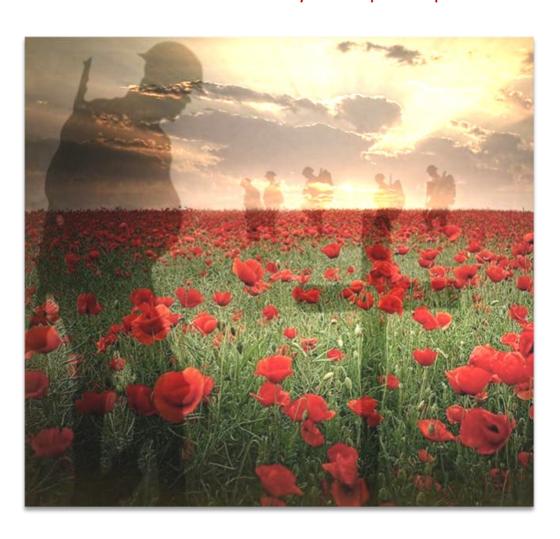


Village News

Produced by The Hemphall Group of Parishes



November 2022

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Local News...

NOVEMBER WALK

Sunday 20th November – Meet at 2 pm in Poringland Community Centre Car Park, Overtons Way, for a 3 mile circular walk on flat ground. Please let Daphne and John know if you will be walking so we don't leave without you. Further information Tel: 01508 494318 or email daphnelittleboy@hotmail.com



Winter Walks 2022 & 2023

26th Feb Shirley and Keith Mayer 01508 499465

19th Mar Josephine & David Murgatroyd

01508 530453

23rd Apr Sue and David Banham 01508 498223

All welcome!

Please contact the walk leader for more information.



Getting Comfortable Online

Under the auspices of the W.I. we are able to offer a one day session on digital skills and getting comfortable Online. We will have a morning session for 2 hours (with a refreshment break) on **Monday 28th November 2022—10:30-12:30**. Bring along your own laptop, mobile phone or tablet if you have one. If you are interested please phone Yvonne Davy 01508 499405 or email ydavy01 @yahoo.co.uk

Help! - Is there any one out there who would be willing to help a group of people with computer skills? Just to sit alongside and help solve fairly easy (or slightly more tricky) issues with computer skills, tablets or iPhones . This could be weekly for , say 6 weeks, or two weekly or monthly? Whatever. This could be a nice social gathering and really help people with keeping up to date and renewing their skills . We would be able to use the facilities at Hempnall Village Hall and keep warm too! Home made biscuits guaranteed! If you are interested please contact Yvonne Davy. 01508 499405 or the Village Hall booking clerk Sarah.

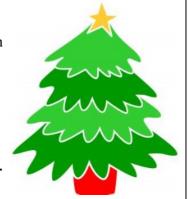
Saxlingham Christmas Fair

The Fair will be held at **Saxlingham Village Hall** on **Saturday 19th November** from **11 am to 3 pm**.

There will be Christmas gift stalls, a book stall, a cake stall, a raffle and refreshments.

So put this date in your diary and we look forward to seeing you at the Fair!

(Please note that there is car parking at the rear of the Village Hall.)

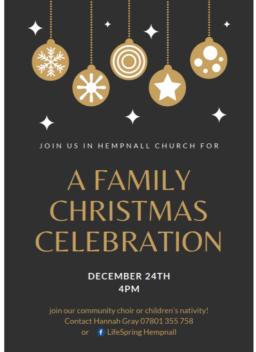


CAROL SINGING EVENING

Do come along on **Monday 19th December 2022 starting 6pm at Topcroft Pavilion**, and choose your favourite Carol. Mulled Wine and Mince Pies and the Bar will be open. Everyone will be most welcome.







Time to move on from Old Mill & Millgates Medical Practice

After 15 years working as a Phlebotomist at Old Mill & Millgates Medical Practice I have decided it's time to move on and try something new. I couldn't leave though without saying a big thank you to all the wonderful people I have met and come to know throughout my time at the practice. My new role will continue to see me working in Norfolk so I'm sure I will see some of you around in due course. In the meantime, bye for now, take care and hope to see you again soon.

Kind regards

Elizabeth



ST MARY THE VIRGIN CHURCH
SAXLINGHAM NETHERGATE
CHRISTMAS TREES DISPLAY
Will be held from Saturday 26th November
to Sunday 4th December 2022





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 Group Office by **Tuesday 1st November 2022**(Office Mon-Thu, 9am-12:30pm. Please phone before arrival – 01508 498157)



Coffee Morning on Saturday 12th November at Hempnall Mill Centre 10am-12noon

 $Raffle, Tombola, bric-a-brac, refreshments\ etc.$

Any donations would be welcome

For details contact Margaret Sparham on 499579
All proceeds go towards
the Lunch Club

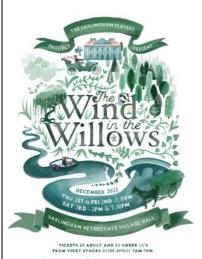


SERVING THE COMMUNITY

Door to door dial-a-ride service Weekly members outings throughout the year Group hires for not-for-profit organisations Borderhoppa Outings for November 2022

Mon 7th NovTaverham Garden CentreFare £15.00Mon 14th NovNorwich City CentreFare £15.00Mon 21st NovHighways Nursery & Shopping CentreFare £10.00Mon 28th NovLunch at The White Horse, Stoke AshFare £7.00

To book or for more information please call 01379 854800 or visit our website www.borderhoppa.org



Saxlingham Players present 'Wind in the Willows'

Thursday to Saturday
1st, 2nd and 3rd December at 7:30pm
and a matinee on Saturday at 2:00pm

You are cordially invited to this fun filled production with a mixed age cast telling the adventures of Toad and the other 'riverbank' people.

Book your seats with Vicky on 01508 499631 between 9am and 9pm Tickets are £8 adult and £5 for under 16's.

Woodton Parish Council

Autumn 2022 Newsletter



This is Woodton Parish Council's new idea – a Newsletter twice a year to keep you all up to date as to what has been happening and what is planned. We hope you enjoy our first edition.

Halloween in the Community Wood - Saturday & Sunday 29th and 30th October

Don't forget to bring along your own specially designed pumpkin and put it in the Community Wood over the weekend - but please come and light them on Halloween night itself on the Monday. The Wood will, as in the last few years, be decorated by anyone who wants to add their own creation. Why not pop your own designs up amongst the trees or along the paths? The spookier the better.....





Look out for details nearer the time, but we hope **Father Christmas** might make a visit to the Community Wood the week before Christmas!



Extra Land at the Community Wood

The Parish Council have now bought the remaining land at the back of the bungalows at Suckling Place and already plans are in place to plant an orchard and a community planting scheme in part of it thanks to a grant from the Community Asset Funding scheme. There will also be benches and a table – with plans to connect this land to the back of the housing development at the Nurseries in The Street.



The Forest School

A large canopy is being bought to give a protective area in the Forest School plus lots of pairs of binoculars so that the children, who visit each week, can really appreciate all that the Wood offers and spy all the birds and beasts that live there.

Raven's Den - There is a new Basketball hoop for you all to enjoy at Raven's Den. So please come along and have a go — but don't forget to bring your own ball as these are not provided. In addition, a mobile cricket net is on order ready to use next season. So lots for all ages to enjoy as we increase the facilities at Raven's Den.



Speeding and 20mph Zone

At last, we have confirmation that The Street will be restricted to 20mph for all traffic. In addition, there will be a new solar powered vehicle activated sign (VAS) to replace the current SAM2. The Parish Council, together with support from our County and District Councillors, is still pursuing further speed restrictions and other traffic calming measures in Hempnall Road. This has become increasingly dangerous as a cut-through route, and we are determined to improve this very unsatisfactory situation. But it's not going to be easy......







Woodton Village Hall

The Bedingham Church Christmas Fair will be in the Village Hall on Saturday 12^{th} November from 1.00-3.00pm. Please note the date and come along – lots to buy and enjoy. If you have any ideas what you'd like to see taking place in the Village Hall please do get in touch.



Christmas in our Churches

These services have yet to be confirmed but please keep an eye on the Group's monthly Village News for details. We will also list these on the Parish Council noticeboard for you all to see.





Save the Rain

Excellent News! Woodton is one of the six successful communities selected to be part of a pioneering joint Norfolk & Suffolk County Council six year long project — Reclaim the Rain. Please respond to the attached survey.



Details of much of this and lots more can be found on the Parish Council website – www.woodtonpc.org

We hope you've enjoyed reading this and comments are always welcome

If any local businesses or organisations would like to advertise in future editions for a small charge, please do get in touch with our clerk – 01508 493134. This would help us with the cost of printing.

GRANTS AVAILABLE FOR PARISHIONERS

The Foundation is keen to support all Hempnall residents (adults and children), regardless of financial circumstances, to take advantage of a wide range of educational and recreational opportunities. Consequently, if you would like to discuss any aspect of a claim you may be planning to make, including how it may be funded, we would be happy to talk with you informally. Please contact Ian (see below).

The next meeting of the Hemphall Town Estate Educational Foundation is during November 2022. Completed applications for grants by 31 October 2022 to Ian Nelson, Clerk to the Trustees, Karinya, Bungay Rd, Hemphall, NR15 2NG.

Application forms are available online at https://hempnalltrust-org-uk-town-estate-educational-foundation/ and in Hempnall Village Hall, Hempnall Church, The Mill Centre, Hempnall Surgery or by email. Any queries or requests for forms to Ian Nelson - <a href="https://hempnalltrust.org.uk/https-hempnalltrust.org.uk/http

PLEASE NOTE - WE ARE ABLE TO ACCEPT COMPLETED APPLICATIONS BY EMAIL. VALID RECEIPTS/PROOF OF PAYMENT MUST BE INCLUDED. INVOICES ALONE CANNOT BE CONSIDERED AS PROOF OF PAYMENT MADE.

Topcroft Parish Council

Next Meeting

Monday 14th November 2022 - 7.30pm

Planning meetings are arranged when required.

The agenda is displayed 3 days before the meeting on the noticeboards & website: https://topcroftpc.norfolkparishes.gov.uk
All meetings are held in Topcroft's pavilion.
For further details contact the Clerk email: topcroftpc@gmail.com

~ Parishioners are Welcome to attend the Meetings ~

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:

Sunday 6th November 2022. Any items can be left at Hempnall Church Office Mon-Thu, 9am-12:30pm.

Please phone before arrival – 498157

URGENTLY NEEDED FOOD ITEMS

SUGAR, UHT FRUIT JUICE, INSTANT MASH
NO PEANUT BUTTER PLEASE

HYGIENE—MALE & FEMALE DEODORANT
ANIMALS—DOG, RABBIT & GUINEA PIG FOOD (NOT CAT)

POSADA—We will be having Posada again this year! **What is Posada?** - Posada is an old Mexican Tradition. Young people dressed as Mary and Joseph travel 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 visit the local church to tell the Christmas story and place the figures of Mary and Joseph in the crib.



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 Lorraine on 01508 498289 or 07583 697878 or the Group Office on 01508 498157 or email: hempnallgroup.office@btinternet.com

We will let you know the day Mary and Joseph will come to stay and where to take them for the next night.

POSADA—MAKING ROOM FOR JESUS THIS CHRISTMAS IN HEMPNALL



News from Woodton Primary School October 2022

Well this term has already been extremely busy, with different events happening as well as planning for the term before Christmas. During September our year 6 children participated in their 3 day cycling proficiency course, all of the children did extremely well and will be receiving their road safety certificates soon.

At the start of October to celebrate 'World Space week', Oaks and Willows class welcomed parents in for an afternoon. Children had the opportunity to show their parents and carers, what they had learnt about space during the week. There was a wide range of different space activities for everyone to get involved with.



Over the last month, we have been supporting different charities by raising money. The children raised just over £50 for the 'Jeans for Genes' charity on Friday the 23^{rd} of September. Also, the PTA held a Macmillan coffee morning on Friday the 30^{th} of September and raised just over £155. We would like to say thank you to everyone that helped us raise funds for these amazing charities.





Some of our key stage 2 boys and girls took part in the Hobart Football Cluster League. This comprised of a series of football matches competing with other schools. They all played so well, and came 5th in the tournament.

HEMPNALL TRUST - Patrick Stone

It is with great sadness that the Hempnall Trust announces the passing of one of its long serving trustees, Patrick Stone.

Patrick was a well-known, popular figure in our community and his cheerful manner and dry humour will be missed by many.

Patrick dedicated his life to public service and charitable work and made a large impact and influence in the management of the trust

THE MILL BAR

The bar is open every Friday evening from 6pm & the regular Fish & Chip van is in the car park.

Special events are planned for the first Saturday of each month, so please come along and enjoy a relaxing evening in our new comfortable surroundings.

Next Special Events are:

After Fireworks – 5th November 2022 from 730pm

Latest updates https://www.facebook.com/themillbarhempnall

THE MILL BAR NEEDS YOU

If you enjoy meeting people & can spare a few hours on a Friday or Saturday evening why not come & join our friendly group of volunteers at The Mill Bar, Hempnall. Give me a call to find out more, Phil Bates, 07957 803120

HEMPNALL MILL HALL

The Hall is available for Private Function hire, such as parties, conferences (capacity 60 people), 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 Wilkin Tel: 01986 894560 / 07999 349715

LUNCH CLUB

The Lunch Club provides Take Away lunches on Wednesdays and Thursdays delivered by volunteers and a Table service at The Mill on Thursdays.

If you would like to receive meals, please apply to Margaret Sparham.

Volunteers are always welcome especially kitchen volunteers for Thursday's Tel. 01508 499766 or 01508 499579

HEMPNALL TRUST GRANTS

From time to time, we all need help, be that because of ill health, disability, bereavement, relationship breakdown, lack of transport and our ability to make ends meet. Residents of Hempnall, who are in need or suffering hardship, can apply to The Hempnall Trust for a Grant to assist them.

All applications are dealt with in complete confidence.

Applications can be made for oneself or on behalf of another, if you think a neighbour might be in difficulty, perhaps suggest they apply.

Grant applications can be made throughout the year.

Grant levels are reviewed annually by the board of Trustees against Trust Guidelines.

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 to:

Sarah Batchelor, Hempnall Trust Secretary, Hempnall Mill, Mill Road, Norwich NR15 2LP.

If you need help to fill in the form, please Tel: $07765\ 030209\ /\ 01508\ 499406\ /\ Email\ hempnalltrust@gmail.com$

WEA Saxlingham Nethergate branch

Please join us this term for -

Art and Religion: Tutor David Sharp

Explore some key aspects of the interaction of art and religions across centuries and continents. Consider how art and religions have inspired or interrogated, promoted or demoted and loved or hated each other. Works of art considered will chiefly be paintings but also include some sculpture, architecture, art installation and video art

Thursday 17th and Thursday 24th November

1.30 pm – 3.30 pm (including tea break)

Saxlingham Village Hall NR15 1AJ

Fee £16.00 (free to those on certain benefits)

For more information please call Cathy (499126) or Harriet (499667)

Enrol at <u>www.wea.org.uk</u> or by phone on 0300 303 3464 (9-5)

Course Number C2229242

The Workers' Educational Association is a charity registered in England and Wales (number 1112775) and in Scotland (number SCO39239) and a company limited by guarantee registered in England and Wales (number 2806910). Registered office: 4 Luke St, London EC2A.



Mobile library timetable

Stop	Village	Arrival	Departure	Stop name	Postcode
number	village	time	time	Stop Harrie	rostcode
2	Hempnall	09:50	10:10	Old Market Way	NR15 2LZ
				(Bainard Rise)	
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:

- 03 November 2022
- 01 December 2022
- 29 December 2022
- 26 January 2023
- 23 February 2023
- 23 March 2023

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

ONE FOR THE DIARY

Hempnall Football Club is holding a
Christmas Bingo
at Hempnall Village Hall
on Saturday, December 3rd 2022



Further details including prices available nearer the time, but please book the date.

We would very much appreciate your support.

Licensed bar available, including a good quality cask ale.

Contact Trevor at enquiries@hempnallfc.co.uk or on 07702-861905.

Health News

LONG STRATTON MEDICAL PARTNERSHIP

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

Movember - Men's Health Awareness Month

November arrives and it brings with it several issues – winter, energy bills, flu, covid and then Christmas soon with it's associated expenses. This month however has much more to it. It is the month dedicated to men's physical and mental health. International Men's Health day is November $19^{\rm th}$.

Why is there a month dedicated to Men's health? I looked at various websites to find an appropriate and justifiable answer. The one I liked best was on the City, University of London Student hub website: This month is Men's Health Awareness Month which marks an important time to talk about the mental health of men and how we can reduce stigma, do away with societal expectations and increase the likelihood of support uptake among men.

The charity MIND which deals with mental health, published a document in December 2020, right in the middle of a disastrous period of the pandemic: Get it off your chest. Men's health 10 years on.

The important take home message from me is 'Never hesitate to ask for help.' Asking for help is not a failure. Asking for help can change your life and thereby improve your quality of life.

Who can you approach?

- 1. Your own GP
- 2. The Pit Stop Wymondham Contact Ben Holland 07864
 697718 or email
 ben@menscraft.org.uk. Norwich Contact Colin Howey 07784
 307970 or email
 colin@menscraft.org.uk.
- 3. Men's -Shed Contact Gordon Wilcox 07443 041140 or email longstrattonshed@gmail.com.
- 4. South Norfolk Community
 Connectors 01508 533933 or
 email
 helphub@southnorfolkandbroadl
 and.gov.uk

- 5. MIND Norfolk and Waveney **0300 330 5488 or email**enquiries@norfolkandwaveneymin
 d.org.uk
- 6. Wellbeing Service 0300 123 1503 or self-refer via website wellbeingnands.co.uk
- 7. Samaritans 116 123 or email jo@samaritans.org

Let us all make an effort to look after ourselves and especially in this month of November, let us ensure the men we know are aware of their physical and mental health. Stay Safe.

~Mini Nelson~

Thought for the month...

Remember, remember - the theme of November...

November is, within our church calendar, a time for remembering.



The month begins with All Saints' Day (1st November) and All Souls Day (2nd), celebrating, respectively, the saints of the church and **all** the faithful who have lived and died. This year on *Sunday 6th November at 10am* in *Woodton Church* – a building named as, and dedicated to, 'All Saints' – we have a *Group Eucharist* to mark All Saints' Tide.

That same afternoon (*Sunday 6th November*) in *Hempnall Church at 3pm* we have our annual *Commemoration Service* (see p.x) to remember specifically those known to us and loved by us. If you would like the name of your loved one to be included, please contact the Group Office.





On Remembrance Sunday (*Sunday* 13th November) we commemorate those who fought and died in the First and Second World Wars and other conflicts of the past 100 years – especially, in our ceremonies in this country, those in which British personnel have been involved. We remember those who mourn. And we pray for peace.

There will be an Act of Remembrance (and/or a Remembrance Service) in all the parishes in the Group. You will find details on p. y.

These occasions, while each has a different context, are all opportunities to remember, to reflect and to realise anew the connections shaping us as communities and individuals. So – let's pause this month to give thanks both for those, unknown, from a distant past who have gone before us and for those whom we have personally known and loved. And let's try to find courage and inspiration to live our lives in a way that honours the past, builds on our legacy and offers hope for the future.

~Contributed by Liam Pilgrim~



Remembrance Day Services



Sunday 13th November 2022

10:50am Act of Remembrance at Bedingham Churchyard

10:50am Act of Remembrance at Hempnall War Memorial Followed by 11:15am Remembrance Service at Hempnall Church

10:50am Act of Remembrance at Fritton Church

10:50am Remembrance Service at Hardwick Church

10:50am Remembrance Service at Topcroft Church Followed by 12:30pm Act of Remembrance at Hardwick Airfield

10:50am Remembrance Service at Woodton Church

You are warmly invited to Our Commemoration Service



Remembering our loved ones who have died At Hempnall Parish Church On Sunday 6th 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.

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

Our Church Services...

Sunday 6th Nov 2022 All Saints	10:00am Group Eucharist for All Saints	Woodton	
Sunday	3:00pm Commemoration Service	Hempnall	
Sunday 13 th Nov 2022 Remembrance	10:50am Act of Remembrance	Bedingham Churchyard War Memorial	
Sunday	10:50am Act of Remembrance	Hempnall War Memorial	
	Followed by: 11:15am Remembrance Service	Hempnall Church	
	10:50am Act of Remembrance	Fritton	
	10:50am Remembrance Service	Hardwick	
	10:50am Remembrance Service	Topcroft	
	Followed by: 12:30pm Act of Remembrance	Hardwick Airfield	
	10:50am Remembrance Service	Woodton	
	4:00pm Family Praise	Hempnall	
Sunday 20 th Nov 2022 Christ the King	10:00am Group Eucharist	Bedingham	
Sunday 27 th Nov 2022 1 st Sunday of Advent	10:00am Group Eucharist	Hempnall	
Sunday 27 th Nov 2022 1 st Sunday of Advent	6:00pm Advent Evening Service	Zoom	

Happy Birthday to

Children

Harry Catchpole who will be 3 on the 15th Jack Catchpole who will be 3 on the 15th Charlie Catchpole who will be 7 on the 20th

Teenage

Georgie Rush who will be 13 on the 5th Alfie Tyrell who will be 16 on the 22nd

If you would like your child / young person's names added to the birthday celebration list, please email the group office with their name as you wish it to appear and their date of birth. This will then be shown yearly on the month of their birthday. Names are removed following the young person's 18th birthday, if you ask for it to be removed or if we are aware you move from the Hempnall Group

From the Registers....

Funerals

18th October 2022, Barbara Pechey. Aged 90 years, cremation at Waveney Crematorium





Need Help?....

EXTERIOR MAINTENANCE SERVICE

KERB APPEAL SOLUTIONS – Pressure washing, driveways & patios, fence & decking rejuvenation, roof & gutter cleaning. Based in Hempnall, for a friendly professional service call Mark 07360538572

CHRISTMAS TURKEYS

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 - Tel: 01986 788252 - Email: 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

CARPENTRY SERVICES

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

CARPET & UPHOLSTERY CLEANING

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

CHIMNEY SWEEP

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

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

GARAGE DOOR SUPPLIER

Garolla Roller Shutter Doors - GARAGE DOOR SUPPLIER & INSTALLER -Hempnall and surrounding areas – Mobile 07537 149 128 or 01508 320 038 / 01986 960 067

GROUNDWORK & GARDENING SERVICES

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

HAIR & NAIL SALONS

EVIE CLARK HAIRDRESSING - Hairdresser & Barber, based in Hemphall - 01508 499934 or 07703 680443

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

OSTEOPATH

OSTEOPATH-Osteopathy for all-adults to babies, includes cranial. Joints, spine, nerves, headaches, accidents - 07818 747776 | 01953 789629 | www.norfolkost.co.uk

PIANO TUTION

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

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

PLANT HIRE

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

PLUMBING SERVICES

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

WINDOW CLEANING

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

Contact us....

Frances Atherton Group Administrator Group Office, open Mon-Thurs 9am-12.30pm Telephone: 01508 498157 Our email:

hempnallgroup.office@btinternet.com
Our website: www.hempnallgroup.co.uk

Items for the next issue....

Items for the Village News should be Delivered, Posted or Emailed to: Group Office, The Rectory, The Street, Hempnall, NR15 2AD Email:

hempnallgroup.office@btinternet.com

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