale from Ned Potts on 01508 499741

OUR HARVEST THANKSGIVING SERVICES

Sunday 25th September

9.30am Woodton Church

9.30am Hardwick Church

9.30am Hempnall Church

11.00am Topcroft Church

11.00am Fritton Church



HARVEST SONGS OF PRAISE

Sunday 2nd October

4.00pm Bedingham Church

WEA HEMPSTALL BRANCH - Today is a Good Day to Fight

Tutor: Mark Felton

The history of the American West 1840-1900

Indian culture and the fight to save it

Wagon trains and gunfighters

Famous battles and last stands

A seven session course on Wednesdays 2.30-4.30pm starts on **28th September 2016** (half-term break 26th October) **Nelson Suite, Hempnall Village Hall**
Fee £49.00. Contact Gill on 01508 499495 or enrol online at www.eastern.wea.org.uk

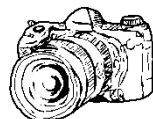
Branch AGM will be held at **4.45pm** on **Wednesday 28th September** in the Nelson Suite.

Future Events For Your Diary

TOPCROFT PHOTOGRAPHIC COMPETITION: This year's competition will be held on **Saturday 1st October 2016** at Topcroft Church, to raise funds for the church:

Categories this year will be:

1. **Architecture**
2. **Animals or Birds in the countryside**
3. **The Seasons**
4. **Trains, Boats and Planes**

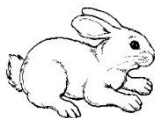


You may enter up to four photographs per category. Entry fee 50pence per photograph. Photographs should be no larger than 12" x 8" (A4) and be in a simple mount. No professional photographers please. Entries must not have been offered for sale or have won other competitions.

Entries should be taken to Topcroft Church on Saturday 24th September from 10am-11am or from 2pm-3pm.

Judging will take place in the morning of the 1st October and the church will be open for viewing from 2pm. David Penrose, our judge this year, has kindly agreed to comment on the entries. Any enquiries please phone David and Margaret Ferre - 01508 482562.

Celebrating with the Animals
at St Andrew's Church, Bedingham
Sunday 2nd October at 10.00am Why not
come along and bring your pet! All are
welcome.



QUIZ NIGHT - Saturday 22 October at 7 pm in Woodton Village Hall.

Tickets £7.50 available from Sarah Patey (07979 651462) or Daphne Littleboy (07801329419). Price includes: Hot Dog (veg option), cake, tea/coffee.

Please bring your own alcoholic drinks. Proceeds for Woodton Church

CHRISTMAS FAIR AT HEMPSTALL CHURCH

Saturday 12th November, 10.00am-1.00pm

If you would like to book a table please contact: Claire Key 01508 499342.

EXCITING NEW OPPORTUNITY – COMMITTEE REPRESENTATIVE VACANCY

Do you have a child and/or children between the ages of toddlers to 12 years old? If so why not take this **exciting opportunity** of becoming involved and taking an active and hands on part in the running of the Raven's Den playground situated behind Woodton Village Hall. The Parish Council is seeking parishioners to become **representatives** on the **Ravens Den Committee** (subcommittee of the Parish Council). Why not give something back and become involved with this worthwhile committee, seeing the rewards for your children with their hours of endless fun playing outside in a safe environment.

The role is not a big commitment and would comprise working alongside other volunteers, attending approximately 2 meetings each year, litter picking and extra grass cutting as required (contract is already in place for regular grass cutting), overseeing the equipment to ensure it is safe and in good working order and reporting any concerns to the Parish Council. Further information can be obtained from the Parish Council Chairman, Andrew Weatherley on 01508 483700 or a.weatherley@netcom.co.uk. **Make a difference and be part of the running of such a worthwhile community asset.**

THE HEALTH VISITING TEAM is sorry but due to low numbers **Thursday 1st September** will be the last Baby and Child Clinic at Hempnall Village Hall.

SAVE £s ON BUYING FUEL



As winter approaches, temperatures get lower and the cost of fuel goes up. You can save £s by being part of the Hempnall Oil Bulk Buying Scheme. The scheme is a part of the Norfolk county-wide scheme which takes orders on specific dates two times a month, groups the orders together then passes on the bulk buy benefits to members.

Members can buy as little (minimum 500L) or as much as needed and everyone pays the same price. Hempnall residents can join the scheme for free but you have to be a member first, to be a part of the scheme

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

DON'T GO COLD

Hempnall residents who are on a low income and are having a difficulty with buying fuel in order to keep warm, may be eligible to apply to the Hempnall Trust for help. Grant submissions can be made from October onwards for consideration by the Trustees in February.

Application forms can be downloaded from www.hempnalltrust.org.uk or from the Trust secretary Jackie Jackson tel.01508 499061, the Mill Centre or from the Millgates Surgery waiting room. The Trust is a charity and all enquiries and applications are dealt with confidentially."

WARNING!

One of the girl members of our family was running by herself on 11th August up Dulgate Road, Bedingham towards Denton when she was stopped by a man with a Norfolk accent driving a dark coloured Volvo, who reversed up and blocked her way. He asked if she wanted a lift, but he behaved in a weird way without eye contact. My daughter escaped across fields, got home and reported the incident to the police. She is still severely shaken. Just to warn parishioners to take care, watch out for this man, and avoid running or walking alone, especially women and children. We don't want panic, but especially not a tragedy. I am reporting this anonymously, but I can be contacted with the editor's approval.

WOODTON VILLAGE HALL



Are you looking for somewhere to run an art or exercise class or are you thinking of holding a meeting or organising a party? Woodton Village Hall offers a spacious and well-equipped venue for any occasion. We have a large room with a stage - suitable for classes or parties - and we also have a smaller meeting room available.

There is a kitchen for all your catering needs and plenty of parking. We offer competitive hire rates please contact Jill Youngman on 01508 482237 or M Barrie at Woodton Village Stores for availability.

Thank you....

Letter from Ariel Everard:

My very dear friends

Thank you for your huge generosity in giving me such wonderful leaving gifts – I feel it should be the other way round. I lived at Church Farm for 33 years – starting off quite young and ending up with 8 grandchildren. You were/are such special people and will always be in my heart. Shelton Church has been such a

significant part of my family's life – Christening, weddings and finally Robin's memorial service and all the other occasions both happy and sad. My photographic memento of Shelton and Hardwick Churches will be cherished. There are good bookshops in Clome, so my book token will be well spent. We have had monsoon rain, but my 'Grannex' is on the rise and my youngest grandson likes to watch its progress in his Bob the Builder yellow hat! Thank you all for your kindness, friendship and love. I think particularly of Kath, Gordon, dear Doris and all the family, how lucky we were to have them as such precious neighbours and friends. Farewell to you all from Tipperary. With Love Ariel.

Ann Ling and family of the late Bryan Ling would like to express their sincere thanks to everyone who attended Bryan's funeral service. Many thanks to those who sent cards; kind words & thoughts and contributed to the collection for the Big C and Long Stratton Medical Centre. A total of £800 was raised in Bryan's memory. Special thanks to Rev. Michael Kingston, Kelly at the East of England Coop Funeral Service and the great support from Lilyhome Care (Long Stratton).

Hardwick Church – Book Sale

A big **thank you** to everyone who supported the booksale held in Hardwick Church on **Saturday 2 July**. We raised a total of **£300** for Hardwick and Shelton Churches. Many thanks to all our donors, buyers and helpers.

Morningthorpe & Fritton Litter Pickers Pick Up a Prize

On Saturday morning, 9 April 2016 a group of 20-30 volunteers gathered at Fritton Common to pick up litter through the parish. This effort was coordinated by Morningthorpe and Fritton Parish Council, as part of South Norfolk District Council's annual Great Litterpick. At the end of the litterpick season, after the end of May, South Norfolk send all participating organisations £20.00 to be used for the good of the community. In addition, South Norfolk hold a prize draw and a lucky twenty participating groups receive a prize of £200 to be spent for the good of the community.



Morningthorpe & Fritton Parish Council are delighted to announce that we are among the lucky ones and will receive a total of £220 for the efforts of all those volunteers. At the moment, the Council is looking into the purchase of a speed-activated flashing road sign, and this money will be an excellent start for all its residents.

Thank you all who supported **Christian Aid week**. The final total was **£1970.02** which is a worthwhile sum and will help some of the poorest people in our world.

A VERY BIG THANKYOU

To all who supported me in my tandem sky-dive into the unknown in June. I have never been so terrified in my life, but raising £1,689.39 for Cancer Research UK and £463 for the Mill Centre, made it so worthwhile! Thank you again.

Stephanie Stretton



HOTCHPOTCH / GOLDEN HARVEST

We have surplus copies of these booklets, if you would like a complimentary copy for yourself or to pass on to a friend, please contact the office on 01508 498157 or contact Jill Turner: 499344.

HEMPNALL BADMINTON CLUB

Requires new members, we run three sessions at Hempnall Village Hall on a Wednesdays morning 10 to 12, plus Wednesday and Thursday evenings 8 to 10. If you are new to the game or an experienced player come along and join a friendly club.

For more information please contact David Key on 01508 499342.

LET'S WALK Our Let's Walk booklets have been selling like hot cakes! If you would like to purchase a copy for £2 they are available in all our churches, from Hempnall Rectory 498157 or Jill Turner 499344.



Woodton Primary School will shortly be obtaining a **clothing bank** and will be for use by both the school and the community. The bank will be placed in the staff car park so it can be accessed at any time when the school is open.



CHURCH TRAILS

How much do you know about your church?

There are new leaflets in each of our eight churches designed to encourage children to discover what there is to see.

Why not bring your children to explore and have fun?

Can you spare some time to help with a vital community service?

Borderhoppa, the provider of community transport across more than forty parishes in South Norfolk, urgently needs volunteer drivers to help with regular outings for residents in the areas covered by the scheme.

"Community transport works because of the goodwill and time given by people who volunteer as drivers, office staff and trustees" explains Lucy Edwards, Borderhoppa Manager. "What we really need right now are drivers to help with our special outings, including trips to the coast, lunches and visits to garden centres."

Service users value the outings as ways of getting out and about and meeting up with friends, which many people are otherwise unable to do, either because they don't have a car or don't have access to a regular commercial bus services to and from where they live.

Volunteers are the lifeblood of community transport across Norfolk and volunteer drivers are always welcome (drivers need to have a D1 category on their licence, basically, entitlement to drive a minibus with no more than 18 passengers). Mileage expenses are paid but the time commitment is a gift to the community. To find out more, call Borderhoppa on 01379 854800 or e-mail adminborderhoppa@btconnect.com. Visit www.borderhoppa.org to find out more about the scheme and the towns and villages covered in South Norfolk.

HEMPNALL VILLAGE HALL TOTE WINNERS

£40 D. Hewett £30 T. Dye £20 M. King £15 B. Youngs £10 P. Hastings

BEDINGHAM 59 CLUB The latest winners are:

No 47. K Shilling. No 16. B Clitheroe. No 13. J Howman. No 12. B Smith.
No 41. J Brooke. No 25. D Brinded. No 48. S Jarvis. No 8. J Watts. No 38.
K Ripley.

"Happy Birthday to"

Children

- * Samuel Alexander Johnson who will be 8 on the 21st
- * Daisy Alice Gosling who will be 7 on the 24th

Teenage

- * George Taylor who will be 18 on the 3rd
- * Adam Garrod who will be 15 on the 12th
- * Jasmine Pretty who will be 14 on the 15th



CHURCH DIARY

September 2016

Thurs 1 st	7.00pm	Hempnall PCC Meeting	Hempnall Church
	7.00pm	Woodton PCC Meeting	Woodton Church
Sun 4 th	3.00pm	Topcroft Church Walk	Meet at Topcroft Church
Mon 5 th	8.00pm	Home Group	The Daynes' home
Tues 6 th	2.30pm	Get Together at Joyce's	Home of Joyce Andrews
Wed 7 th	11.00am	Wholeness Team Meeting	Hempnall Rectory
	7.00pm	Bedingham PCC Meeting	The Flat
	7.00pm	Fritton & Morningthorpe PCC Meeting	Old Rectory, Fritton
Wed 14 th	2.00pm	The Ark Toddler Group	Hempnall Church
Thurs 15 th	9.30am-1.00pm	Quiet half-day	Diss Rectory
	12noon	Hardwick & Shelton PCC Meeting	Fidelis
Sun 18 th	3.00pm	Hempnall Church Walk	Meet at Hempnall Church
Wed 21 st	7.30pm	Topcroft PCC Meeting	Woodlands
Wed 28 th	4.00pm	Outreach Team Meeting	Brick Kiln Cottage
Thurs 29 th	12noon-4.00pm	Lay Deacons and Intercessors Day	Quiet Waters Bungay
	7.30pm	Quiet Prayer	Hempnall Rectory

Every Tuesday at 5.00pm Evening Prayer at Llamados (Bill Clutten's)

Every Wednesday at 5.00pm Evening Prayer at Hempnall Rectory

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

From the Registers

Wedding

8th July Matthew Oakley and Clare Andrews Woodton Church

Funerals

22nd July Cynthia Jackson (aged 88) Hempnall Church

26th July Mollie Wright (aged 91) Hempnall Church

11th August Sidney Taylor (aged 81) Woodton Church

ALL PHONE NUMBERS BEGIN WITH 01508 UNLESS STATED OTHERWISE

ALINE TURNER ACA - bookkeeping, accounts, tax returns, payroll	Call 550403 or 07785 528069
ANDRE SANTANDER All plumbing, repairs, tiling and bathrooms	499283 or 07775 575796
ARCHITECTURAL SERVICES Call Mark Woods for advice and free quotation	498805
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 in Hempnall offering Sienna X Spray Tans	Barley Moyes 498855/07789722533
BED & BREAKFAST at George's House, Woodton e-mail: julietpeter@googlemail.com	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
CHIROPODIST/PODIATRIST Samantha McCluskey 14 years NHS experience HCPC registered	07905 724408
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 commercials	499232
DAVID HEWETT FRICS Chartered Building Surveyor CAD drawings & surveying services	499761
Do YOU need a cleaner? Local, vetted insured ladies £10.50 per hour (min 2 pw)	0845 504 9133
ELECTRICIAN Bob Turner – Domestic and Commercial Electrical Contractor	07899794813
FEET – Corns, calluses, nail cutting and more, treated in your home	Wendy 01379 676872
FEET – Have your feet treated at home – nails cut, corns and dry skin removal etc.	Nicky 07719727581
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
INDEPENDENT FINANCIAL ADVISER:	Contact Philip Edwards on 499496 or 07917296773
LLOYD JOHNSON FINANCIAL CONSULTANT, Mortgages, Investments, Protection	483972 / 07780 330768
LOCAL SKILLED HANDYMAN AVAILABLE only £12 per hour	Call Mike 07534694673 or 494547
NORFOLK WOODBURNERS, Hempnall. Suppliers and Hetas installers.	498393
NURSERY SCHOOL – SPRING-BOARD Saxlingham Nethergate	Contact: Joanne/Julie 498796

More Adverts inside back cover

OIL, GAS HEATING AND PLUMBING SERVICES – Alan Bell 07710 515775 or 532393
OSTEOPATHY, Cranial-accidents, back, headache. 01953 789629 e-mail acorns.aylsham.clinical@gmail.com
PAINTER & DECORATOR Graham Bull over 25 years experience grahambull071@btinternet.com 482409
PAUL CLARRY PLUMBING & HEATING for all your requirements 07887485676 / 550519
PAWS 4 TRAINING – Puppy Life Skills, Obedience, Agility and 1-2-1 Training 499026 / 07709 539903
PETER MATTHEWSON PLANT HIRE Drainage & Groundworks. Please call for info 482655 / 07850722094
PIANO LESSONS Bedingham. All ages welcome. Marian 482746
PLASTERING – Gary of Jarman Plastering Services 482709 or 0771 7174617
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
ROSDALE FUNERAL HOME Beccles & Bungay, a family business 01986 892790/ 01502 714445
SAFE & SOUND HYGIENE AND PEST CONTROL + garden maintenance 01379 788865 / 07809226109
SMALL LICENSED BOARDING CATTERY Established 1987 Reasonable rates 530580
STRATTON CABS Competitive rates, Airports a speciality Freephone 0800 2800430, 532452 / 01379674791
S.W. CONTRACTORS Groundwork, Gardens, Fences, Patios & Hedge Trimming 495528
TUTOR 3Rs science to GCSE, revision support. Contact Storm fayre@me.com 07939 242262
WHERRY VETERINARY GROUP Surgeries at Hempnall and Bungay 01986 892771
WINDOW WONDERLAND: window cleaning services contact Sam Raynes 482679 or 07975579292
www.mouse-computing.co.uk For all your computer problems & advice Mike 07813026580

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