



Village News

Produced by The Hempnall Group of Parishes

***"They shall grow not old, as we that are left grow old,
we shall remember them."***



November 2021

Thought for the month...

Hello Everyone,

It is looking very autumnal now. The leaves are turning and the nights are drawing in, the warmth of summer is slowly ebbing away. This time of year, a change not only in the seasons but also in the church's year and the life of our nation.

The church festivals allow us to remember. **All Saints-tide** reminds us that we are part of a worldwide church which stretches back through history. We give thanks for the ordinary men and women who have lived, worshipped and prayed, often in the same churches as we do today, who have gone before us and enriched our world. We are reminded there is a strong unbreakable bond between those in heaven, and those of us living in this present time. **On Sunday 7th November at Woodton Church at 10.00am** we have the opportunity to hear about the work of St John Ambulance today, founded in 11th century Jerusalem by the first Knights of St John, who set up a hospital providing medical care to sick pilgrims.



All Souls Day allows us a moment of reflection as we remember with thanksgiving those who have died who we love but see no more. It offers us a window into God's heart of compassion for those who grieve and mourn the loss of loved ones and offers the hope that we will see them again. **On Sunday 7th November at Hempnall Church at 3pm** we have our annual Commemoration Service; if you would like the name of your loved one to be remembered please contact the Group Office.



Remembrance Sunday and **Armistice Day** have taken on a new resonance in society. This year there will be an Act of Remembrance at every war memorial in the Group. You will find details in Village News.

These moments all have something in common; they are about memory and remembering and they remind us that we belong to something bigger than ourselves.

Sometimes we need to stop and remember there is more to life than the present moment. To share with each other the joys and tears of our common humanity and to remember with thankfulness those who have gone before us finding strength and courage to live our lives in a way that honours the past and offers hope for the future.

With love

100th Anniversary of Our War Memorials...

On Remembrance Sunday (14 November) many of us will be gathering at War Memorials to remember and honour those who died in combat, particularly in the two World Wars (WW1 and WW2) of the last century.

Historic England reminds us that, *“No area of our heritage is more poignant than war memorials. They are found everywhere, and link the tragic impact of world wars with local communities across the land. Every community sent people off to fight and work; virtually all suffered losses...”*.

Across the UK many - though not all - of our memorials were constructed in the early 1920s, making them 100 or more years old. As Historic England notes, *“The aftermath of [WW1] saw the biggest single wave of public commemoration ever with tens of thousands of memorials erected across England, both as a result of the huge impact the loss of three quarters of a million British lives had on communities and the official policy of not repatriating the dead, which meant that the memorials provided the main focus of the grief felt at this great loss”*.

These WW1 memorials - often of a stone cross design – were usually paid for by public subscription and placed in a prominent place in the community, for instance on a roadside (as in Hempnall) or a churchyard (as at Shelton and Bedingham). *[continued overleaf]*



Hempnall



Shelton



Bedingham

Sometimes the memorials are not freestanding monuments but brass or wooden plaques within a church – dating either from the end of the WW1 or being a later record. Some parishes have both an external stone memorial and a church plaque (e.g. Hempnall; Shelton with Hardwick). Later, the names of those killed in the Second World War (SWW) would be added.



Woodton



Hardwick



Topcroft



Morningthorpe

Occasionally a “roll of honour” approach was adopted (e.g. at both Morningthorpe and Fritton), with the names also given of those who were wounded in action in WW1 and of those who had fought and returned.



Fritton

Generally, those listed on the memorials had either lived within the parish themselves prior to military service or had close family who were still resident. Decisions about names and listing were made locally and may not have been consistent. So, for instance, a name might appear on more than one memorial (e.g. one person is named at both Hempnall and Shelton with Hardwick). There are also several differences between the names on parish war memorials and those recorded in Norfolk’s Roll of Honour, a parish-based list compiled in the immediate aftermath of WW1 by the Eastern Daily Press.

Those caveats aside, a simple tally across the memorials in the six parishes of our Group shows that more than 80 named individuals, killed during the two World Wars, are commemorated in this way:



In addition, we should not forget that our geographical area was home during the SWW to the 93rd Bomb Group of the US Army Air Force, based at Hardwick Airfield (most of which lay in the parishes of Topcroft and Hempnall). Well over 650 men from that base were killed in the period 1942-45. There is a



memorial stone to them at the old airfield and commemorative plaques in both Topcroft and Hardwick Churches. There is also a memorial cross in a field at Burnt Oak Farm Alburgh, near the airfield, where in December 1944 a B24 Liberator crashed shortly after take-off, with the loss of all 11 of its crew.

So, this November let's continue to remember the fallen – and as we do so let's also say a silent thanks to those who, starting more than a hundred years ago, have funded, built and maintained the memorials which record those who died and which still provide a focus for our communal acknowledgement of such great loss.

Liam Pilgrim

Historic England, *War Memorials and Remembrance* at <https://historicengland.org.uk/research/current/discover-and-understand/military/the-first-world-war/first-world-war-home-front/what-we-already-know/land/war-memorials/>
<https://historicengland.org.uk/listing/the-list/list-entry/>
Eastern Daily Press, *Norfolk Roll of Honour 1914-18: List of men from Norfolk Parishes who fell in the Great War*, first published in 1920 by the Norfolk News Company Ltd
Image copyrights: Michael Peck for Bedingham, Fritton and Hempnall, (<http://www.roll-of-honour.com>); Mick Tilley for Hardwick (<http://www.roll-of-honour.com>); Michael Hill for Woodton (<https://www.warmemorialsonline.org.uk/>); David Pilgrim for Shelton; Adrian S. Pye for Topcroft and Morningthorpe (<https://www.tracesofwar>) and for Hardwick Airfield (<https://www.geograph.org.uk/photo/6582126>); Denise Bradley for Burnt Oak Farm, Alburgh, published in the *Eastern Daily Press*, December 2019

Remembrance Day Services



14th November 2021

9:30am Act of Remembrance at Woodton Church

10:00am Act of Remembrance at Bedingham Church

10:00am Act of Remembrance at Fritton Church

10:50am Act of Remembrance at Hempnall War Memorial

10:50am Act of Remembrance
& Remembrance Service at Hardwick Church

10:50am Act of Remembrance & Remembrance Service
at Topcroft Church

Followed by Poppy Dropping at Hardwick Airfield

You are warmly invited to Our Commemoration Service



Remembering our loved ones who have died

At Hempnall Parish Church

On Sunday 7th November at 3pm

We will be holding a special service to commemorate our loved ones. During this time, we will read out the names of those who have died in the past year. If there are others you would like to be remembered please let us know their names. One candle will be lit in memory of everyone, including those whose lives have been affected by Covid 19, and in this 20th anniversary year of 9/11.

Do let us know if you hope to come, there will be space for all to be comfortably seated.

The Rectory, The Street,
Hempnall, Norwich, NR15 2AD
Tel: 01508 498157
(office hours: 9am-12.30pm Mon-Thurs)
Email: hempnallgroup.office@btinternet.com

Winter Walks 2021/2

Dates and contacts:

Sunday 21st November Daphne and John Joyce 01508
494318

Sunday 23rd January Margaret and David Ferre 01508
482562

Sunday 20th February Shirley and Keith Mayer 01508 499465

Sunday 20th March Sue and David Banham 01508 498223

All walks will start at 2.00 pm and be around 3 miles in length.



NOVEMBER WINTER WALK is on Sunday 21 November - We will meet at Cais-tor St Edmund Roman Camp car park at 2 pm for a walk around High Ash Farm. The walk will be about 3 miles on permissive paths around horse paddocks and meadows plus a short length of country lane. There will be opportunities for a shorter walk if preferred. There should be alternative parking if the main car park is full. If you would like to join us, please contact Daphne on 01508 494318 or email daphnelittleboy@hotmail.com - so we know you are coming and don't set off without you!

Bedingham

The Annual Animal Service held at St Andrew's Church was well attended with a variety of animals including 2 Guinea Pigs, a Tortoise and many dogs from large to small.

It was lovely to welcome back Sue and Annette all the way from Wales and Candy Kourakos, a regular from Bungay. All the animals were so good as Liz went round to bless them.

A special thank you to Brian Cutting who played the organ at the last moment for Steve. Also, to Gillian Noakes for reading and June Cutting for introducing the congregation to her rescued dog from Romania.



We are Apex Twins! Carly (26) and Matilda (25) cycling from England to Croatia and possibly even further...

We have joined with Cycle for Good to raise money and support a group of children living together in a refugee camp dormitory in Thailand.

From Cycle for Good:

By cycling thousands of kilometres

across many countries, we raise money to help 29 Burmese refugee children, who fled the civil war in Myanmar without their parents, by providing education, food, shelter and other basic necessities.

The children live together in a dormitory in refugee camp Mae La Oon in Thailand. Many of them fled for weeks through the jungle to reach the camp. They have witnessed horrible things and are missing their family.

When the dormitory lost its main funding in 2018, Frouke (who was once a teacher in the camp) and Kiran decided to start Cycle for Good. They cycled 18,000 km from Vietnam back to the Netherlands and now the cycle community is growing to raise more awareness and to keep the funding going!

Myanmar (Burma) lies in between Thailand and India and has been in a civil war since 1948.

The 29 children we support are living in Mae La Oon, one of the 9 refugee camps in Thailand. It is a very remote camp in the mountains, close to the border with Myanmar and hosts more than 9,000 refugees. Due to the harsh conditions in the camps the refugees don't have enough food to eat properly. The facilities and schools have become too expensive. This is why we support them!

www.cycleforgood.wordpress.com <<http://www.cycleforgood.wordpress.com>>

1 pound: 5 children can have a meal!

4 pounds: a meal for all the children!

7 pounds: a child can go to school for a month!

12 pounds: personal hygiene for one week for all kids

25 pounds: one week of school for all children!

40 pounds: one month of food for all children!



HEMPNALL TRUST GRANT

From time to time we all need help, be that because of ill health, disability or bereavement, relationship breakdown, lack of transport or telecommunications, and most recently Covid and its effects on work, child care and our ability to make ends meet.

Residents of Hempnall who are in need or suffering hardship can uniquely apply to The Hempnall Trust for a Grant to assist them.

To apply, please download, print and complete the application form from our website <http://hempnalltrust.org.uk/grants/> or collect one from the Mill, School, Surgery, Rectory or the Village Hall and return it to Jackie Jackson, Secretary to the Hempnall Trust c/o The Hempnall Mill, Mill Road, Hempnall, Norwich NR15 2LP.

If you need help to fill in the form please telephone Jackie on 07704 656458/email. jackson.jc@btinternet.com.

Likewise if you think a neighbour might be in difficulty, perhaps suggest they apply. All applications are dealt with in the strictest confidence.

HEMPNALL MILL, Mill Road, Hempnall, Norwich, NR15 2LP

The LUNCH CLUB currently serves lunch to 36 residents on Wednesdays and Thursdays.

If you would like to receive meals, please apply to Margaret Sparham (contact details below).

The MILL BAR has reopened for Gala events (see its Facebook page). It is hoped to resume normal Friday or Saturday service shortly.

The MILL HALL has reopened to hire for Private Functions such as parties, conferences (capacity 60people), childcare and yoga.

To book please fill out the form on our website <https://www.hempnallmill.co.uk/> or tel. 07504 699534 / email. hempnallmillcentre@gmail.com.

The Mill Bar may be available on application and catering may be available by our cook Simon Wilkins tel. 01986 894560 / 07715 977833.

HEMPNALL TRUST VOLUNTEERS

The Hempnall Trust exists to serve the residents of Hempnall and is run by volunteers of all ages, expertise and interests.

If you can spare the odd hour and would like to help our community, we are currently seeking the following:

Trustees to govern the operation of the Trust (especially those with Facebook experience); please contact chairman John Kelly tel. 07771 598046/email. johnjkelly1945@gmail.com.

Volunteers (especially drivers) to help Margaret with the Lunch Club tel. 01508 499579/01508 499766 email margaretsparham@live.co.uk.

Volunteers to help run the MILL BAR (full training provided) contact Debbie Ashford tel. 01508 498242/email: cds.debbie@gmail.com).

CHANGE OF CONTACT DETAILS FOR HEMPSTALL TRUST & ALLOTMENTS

Please note the address for the Hempstall Trust & Allotments has changed - all

Community Wood receives CPRE Norfolk Award 2021

The CPRE (The Countryside Charity Norfolk) Norfolk Awards were launched in 1979 to recognise significant achievements made by local people, public sector organisations, schools and businesses which result in thriving countryside, better buildings, positive impacts on the landscape and improvements in rural life across Norfolk. It is one of the longest running award schemes in the county.

Woodton Parish Council are thrilled to have received a Highly Commended award under the "Digging Deep" CPRE Norfolk Awards 2021 category. This is in recognition of the significant work accomplished to bring an overgrown inaccessible area, now known as the Community Wood, into a community facility for the benefit of school groups and local parishioners.

Thank you again to everyone who has been involved with this project and for making this wonderful village asset such a success, this would not have been possible without all the voluntary help and support.

Topcroft Charity Christmas Market

Saturday 4th December

11am - 2pm

Topcroft Pavilion, Topcroft Street, NR35 2BJ

Local craft stalls, gifts, refreshments, raffle in aid of Leeway Domestic Violence & Abuse Services.

For more info / to volunteer to help contact

Charlotte Taylor 01508 482770 /

Charlie_taylor@mac.com



Hempstall Village Hall AGM

Hempstall Village Hall AGM will take place on **Thursday 25th November at 8pm** in the Loft at the Village Hall.

Anyone is invited to attend.

Please come and support your village hall as we come out of the difficult time of the Covid pandemic.

Toys and Tins Appeal

Last year The Salvation Army shared Christmas joy with 6,766 vulnerable people across Norfolk, including 3,810 children who had presents to open on Christmas Day.



This year on **Sunday 5th December 9.30am in Hempnall Church** we are holding a **Gift Service** where you are invited to bring Toys and Tins for The

Salvation Army and Radio Norfolk Appeal 2021. Gifts can be wrapped or unwrapped. For present and tin ideas please click on this link

[https://www.salvationarmy.org.uk/news/6700-norfolk-children-and-adults-helped-christmas?](https://www.salvationarmy.org.uk/news/6700-norfolk-children-and-adults-helped-christmas?fbclid=IwAR0_MUXa0IOj2FcwY6UtSOdd6ebGHDjf0LLIzqUfL4LqF3oFIYBh-x21QLk)
[fbclid=IwAR0_MUXa0IOj2FcwY6UtSOdd6ebGHDjf0LLIzqUfL4LqF3oFIYBh-x21QLk](https://www.salvationarmy.org.uk/news/6700-norfolk-children-and-adults-helped-christmas?fbclid=IwAR0_MUXa0IOj2FcwY6UtSOdd6ebGHDjf0LLIzqUfL4LqF3oFIYBh-x21QLk)

Tins and Toys can also be delivered to The Group Office Monday to Thursday 9.00am-12.30pm.

IN THE EVENT OF FLOODING

0344 800 8013

**Norfolk's new one stop number
for flooding in our county**

or visit

www.norfolk.gov.uk/flooding

If you are in immediate danger call 999



CHRISTMAS SHOE BOXES—OPERATION CHRISTMAS CHILD

The mission of Operation Christmas Child is to show God's love in a tangible way to children in need around the world, and together with the local church worldwide, to share the Good News of Jesus Christ.

A small shoebox can have a big impact. What goes into the box is fun, but what comes out of it is eternal. Be a part of changing children's lives all over the world through the power of a simple gift with Operation Christmas Child.

We will be collecting shoe boxes again this year, boxes are available from the Group Office.

*Boxes should be returned to the Hempnall Church Office by **Monday 8th November 2021** (Office Mon-Thu, 9am-12:30pm. Please phone before arrival – 498157)*

LOST SPECTACLES NEAR VILLAGE HALL IN WOODTON

On two separate occasions at the beginning of September; spectacles have been found in the play area at the rear of the Village Hall in Woodton.

One pair are maroon framed with patterned inner arms, Specsavers make, possibly belonging to a teenager and the second are brown and black tortoiseshell framed, possibly a ladies.

If anyone wishes to claim them, contact ..David...01508 482373.

Food Bank

Items for our Food Bank are still needed; we are very grateful to all who continue to contribute during this difficult time.

Our next collections will be on:

Sundays 7th November & 5th December- Any items can be left at Hempnall Church Office Mon-Thu, 9am-12:30pm. Please phone before arrival – 498157

URGENTLY NEEDED FOOD ITEMS

TINNED TOMATOES
LONG LIFE MICROWAVEABLE SPONGE
PUDDINGS
SMALL JAR COFFEE
PASTA SAUCE
COOKING SAUCE TO GO WITH RICE
BAKED BEANS

Friends of Hempnall School invite you to join us for a **Quiz and Chips** fundraising event, on Saturday 13th November, 7pm at Hempnall Village Hall.

Tickets are £10 per person including food - with teams of up to 6 people.

Choice of: Fish, Sausage, Veggie Burger and Chips.

To book please contact friendsofhempnallschool@outlook.com with a team name and food order.

Please drop payment into the school office, or to Caroline Buck at Beech Rise, Mill Road, Hempnall 07702 469744



Hello from Dogs Trust!

Your local Dogs Trust branch at Snetterton would like to briefly make you aware of a few services that we provide free of charge:

The first, our Canine Care Card scheme, is a **free** service for dog-owners whereby, in the event of their death or illness, we will look after their dog, providing them with all the care they need until we can find a responsible, loving new home for them. This is often a great concern to the elderly, as their dog may be their only friend and companion – Dogs

Trust can give them peace of mind, knowing that their canine companion's future is safe, should the worst happen to them. Every year, we care for more than 14,000 dogs at our nationwide network of rehoming centres and we never put down a healthy dog

Secondly, I wanted to make you aware that we provide free talks to local community groups. I cover the whole of the East Anglia region, to talk about the varied work of Dogs Trust, where we come from and where we hope to be in the future. There are no speaker fees or travelling expenses so please let me know if you believe that your local club would be interested.

If anyone has any further queries, or would be interested in booking in a talk, please contact me by emailing emily.matthews@dogstrust.org.uk or phone 01953 497912.

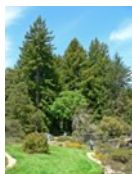
What can I do about climate change in my garden?

However small or large your garden is, there's lots you can do to help combat the causes and effects of climate breakdown

Gardens are set to become increasingly important in the future. They're great for human health and wellbeing, they can help maintain biodiversity and they can even remove carbon dioxide emissions from the atmosphere.

As the impacts of climate change make themselves ever more apparent, the positive impacts of gardens will become ever more important. Here are 9 ways you can maximise the benefits.

1. Green up your outside space



Plants are one of our most powerful weapons in the fight against climate change

Let's get Greening Great Britain!

Trees and plants help tackle climate change by removing carbon dioxide (CO₂) from the atmosphere. They can reduce the risk of flooding by slowing down rainwater runoff.



Planting climbers on your house will help keep it cool during summer heatwaves and reduce heating costs in winter. Growing a hedge in your front garden can even capture particulate pollution, such as exhaust from cars and lorries.

2. Plant a diverse range of plants in your garden

Growing a range of different plants in your garden is great for building resilience. If extreme weather such as flooding or drought damages some plants, others will be fine. As weather patterns shift, some insects that depend on particular flowers might suffer, so plant a diverse variety of pollinator friendly plants with different flowering times.

3. Adopt new ways of growing

Green roofs and walls can result in year-round home energy savings due to a cooling effect in summer and an insulating effect in winter. Improve energy efficiency through use of technologies and try to reduce the use of petrol-powered tools. Hiring or sharing tools is the most environmentally friendly option; choose corded electric tools where possible.



4. Be water-wise

Water butts are a brilliant solution to some of the problems being created by climate change. They help prevent flooding by reducing the load on drains during rainstorms, and help conserve water during droughts. Look for water butts



with a larger than standard capacity to ensure a sufficient water supply over the summer. Select plants and design strategies better suited to your local conditions.

5. Avoid peat-based composts

Peatlands store huge amounts of carbon. Harvesting the peat to use for composts is an environmental disaster, both for the biodiversity of the area which is harvested and on a global climate scale. Look, ask for and use peat-free composts. There are now some high quality products out there that work.

6. Compost your garden and kitchen waste

Compost as much garden and kitchen waste as you can. Adding home-made compost to your soil improves its structure and provides excellent nutrients for the garden. If you throw the material away as household waste, it can end up on landfill and produces potent greenhouse gases. Healthy soil captures carbon – on a global scale, soil holds more carbon than all forests combined!

7. Reduce - Reuse - Recycle - Reinvest



Adopt the 4R's. Reduce – the use of resources in your garden wherever possible, Reuse – household materials and seasonal items year on year, Recycle – your garden waste, plastic, glass and metals and Reinvest – help stimulate demand for recycled products by buying recycled items.

8. Go organic

As a first choice, avoid the use of chemicals in the garden. If required, use products with a lower carbon footprint, such as organic fertilisers. Practice Integrated Pest Management (IPM). Adopt a combination of good plant biosecurity, biological, cultural and chemical controls in order to minimise the spread of pests and diseases.

9. Beware invaders!

Please – never bring plants back from your holidays, and only buy from reputable suppliers (this means both online and at plant nurseries). Otherwise you risk introducing new pests and diseases into the UK.

Also, please make sure that you dispose of garden waste in a responsible manner. Generally this means either by composting at home or in municipal composting schemes. The exception is if you have **Japanese knotweed** or other **invasive non-native plants** on your property, in which case seek specialist advice.



Just for fun...

Have fun with this Quiz for November. Answers are stage or film and will be in next months Village News.



1. Rodents pitfall.
2. Timetable for friends.
3. Permit the twisted piggie.
4. Conflict with a sore throat.
5. Nothing trumps initial handshake.
6. A mixed up act on the tiles.
7. Not top dog but
8. Happy Soul.
9. Solstice in Fairyland.
10. Mast zig zag to you and me.

We hope you enjoy this memory teaser.

At **HEALTHWATCH NORFOLK** we are launching a project alongside Healthwatch Suffolk to find out how people affected by cancer have accessed their appointments during the pandemic. We are working with the people in charge of cancer services in Norfolk and Suffolk to help shape the way appointments are accessed in the future, so it is vital that we get as much feedback as possible to get an authentic sense of patient opinion. If you live in Norfolk or Waveney and have had a cancer diagnosis, referral, or treatment since March 2020, Healthwatch Norfolk and Suffolk would love to hear from you. If you would like to participate, please contact Healthwatch Norfolk by calling 0808 1689669, or emailing enquiries@healthwatchnorfolk.co.uk. Alternatively, the survey can be completed online by visiting www.smartsurvey.co.uk/s/cancerappointments/



Healthwatch Norfolk and Healthwatch Suffolk are the independent voices for patients and service users in our counties. We gather your views of health and social care services to ensure they are heard by the people in charge. For more information about what we do, visit our websites www.healthwatchnorfolk.co.uk and www.healthwatchesuffolk.co.uk."



Our full door to door dial-a-ride service is up and running again with weekly trips to Diss and Harleston for shopping and appointments.

We are also pleased to announce that we are running our weekly outings again.

Our November outings are as follows:

Monday 1st November	Waitrose, Wymondham	Fare £10.00
Monday 8th November	Taverham Garden Centre	Fare £15.00
Monday 15th November	Cherry Lane Garden Centre & Goodies Farm Shop	Fare £7.00
Monday 22nd November	Highways Nursery & Shopping Centre	Fare £10.00
Monday 29th November	Norwich City Centre	Fare £15.00

Some outings do have limited space so please book early to avoid disappointment.

For more information or if you would like a copy of our 2021 outings leaflet, please contact us on 01379 854800 or email adminborderhoppa@btconnect.com.

LONG STRATTON MEDICAL PARTNERSHIP

Swan Lane Surgery, Swan Lane, Tharston, Norwich, Norfolk, NR15 2UY Tel: 01508 530781

This month I touch on a very sensitive and yet important aspect of health. The mental wellbeing of our adolescents. The World Health Organisation in September 2020 wrote a comprehensive document on mental health in adolescents and I will try and summarise important facts from it.

- 1. One in six people are aged 10 – 19 years**
- 2. 16% of the health burden in the 10 – 19 year olds is due to mental health**
- 3. Half of all mental health conditions start around 14 years of age but are undetected and untreated.**
- 4. Globally, depression is one of the leading causes of illness and disability among adolescents.**
- 5. The consequences of not addressing adolescent mental health problems extends into adulthood impairing both physical and mental health thereby limiting their opportunity to lead fulfilling lives as adults.**

NHS Digital has looked at the UK stats. There has been a rise in mental health problems in the adolescents. The figures show that the incidence of mental health in school children has risen from one in ten children in 2004 to one in nine children in 2017 to an alarming one in six children in 2020. As a community we are responsible for our next generation. Parents, family, neighbours, schools and health care and charities have to work together to ensure the physical and most importantly mental well-being of our adolescents to ensure that they grow into happy and functioning members of society. In other words, we must ensure a future healthy society.

It is important that you feel free to contact us at the practice if there are any concerns. I am adding the resources available where help can be found:

1. NSFT First Response is open 24/7 to offer help and advice. Phone: 0808 196 3494.
2. Norfolk and Waveney Children and Young People's mental health service: 0300 300 0123 Website: justonenorfolk.nhs.uk
3. Point 1 Norfolk for 0 – 18-year olds. Parents can self-refer and children above 14 years can self-refer themselves. Phone: 0800 977 4077
Email: @ormistonfamilies.org.uk
4. Wellbeing Norfolk for 16 years and above. Self-referral service. Phone: 0300 123 1503, Website: <https://www.wellbeingnands.co.uk/norfolk/> - self referral through online form.
5. Kooth – available for 11 – 25-year olds: www.kooth.com
6. Chathealth for 11 – 19-year olds: Telephone: 07480 635060

Stay safe.—Mini Nelson



Mobile library timetable

Stop number	Village	Arrival time	Departure time	Stop name	Postcode
2	Hempnall	09:50	10:10	Old Market Way (Bainard Rise)	NR15 2LZ
4	Hempnall Green	10:20	10:45	Three Horseshoes	NR15 2NN
6	Topcroft	10:50	11:00	The Old Chapel	NR35 2BL
8	Topcroft	11:05	11:20	Church Road	NR35 2BH
10	Hempnall	11:25	11:40	Road Green Farm	NR15 2NQ
12	Hempnall	11:45	12:10	Millfields	NR15 2NE
14	Hempnall	12:15	12:35	Roland Drive	NR15 2RB
16	Hempnall	12:40	12:55	Fairstead Lane	NR15 2NF

DATE OF NEXT VISIT:

- 04 NOVEMBER 2021
- 02 DECEMBER 2021
- 30 DECEMBER 2021
- 27 JANUARY 2022
- 24 FEBRUARY 2022
- 24 MARCH 2022
- 21 APRIL 2022

Route No: CEN423 Calls on: Thursday Normally every: 28 days

Please note this information is subject to change or amendment both on a permanent and temporary basis. For all enquiries about this route please call 01603 222303.

Our Church Services...

Thursday 4th November 2021	10:00am Holy Communion (Book of Common Prayer)	Hempnall Church
7th November 2021 All Saints Day	10:00am Group Eucharist With Ian Callaghan—St John Ambulance	Woodton Church
	3:00pm Commemoration Service	Hempnall Church
14th November 2021 Remembrance Sunday	9:30am Act of Remembrance	Woodton Church
	10:00am Act of Remembrance	Bedingham Church
	10:00am Act of Remembrance	Fritton Church
	10:50am Act of Remembrance	Hempnall War Memorial
	10.50am Act of Remembrance & Remembrance Service	Hardwick Church
	10.50am Act of Remembrance & Remembrance Service Followed by Act of Remembrance at Hardwick Airfield	Topcroft Church
21st November 2021 Christ is the King Sunday next before Advent	9:30am Eucharist	Bedingham Church
	11:00am Eucharist	Fritton Church
28th November 2021 1st Sunday of Advent	10:00am Group Eucharist	Hempnall Church
	6:00pm Advent Evening Service	Zoom
5 December 2021 2nd Sunday of Advent	9:30am Gift Service	Hempnall Church
	11:00am Eucharist	Topcroft Church
	6:00pm Evening Service “Nothing is Impossible”	Zoom

Happy Birthday to....

Children

Georgie Rush who will be 12 on the 5th

Teenage

Alfie Tyrell who will be 15 on the 22nd



From the Registers....

Baptisms

24th October, Pippa Sargent at Morningthorpe Church

Weddings

23rd October, Daniel Bloomfield & Laura Billington at Morningthorpe Church

Funerals

1st October, Agnes Rose Davy, aged 58 years, at Hempnall Church



Need Help?....

FREE-RANGE TURKEY

Whole oven-ready turkeys, crowns, boneless breast rolls or butterflies for the centrepiece of your Christmas meal. Please see our website for a full price list. Email or call to place an order.
COLLECTION FROM FARM GATE Darrow Green Road, Denton, Norfolk IP20 0AY. 01986 788252 - ewdarrowgreen@gmail.com - Web: www.darrowgreenfarm.co.uk/turkeys

ACCOUNTS & BOOKEEPING

ALINE TURNER ACA - bookkeeping, accounts, tax returns, payroll - 01508 550403 or 07785 528069

AGGREGATE SUPPLIERS

CARRY ALL - Supplies of quality aggregates, to Trade & Public, Free delivery, No VAT - 01508 536182 or 07850 402845

ART LESSONS

ART WARTERCOLOURS FOR BEGINNERS & IMPROVERS - gill@gilly-marklew.co.uk - 01508 499070

CARPENTRY SERVICES

CARPENTER - Mark Whitbread, Free quotations, No job too small - 01508 532605

CARPET & UPHOLSTORY CLEANING

CARPET AND UPHOLSTERY CLEANING - Local reasonable rates - David - 01379 608529 or 07768 757308

CHARTERED BUILDING SURVEYOR

DAVID HEWETT FRICS - Chartered Building Surveyor CAD drawings & surveying services - 01508 499761

CHESS TUITION

CHESS TUITION - Teaching at all levels - Martin Walker - martinwalker723@gmail.com - 01508 492471

CHIMNEY SWEEP

CHIMNEY SWEEP - Guild of Master Sweeps, Clean & Friendly, Smoke /test/Certificates - Dave 07835 757528

CYCLE REPAIRS

BLACK CAT CYCLES - Mobile repairs & services - service@blackcatcycles.co.uk - 07996 403794

ELECTRICIANS

ELECTRICIAN - Bob Turner - Domestic & Commercial Electrical Contractor - 07899 794813

FARM SHOPS

FARM SHOP, CAFÉ & BUTCHERY, Norwich Road, Woodton for the best Raw Milk in Norfolk - 07900 814252

FUNERAL SERVICES

R. B. COPPING FUNERAL SERVICES, PORINGLAND - 01508 494434

ROSEDALE FUNERAL HOME - Beccles & Bungay, a family business - 01986 892790 or 01502 714445

GARAGES TO LET

GARAGES TO LET - Long Stratton area, Secure, dry, insulated, power - David - 07770 587981

GROUNDWORK & GARDENING SERVICES

S. W. CONTRACTORS Groundwork, Gardens, Fences, Patios & Hedge Trimming - 01508 495528

TK GARDEN MAINTENANCE - Hedge trimming, Tree care, Lawn mowing, Garden clearance - 07858 723357

HAIR & NAIL SALONS

NEW SALON - Hempnall - Gel & Acrylic Nails, Lashes, Brows, Waxing, Hairdresser & Barber - 07872 366756

FEET - Corns, calluses, nail cutting & more, treated in you home - Wendy - 01379 676872

OSTEOPATH

OSTEOPATH - Cranial-accidents, back, headache - reception@norfolkost.co.uk - 01953 789629

OUT OF HOURS CONTACTS

Woodton - outoftheburrough@gmail.com - 07771 857255 or 01508 482621

PAINTING & DECORATORS

PAINTING, DECORATING, FLOORING & FLOOR RESTORATION, WOOD PAINTING & STRIPPING - Seb - 07821 973612

PARISH COUNCILS

HEMPNALL PARISH COUNCIL- Website Address www.hempnallpc.org

PEST CONTROL

SAFE & SOUND HYGIENE AND PEST CONTROL & GARDEN MAINTENANCE - 01379 788865 or 07809 226109

PIANO LESSONS

PIANO LESSONS - Bedingham - All ages welcome - Marian - 01508 482746

PLANT HIRE

PETER MATTHEWSON PLANT HIRE - Drainage & Groundworks - Please call for info. 01508 482655 or 07850 722094

PLUMBING SERVICES

OIL, GAS HEATING AND PLUMBING SERVICES - Alan Bell - 07710 515775 or 01508 532393

PAUL CLARRY PLUMBING & HEATING - For all your requirements - 07887 485676 or 01508 550519

PLUMBER - David Milward - Over 30 years' experience all plumbing work - 07763 359313 or 01508 498005

CHRIS CLARKE OIL BOILER SERVICES - Servicing: 07912 146619, Breakdowns: 07377 516660

TRANSPORT

CHRIS BAKER TRANSPORT - Man & Van - 01508 531738 or 07821 923489

TUTORING

TUTOR MATHS & SCIENCE TO G.C.S.E. - Contact Storm Roberts - fayre@me.com - 07771 857255 or 01508 482621

UPHOLSTERY & SOFT FURNISHINGS

UPHOLSTERY & SOFT FURNISHINGS,

WINDOW CLEANING

WINDOW WONDERLAND - Window cleaning services - Contact Sammy Raynes - 01508 482679 or 07975 579292

WOODBURNERS

NORFOLK WOODBURNERS -Hempnall - Woodburner Supplier & Installer - 01508 498393

Contact us....

Liz Billett – Team Vicar
[07891 854219](tel:07891854219) or 01508 482366

Group Office, open
Mon-Thurs 9am-12.30pm
Telephone: 01508 498157

Our email:
hempnallgroup.office@btinternet.com

Our website:
www.hempnallgroup.co.uk

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before 15th NOV

or

Email to:

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