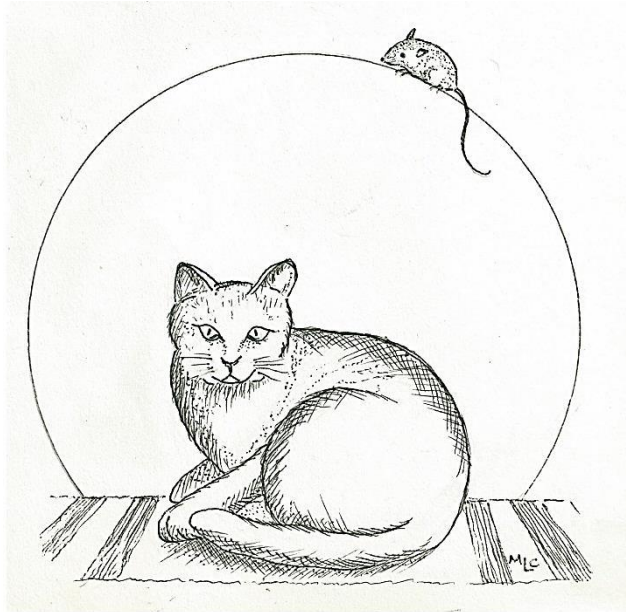


Outlook

October 2016



Serving the parishes of

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

www.hempnallgroup.co.uk

Hempnall Group Services October

Sunday 2nd		19th Sunday after Trinity	Green
Celebrating with the Animals	10.00am	Bedingham	
Holy Communion	2.30pm	The Hollies	
Harvest Songs of Praise	4.00pm	Bedingham	
<i>Readings: To be arranged</i>			
Sunday 9th		20th Sunday after Trinity	Green
Eucharist (BCP)	8.00am	Fritton	
Eucharist	9.30am	Woodton	
Eucharist	9.30am	Hempnall	
Eucharist	11.00am	Topcroft	
Matins	11.00am	Hardwick	
<i>Readings: 2 Kings 5:1-3,7-15c, 2 Timothy 2:8-15, Luke 17:11-19</i>			
Sunday 16th		21st Sunday after Trinity	Green
United Service with Bishop Graham	10.00am	Topcroft	
<i>Readings: Genesis 32:22-31, 2 Timothy 3:14-Chp4:5, Luke 18:1-8</i>			
Sunday 23rd		Last Sunday after Trinity	Green
Eucharist	8.00am	Topcroft	
Morning Service	9.30am	Hempnall	
Eucharist	9.30am	Bedingham	
Eucharist	11.00am	Shelton	
<i>Readings: Jeremiah 14:7-10, 19-22, 2 Timothy 4:6-8, 16-18, Luke 18:9-14</i>			
Sunday 30th		4th Sunday before Advent	Green
Eucharist	9.30am	Woodton	
Eucharist	9.30am	Hempnall	
Morning Praise	11.00am	Topcroft	
Matins	11.00am	Fritton	
<i>Readings: Isaiah 1:10-18, 2 Thessalonians 1:1-12, Luke 19:1-10</i>			

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

The Rectory, The Street, Hempnall, Norwich, NR15 2AD

Dear All,

How good are you at waiting? We tend to do a lot of it! - For trains, at airports, in traffic jams, an operation, recovering from an operation, news of family or friends and the list goes on.

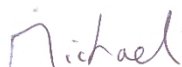
As you possibly know, Topcroft has been planning an extension for some time. If you peep round the back of Topcroft church it is taking shape – slates are going on the roof and a group are planning how the kitchen will look. It is all rather exciting and Bishop Graham, the Bishop of Norwich, will be joining us on 16th October at the United Service at 10.00 to give thanks for the diligence, the patience and persistence of the people of Topcroft. Do come and join us if you would like to.

Part of waiting is preparing. In this issue of Outlook you will see reference to 'The Real Advent Calendar'. The Advent Calendar seems to have become more and more popular and here is an opportunity to share the Christmas story with our loved ones. Do have a look and let's see if waiting this year can be a very special time.

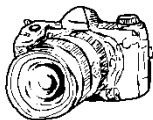
It is interesting that at the beginning of Luke's gospel there are people waiting – Zechariah and Elizabeth are waiting. Mary is waiting. Simeon and Anna who were there at the Temple when Jesus was brought in, are waiting. In their different ways these people hear the words of God saying Do not be afraid. I have something good to say to you.

Yes, waiting can be frustrating, but, as we pause or wait we might see the paths of our lives more clearly. As Henri Nouwen says in The Path of Waiting, 'it is a movement from something to something more.'

With love

A handwritten signature in purple ink that reads "Michael". The script is cursive and fluid, with a large initial 'M'.

Events for your diary in October



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

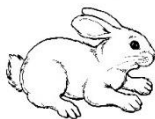
Judging will take place in the morning of the 1st October and **the church will be open for viewing from 2pm**. David Penrose, our judge this year, has kindly agreed to comment on the entries. Any enquiries please phone David and Margaret Ferre - 01508 482562.

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 **2nd October** at Bedingham Church or food gifts can be left at The Rectory Hempnall.



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.



HARVEST SONGS OF PRAISE Sunday 2nd October
4.00pm Bedingham Church



HEMPNALL MILL CAFÉ 3rd October.

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 - 7th**
November, 5th December.





HEMPNALL MILL CENTRE – LUNCHEON CLUB

Wednesdays and Thursdays **for only £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 ART CLUB AGM Monday 3rd October 2.30pm

This is a friendly local Art & Craft Group which meets in the Nelson Room at Hempnall Village Hall on Mondays and Tuesdays.
Chair Graham Dunthorne 01508 **550775**



COMPUTER CLASSES at HEMPNALL VILLAGE HALL -

Continue on Tuesday 4th, 11th & 18th October 3pm – 5pm and Thursday 6th, 13th, & 20th October 4pm – 6pm.

All levels welcome. Maybe you want to brush up your skills, relearn a few or start from scratch! **A few places remain** so please come and join us. **First week free!**

For more details please contact Yvonne Davy 01508 499405 or Brian on 01502 715563

HEMPNALL WOMEN'S INSTITUTE



The Women's Institute is a well-known National, County and local organisation. We, in Hempnall W.I., are not just a group of women with a monthly meeting but also enjoy ourselves together on OUTINGS, monthly Lunch Out, Theatre visits and much more. **So why not come and join us and enjoy?** Our future Outings are to Parravani's Ice cream Factory and the Bure Valley Railway including Christmas Dinner!

All ages over 16 welcome! Why not come and introduce yourself at our next meeting and bring a friend? There will be someone there to welcome you!

This will be on **Wednesday 5th October at 7.30pm at the Mill Centre**

Hempnall when our speaker will be Diane Hare on **Ordinary Women Doing Extraordinary Things**. 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.

THE ARK

For carers and toddlers 0-4 years

Wednesday 12th October 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

The next meeting will be on Wednesday **12th October** at 7.30 pm when our speaker will be Andrew Brogan talking about Henstead Exotic Garden. Visitors are always welcome. For further information please contact Tricia Gunson on 01508 482543.

SCHOOL HARVEST FESTIVALS

**Wednesday 12th October 2pm Woodton School in
Woodton Church**

**Thursday 13th October 1.30pm Hempnall School at
Hempnall Church**

Friday 14th October 9.15am Shelton School at Shelton Church



ZUMBA GOLD- Zumba Gold is a chair based exercise done with music with a fully trained instructor.

at Hempnall Mill Centre on Thursday October 13th cost £2 at **1.30 pm** with tea and cake afterwards.

So if you are a little less agile than you were but need a little exercise we would love to see you. Turn up on the day or if you need to be picked up I will come and fetch you. Contact Margaret Sparham on 499579 or 499766 (Wednesday and Thursday only)

FLU CLINICS

MILLGATES SURGERY HEMPENALL will be holding a **Flu Vaccination Clinic** at **Hempnall Village Hall** on the morning of **Saturday 15th October 8am -12 midday**. If you are eligible and registered at the practice please phone 499333 or 492929 for an appointment. Other clinics are available at **Poringland Surgery** on **1st & 8th October**.



**SHELTON WITH HARDWICK COMMUNITY SCHOOL JUMBLE SALE on
Saturday 15th October 2016 at Hempnall Mill Centre 2.30 pm - 4.00 pm**
Jumble, Bric-a-Brac, toys, tombola and refreshments. Free entry.
Please do come along and support us. Our past jumble sales proceeds
have helped provide the school with a huge piece of outdoor play
equipment which the children are loving! We are now building our funds
up. Offers of jumble etc. greatly appreciated.
Please contact Emma Wood on 01508 498454

COFFEE MORNING



Woodton Village Hall on Saturday 15th October 10.00 – 12.00

Drop in for a chat, a drink and some home-made cake.

There will also be a raffle and bookstall. Any donations for the
stalls can be left at Woodton Village Shop. Proceeds in aid of

Village Hall Funds

For further information please contact Pam Mariner on: 01508 483796.

TOPCROFT SOCIAL CLUB QUIZ NIGHTS

In aid of refurbishment funds - **Saturdays October 15th and 29th. and
November 12th**

Doors open 8.00 p.m. for 8.30 pm start. £2 pp. Max 6 per team.

Please come and give your support, it's a fun night.

SUE BEARE'S LEAVING 'DO'

Sunday 16th October, 3.00pm-5.00pm at The Hempnall Mill Centre

Invitation to a Celebration of the Kitchen Extension

A service of Holy Communion

at St Margaret's Church, Church Road, Topcroft, NR35 2BH

on Sunday 16th October at 10.00am

With The Right Reverend Graham James
(The Bishop of Norwich)

Please stay for light refreshments after the service.

All welcome.



RSVP Church Office 01508498157 or e-mail: hempnallgroup.office@btinternet.com

HOME GROUPS

Home Groups will be held on Monday 17th October at 8.00pm at the home of David and Kate Daynes, Willows House, Bungay Road, Hempnall. For further details please ring: 498673.

HEMPNALL CINEMA CLUB

Keeping the laughter going with a feel good, underdog tale, with dashes of Ealing comedy thrown in, we have **“EDDIE the EAGLE”** on **Friday 21st October** 7pm for **7.30pm prompt start**.

Tickets and details from Ned Potts on 01508 499741

QUIZ NIGHT - Saturday 22nd 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

DEMENTIA, YOU AND THE FAMILY Wednesday 26th October, 7pm at Long Stratton Village Hall. Lots of different speakers. Come along and find out more about dementia and what help and support is available in our region. If you would like further information please phone: 532400 or 532318.

CARER'S HEADSPACE

Support Group for carers of people with acquired brain injury.

Diss Business Hub, 2.00pm-4.00pm 4th Oct, 11th Oct, 18th Oct, 25th Oct, 1st Nov. To book a place or for further details: 01493 442994.

Future Events For Your Diary

POSADA

We will be having Posada again this year!

POSADA - MAKING ROOM FOR JESUS THIS CHRISTMAS

in Hempnall, Woodton, Bedingham, Shelton and Hardwick What is Posada?



Posada is an old Mexican Tradition where young people dressed as Mary and Joseph travelled from house to house in their village asking for a room for the night, telling of the imminent arrival of Jesus. On Christmas Eve they would visit the local church to tell the Christmas story and place the figures of Mary and Joseph in the crib.

This year for our Posada we are using nativity figures made by the children of our schools who will travel from place to place on their way to church on Christmas Eve.

Would you be willing to give the (unbreakable) crib figures of Mary and Joseph a home for one night giving them somewhere nice to stay and then pass them on to the next home where they will stay?

All you need to do is ring Michael 01508 498157 or Liz 01508 482366 by **November 4th**. We will let you know the day Mary and Joseph will come to stay and where to take them for the next night.

COFFEE MORNING at Hempnall Mill Centre on Saturday 5th November
10am-12noon Cake stall, raffle, tombola, Christmas cards etc proceeds for the lunch club social funds

Why not also join us at the lunch club on Wednesdays or Thursdays two courses cooked lunch, coffee on arrival and we also do outings about three times a year. The lunch cost is only £4.50.

If you are interested and if two of you come together for the first time I will charge 2 for the price of 1. Contact Margaret Sparham on 499579 or 499766 [Wednesday and Thursday only]

Look forward to hearing from you.

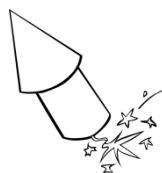
FRIENDS OF HEMPSTALL SCHOOL FIREWORKS 2016

Saturday 5th November 5pm - 9pm

Hempnall Village Hall and Playing Field.

Huge display, hog roast, bbq, licensed bar, jacket potatoes, toffee apples, glo-sticks, sweets.

Adults £5 Children under 16 £2 Family ticket
(2+2) £12





The Hempnall Group of Parishes

COMMEMORATION SERVICE

Remembering our loved ones who have died

Hempnall Church Sunday 6th November at 3pm



Each year we hold a special service to remember and give thanks for those who have died. We warmly invite you, your family and friends to this year's Commemoration Service. You will be very welcome to stay for tea after the service.

If you would like further information please contact:

Revd Michael Kingston 01508 498157 or Revd Liz Billett 01508 482366

CHRISTMAS FAIR AT HEMPSTALL CHURCH

Saturday 12th 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.



CHRISTMAS SHOE BOX APPEAL 2016

I have just watched the latest shoe box DVD, seeing the children's faces light up as they undid their shoe boxes and excitedly held up a packet of felt tips and pulled on woolly hats suddenly reminded me that it's time to ask all you kind people to help us pack a shoe box again this year. If you would like to see for yourself the impact that your gift makes then visit **samaritans-purse.org.uk/occ**. Your boxes are delivered to needy children around the world. Your gift is very often the only present they will get. You will find a leaflet in this month's magazine telling you what sort of things to pack. Although it states only new things, good second hand things are fine. When your box is full please take it to Hempnall Rectory or Minnie's shop in Woodton by **14th November** at the latest. Last year we sent a record number of boxes from our parishes and astounded the man who came to collect them. It would be lovely if we can make even more children smile this year. Thank you for your support and happy packing. Claire Noakes part of the Outreach Team



TOPCROFT SOCIAL CLUB

By popular request Comedian vocalist **Pyevarrotti** is back!

Topcroft Social Club - **November 26th**. Admission £2

Come and have a great fun evening!

FRIENDS OF BEDINGHAM CHURCH - Keep this date free! On **Friday 9th December** we are holding a **Christmas Buffet** at Stag Farm Barn, by kind invitation of Jane and Richard. Further details nearer the time.

Thank you....

Friends of Bedingham Church: the Musical Evening raised £464. We would like to express our sincere thanks to Roger and Sandra Hebden for so generously hosting a very successful evening.

A big thank you to Mike and Jane Wickstead and Ian and Janice Butler for organising a party for me on leaving Woodton after 54 years. Thank you to everyone who made the delicious food, sent cards, gifts and good wishes. I am very settled in my new home in Poringland but still remain very much involved with Woodton life, especially the church. Best wishes to you all from Daphne Littleboy

REAL ADVENT CALENDAR

Do you want to order a Real Advent Calendar through the church for £4.00? This includes a book, Fairtrade chocolate and a donation towards equipment for Funzi Baby Clinic in Kenya. We need 18 orders to buy a case in a bulk order. If you would like to place an order please contact the Church office: 01508 498157, with £4 for each order. If you have any queries please phone Maggie Kingston or Jane Hazell – 01508 498157

HEMPNALL VILLAGE HALL TOTE WINNERS **August 2016**

£40 J. Giddy	£30 S. Stretton	£20 P. Black
£15 M. Carter	£10 P. Rodger	

BEDINGHAM 59 CLUB The latest winners are:

No 17. A Gunson. No. 8. J Watts. No 37. T Holden. No 2. B Jarvis.

Topcroft Parish Council

Parish Councillor Vacancy

Are you interested in parish matters and would you like to help the other six Councillors make decisions for Topcroft?

If you would like more information in becoming a Parish Councillor, please contact us: **Chair** Peter Rout tel. 01508 483830 or

Clerk Sally Chapman tel. 01379 855486 **Email:** topcroftpc@gmail.com

Website: www.topcroftpc.norfolkparishes.gov.uk

VACANCY FOR TRUSTEE



The Hempnall Trust is a long standing village charity. It runs the Mill Centre for Day Care and provides individual grants for village residents relating to 'need, hardship or distress'.

The Trust currently has a vacancy for a Trustee, involving attending monthly meetings and helping with the general work of the Trust.

Trustees also serve on the Property Charity, which meets less frequently.

The Trust is concerned to make sure that the Trustee body reflects a wide range of ages and village interests.

If interested, please contact Jean Griffiths (Chair) 01508 499421

jeangriffiths1950@gmail.com

OR Jackie Jackson (Secretary) 01508 499061 jackson.jc@binternet.com

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.

Happy Birthday to:

Children

Thomas Brooke who will be 5 on the 1st
Rosanna Brooke who will be 5 on the 1st
Evie Hanner who will be 3 on the 17th
Oscar Wood who will be 10 on the 27th
Emily Pretty who will be 9 on the 30th



Teenage

George Burrough who will be 16 on the 12th
Max Warde-Aldham who will be 15 on the 13th
Louise Starling who will be 14 on the 15th
Liam Thompson who will be 18 on the 31st



Town Estate Property Charity – Allotments for rent

We currently have allotments for rent on the
Mill Road site

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

Anybody interested should contact
Jackie Jackson
01508 499061
jackson.jc@btinternet.com

Need somewhere to hold a function?

Anniversary celebration, children's party, christening, birthday party, family & friends get-together, the Mill Centre in Hempsall is available for hire – please call Jackie Jackson on 01508 499061 or email jackson.jc@btinternet.com

CHURCH DIARY

October 2016

Tues 4 th	2.30pm	Get Together at Joyce's	Home of Joyce Andrews
Wed 5 th	6.00	Deanery Synod visit to Norwich Cathedral	Norwich Cathedral Refectory
Thurs 6 th	2.30pm	Learning & Growing Team	The Flat
Wed 12 th	7.30pm	Treasurer's Meeting	Topcroft Lodge
Thurs 13 th	5.00pm	Renewal of Wedding Vows	Woodton Church
	7.00pm	Team Council Meeting	Topcroft Pavilion
Thurs 27 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 -

PLEASE NOTE: There will be no Evening Prayer on Wed 5th Oct.

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



From the Registers

Baptisms

28 th Aug	Yohanna Welling	Hempnall Church
4 th Sept	Imogen Vincent	Topcroft
Church		

Wedding

28 th Aug	Ian Barnard & Cheryl Hayter	Hempnall Church
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Funerals

31 st Aug	Olive Cresswell (aged 105)	Shelton Church
2 nd Sept	Adrian Gray (aged 52)	Topcroft Church
7 th Sept	Audrey King (aged 88)	Topcroft Church

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
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
PLUMBER: David Millward. Over 30 years' experience all plumbing work 07763 359313 / 498005
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
ROSEDALE 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 and advice Mike 01953 433060

**Copy for the November issue of Outlook should be
delivered/posted to:
Group Office, The Rectory, The Street, Hempnall, NR15 2AD
before 15th October
or e-mail: hempnallgroup.office@btinternet.com**