



Village News

Produced by The Hempnall Group of Parishes



Photograph by courtesy of David Ferré

JULY 2023

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Langhale Benefice Church Open Afternoons

Saturday 8th and Sunday 16th July 2:00pm-5:00pm

Saturday 8th July 2023

Hardwick
Morningthorpe
Hempnall
Brooke
Mundham
Thwaite



Sunday 16th July 2023

Shelton
Fritton
Topcroft
Bedingham
Woodton
Kirstead
Seething

We have a wonderful collection of thirteen beautiful church buildings across our new benefice, so we thought it would be a good idea to offer the opportunity to visit. Half our churches will be opening specially from 2pm-5pm on each day (see list above) and we hope that you will take this chance to visit and take in the wonders of our legacy. In many of our churches you will find a warm welcome, refreshments and other events and activities. Nearer the time there will be a leaflet for each day with a map and further details. Why not organise a car full of friends and go for an afternoon outing?

JULY WALK

Sunday 30th July - Walk starting at 2pm from Barsham with Shipmeadow Church. The walk will include part of the Via Beata way and will last 2 hours or so. Refreshments will be provided in the Church afterwards. The Church is situated off the B1062 from Bungay to Beccles. Postcode is NR34 8HA.



For further information please contact Josephine on 01508 530453

CONCERT BY MEDIEVAL HARPIST LEAH STUDDART

Leah Studdart at Saxlingham Nethergate Church
on Saturday 15th July 2023
at 5:30pm

Tickets cost £7.50

For further details see website: <https://>

www.leahstuttard.com/event/margery-kempes-journeys-in-sound-7/



NORFOLK ARCHAEOLOGICAL AND HISTORICAL RESEARCH GROUP (NAHRG)

Norfolk Church History Day Saturday 22 July 2023 Non-members welcome!



NAHRG's Norfolk History Day this year will be on the theme of the history of the church locally.

It will be held in the Thomas Paine Study Centre at the UEA on Saturday 22 July. There will be five talks, lunch and refreshments for £20 (or £10 if you're a member). Advance booking required. Please email: enquiries@nahrg.org.uk for a booking form.

Help with living costs

You may be struggling with living costs for a range of reasons. Find out what support is available and get advice.



Norfolk
County Council

<https://www.norfolk.gov.uk/what-we-do-and-how-we-work/campaigns/help-with-living-costs>

OVER 600 CHURCHES AND CHAPELS OPEN TO VISIT NEAR YOU!

Sponsored by

savills



Many historic churches, chapels and meeting houses are battling to survive. Roofs leak, lead roofs are stolen, ancient timbers rot and medieval stonework crumbles. Now you can help by joining a sponsored bike ride or walk, discovering beautiful churches, which also raises money for their repair and preservation.



BIKE, WALK, DRIVE... IN THE NORFOLK COUNTRYSIDE

WIN
£1,000
FOR YOUR
CHURCH*

A fun day out for all, stopping off at as many Churches and Chapels as you can!

Pump up your tyres, dust off your walking boots, pack a picnic and plan a route from your own door to visit as many of the most beautiful churches in Norfolk as you can. *PLUS you can join with others in your parish to win £1,000 for your church by becoming the parish with the most improved amount of money raised. Simply get sponsored for each building you visit or make a donation - find out more at norfolkchurchestrust.org.uk/bike-ride

Saturday 9th September 2023
9.00 am - 5.00 pm



News from Woodton Primary School

June 2023

Last term we were very proud to announce that our school has been awarded the 'Schools of Sanctuary' award. To achieve this award we worked extremely hard to show that we are a welcoming place for children and their families, to be a place where every child feels safe, and where they are fully accepted. We have also worked towards this award by helping and supporting others, we raised an amazing £495 with a sponsored walk for the Norwich charity, New Routes; we also supported the Ukrainian crisis by raising £209 as well as gathering a large collection of clothing, bedding and toiletries for the Ukraine and Poland refugees. All this and more, to then be awarded this very special recognition.



Our Oaks class have started their summer production of 'Oliver'; this will be performed to the parents nearer to the end of term. Willows class took a walk to 'Old Hall Farm' and learnt all about the animals. They will be visiting 'Time & Tide' in Gt Yarmouth too, to learn about Pirates. Also, Oaks have been on a school trip to 'Gressenhall Farm and Workhouse' to learn about the Victorians.



In Sports the children had 'Premier Education' come into school to teach a morning of cheerleading. Our years 5 & 6 also participated in the 'Dynamos Cricket Tournament', which was held at Great Melton Cricket Club.



Lastly, our year 6 children, have done so well in their SATs tests, we would like to say a big WELL DONE, they had a lovely treat afterwards with a visit to 'Jump Warehouse'.



Come and join us

SATURDAY 08 JULY 2023

12:00pm - 3:00pm

Woodton School Summer Fete

- Games Galore • Sack Race
- Welly Lob • Crafts • Football Shootout
- Tug of War • Ice Cream Van

Also available on the day BBQ, licenced bar,
cakes, karate, raffle and tombola

Bring your friends and family!

Entry ticket
£2
per person



DEFIBRILLATOR

A defibrillator is located at
Topcroft's Social Club
The Street Topcroft NR35 2BL
[what3words///goods.students.economics](https://www.what3words.com/goods.students.economics)

**In an Emergency call 999 for the
Defibrillator Cabinet Code & Instructions**

This defibrillator is owned by Topcroft Parish Council - any issues contact 07774 734411

CERTIFICATE



OF RECOGNITION

Hempnall Group of Parishes

Thank you for your generous donation of 195KG of food in support of Waveney Foodbank.

Matthew Scade

Matthew Scade

Waveney Foodbank Project Manager

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 9TH JULY 2023

Any items can be left at

Hempnall Church Office

Mon-Thu, 9am-12:30pm.

Please phone before arrival

01508 498157

Donating Money: Regular giving is a great way to support the Food Bank

URGENTLY NEEDED ITEMS:

PASTA SAUCE

TINNED VEGETABLES

TINNED FRUIT

NON URGENT ITEMS:

INSTANT NOODLES (NOT POTS)

TINNED POTATOES

MICROWAVE PUDDINGS/CAKES

For further details please check out this website: <https://waveney.foodbank.org.uk/give-help/donate-money/>



St. Peter's, Brooke

Strawberries and Cream Tea



Saturday, 22nd July, 2023, at 2.00pm

in the garden of Mrs Maureen Kittle, 46, The Street, Brooke

Tickets: **£8.00** (free for children 16 and under)

Contact: Rosemary Sanford (01508 550673) or

Alison Rhodes (01508 558142) by Friday, 14th July, 2023

Raffle available.

(Proceeds in aid of the continuing work of St. Peter's in the Parish)

FRITTON AND MORNINGTHORPE EVENTS

A big thank you to all who supported the **Coronation Tea Party** in both person and provision. Despite the weather trying to dampen the occasion, it was a very happy afternoon! Just under £140 was collected and will be divided between the Fabric Funds of both churches.

An advance notice for another event:

A **Pop Up Pub** will be held at **Friar's Farm Barn, Morningthorpe** on Friday **15th September** in aid of **MND and the Church Fabric Funds**.

Please put the date in your diary. Further details will be published in the September issue of The Village News.

None of these events could take place without the incredible generosity of the Sargent family, for which we are truly grateful.

A Christmas Fair will be held in **Hempnall Village Hall** on **Saturday 25th November 2023**, in aid of St. Margaret's Church Hempnall. ANY CRAFTERS who would like to book a table please contact Yvonne Davy 01508499405 or email ydavy01@yahoo.co.uk



WOODTON UNITED CHARITIES

Woodton United Charities was set up to help the residents of the village in times of need.

Do you need any financial help with education costs, transport costs, heating or any other financial assistance?

All Grants are considered at the discretion of the Trustees and treated in the strictest confidence.

Please email: woodtonunitedcharities@gmail.com for further information or download an application form:

<https://woodtonunitedcharities.wordpress.com/>

Alternatively, application forms can be collected from Ian Butler at Eastview, Hempnall Road, Woodton, NR35 2LS, or telephone 01508 482451.



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

Borderhoppa Outings for July 2023

Mon 3rd	Cherry Lane & Goodies Farm Shop	Fare £8.00
Mon 10th	Thetford Town & Garden Centre	Fare £15.00
Thu 13th	Lunch at The Red Lion, Needham	Fare £8.00
Mon 17th	Bressingham Garden Centre	Fare £8.00
Mon 24th	Great Yarmouth	Fare £20.00
Thu 27th	Aldeburgh & Friday Street Farm Shop	Fare £20.00
Mon 31st	Wroxham & Lunch at Poppylands Tea Room, Horsey	Fare £20.00

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

The Hempnall Trust



The Hempnall Trust is a charity that was set up to help residents who are in need, hardship or distress and to support the community of Hempnall.

We can provide financial grants to those who need them. The Trust also run the Mill Centre to support the local community through village lunch clubs, the Mill Bar & room hire in a listed building.

If you would like to find out more about any area of the Hempnall Trust please look at our website www.hempnalltrust.org.uk or email hempnalltrust@gmail.com

Events hosted by the Mill are updated on the Facebook page www.facebook.com/themillbarhempnall

WHAT'S ON HEMPNALL TRUST & MILL BAR

From Friday 2nd June the Mill Bar will be open from 5pm

~~Saturday 8th July from 7:00pm—Michael Jackson Tribute—Simply Jackson~~
~~Simply Jackson—Pre Order **Ticket ONLY**—£10 Cancelled~~

Saturday 29th July from 4pm—Street Food Vendor—Dainty's Kitchen
Serving gourmet burgers, fries & lots more

To book tickets or receive details of our upcoming events via email, please let us know at hempnallmillbar@gmail.com

FUTURE EVENTS

- | | | |
|--------------------------------|-----------------|--|
| Sat 12th Aug | from 4pm | Greek/Middle East Pop-Up Taverna |
| Sat 7th Oct | from 6pm | Street Food Vendor - Broadside Pizza |
| Sat 21st Oct | from 7pm | Elvis Tribute |
| Sat 18th Nov | from 6pm | Street Food Vendor - The Dirty Fryer Boys |



Topcroft Parish Council

MEETING DATES Topcroft Sport Pavilion

- Monday 22nd May 2023 – 7.30pm –
Annual Parish Meeting & Annual Parish Council Meeting
- Monday 10th July 2023 - 7.30pm
- Monday 11th September 2023 - 7.30pm
- Monday 13th November 2023 - 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>
For further details contact the Clerk email: topcroftpc@gmail.com*

~ Parishioners are Welcome to attend the Meetings ~

LONG STRATTON MEDICAL PARTNERSHIP

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

This month, I want to introduce a person with a role that is crucial to the practice. Our team works with members with various skills ensuring best patient care. The recently published long term plan mentions universal personalised care and the social prescribing link worker is core to this aspiration. Some of you may have heard of this role and some of you may have met our social prescriber sometime in the last 3 – 4 years. To give you the background to this role I have added some information about the Help Hub South Norfolk.

The website clearly defines the role of the Help Hub:

‘Everybody needs a bit of extra support from time to time and the Help Hub makes sure people get that help as soon as possible.

Getting help early can stop problems from getting worse. It might be only a small problem but if it’s difficult to find a solution straightaway a small problem can grow and lead to more worries.

The Help Hub is a partnership between organisations that support people in Broadland and South Norfolk. It can offer practical support, suggest community groups, and offer advice and guidance to get you back on track.’

NHS England website talks very clearly about the role of social prescribing:

‘Social prescribing is an all-age, whole population approach that works particularly well for people who: have one or more long term conditions; who need support with low level mental health issues; who are lonely or isolated; who have complex social needs which affect their wellbeing.’

Our Social prescriber Matt Lawson has been working in the practice 1 day a week. At present, this is on Thursday and booking to see him is via Reception, you do not need a referral from a clinician.

He can offer advice and signpost you appropriately for matters such as: Support in parenting/childcare; Transport; Wellbeing; Debt/budgeting advice; Benefit Advice; Carer’s support; Dementia/memory loss; Employment/learning; Home adaption/assistive technology; Housing; Local opportunities for leisure interests; Abuse/exploitation; Low level legal advice; Social Isolation; Substance misuse; Others

Matt Lawson has been exceptional in his contact with our patients, his advice, his sign posting to various organisations/charities and in supporting our patients. The feedback we have had from patients is excellent. I would encourage you to access this crucial information and help resource that is so close to home.

Have a lovely summer.

Dr Mini Nelson

'Lord, show us the way and make us follow it' Via Beata Pilgrimage on 27th May 2023



In the March issue of *Village News*, the Revd James Shelton, serving as Curate in the Earsham Benefice (which includes Ditchingham and Harleston) wrote about the formation of a new ministry in the Waveney Valley. Called *Pilgrims* – and inspired, as James explained, by the Via Beata pilgrim way and the former All Hallows convent at Ditchingham – this will be based around a monthly pilgrim walk (last Saturdays) and a gathering at the convent chapel at Ditchingham (first Wednesdays). In both settings, companions are invited to explore the spirituality of pilgrimage and the monastic life of prayer, considering how these approaches to the Christian journey might inform life as a follower of Jesus today.

In his article, James told us about the important part pilgrimage had played in his life and spoke of some of its benefits. 'As well as the simple joy of adventuring amidst the natural world,' he wrote, 'pilgrimage is profoundly spiritual and speaks into the everyday life of faith and discipleship. For example, the pilgrim learns to sift through their possessions, carrying only what is necessary and letting go of burdens that weigh down. The simplicity of each day creates space to pay attention, noticing the beauty of the surroundings and in every moment. Meanwhile, fellow travellers become a gift for mutual sharing and generosity. Walking long distances is also a significant test of physical, mental and spiritual perseverance – and this inevitably prompts the pilgrim to consider the source of their security and dependence.'

The Pilgrims initiative was launched on 27th May 2023 and here is an account of that by Jill Turner:

'Lord, show us the way and make us follow it'.

The Via Beata is a long-distance route of a staggering 440 miles which crosses the country at its widest part from Lowestoft to St. David's in Pembrokeshire. Along it can be found a series of exceptionally beautiful and evocative artifacts conceived and created by Stephen Eggleton, a talented South Norfolk craftsman. Each of these has a religious connotation and they stand at regular intervals as way stations which are then linked by paths and quiet roads.



Setting off from Ditchingham

On this beautiful day in May about 60 people, including Bishop Graham, gathered in the chapel of All Hallows at Ditchingham at 8.30 am for a short uplifting service before embarking upon a 12-mile section of the walk from there to Great Moulton. This part of the Via Beata skirts the edge of Bedingham and the airfield at Topcroft before touching Shelton and going through Hardwick.

Following the service, the participants joined their leaders in five groups of about 12 people and began the walk along the quiet country road past the Ditchingham Estate, across the busy Bungay road and then by country lanes and field edges through typical South Norfolk farmland. The route went past the cross marking the place where American airmen tragically lost their lives when their aeroplane crashed in WW2 on the edge of Shelton and continued to Hardwick church where there was a welcome stop for lunch and refreshment.

The groups arrived by degrees in Hardwick churchyard where they were revitalised with drinks and enjoyed the opportunity to sit and chat in the sunshine. After lunch the walk continued through Tyrrell's Wood and across the busy Ipswich Road to Great Moulton for a joyful service.



Lunch at Hardwick Church

At points during the walk there were pauses to reflect and a section of the walk took place in silence before a pause for a brief rest and a chance to enjoy a drink. Participants were able to experience some of the value of walking together, of sharing the peace and changing nature of the countryside. The combination of physical challenge and opportunity for thought is powerful. I spoke to someone who has walked the whole 440 miles and another who has cycled it all.



Leaving Hardwick

We are privileged to have part of the Via Beata passing through our benefice and the distinctive Via Beata signs crop up from time to time. If you are walking, do look out for them. This summer our locally organised walks will be linked to part of the Way and, as noted, James Shelton's monthly *Pilgrims* walks will also be nearby. For information on those, see: <https://www.earshambenefice.org.uk/pilgrims> 'Lord show us the way and make us follow it'.

Compiled by Jill Turner (who joined the pilgrimage on 27 May) and Liam Pilgrim (who organised the Hardwick lunch-stop)



Summer Garden Party

4pm Sunday 2nd July 2023

Hempnall Church Grounds

Strawberries & Cream Treasure Hunt Craft Games

Free All very welcome



St Margaret's Church, Hempnall are holding a Gift Day Appeal on 15 July 11am - 2pm at the church and welcome any monetary donation, big or small. More information will be delivered to Hempnall residents soon.

With many thanks, Hempnall PCC.

Our Church Services...

2nd July 2023 4th After Trinity St Peter	10:30am Whole Benefice Patronal Holy Communion	Brooke Church
	4:00pm Family Praise	Hempnall Church
9th July 2023 5th After Trinity	9:00am "Quiet" Communion	Thwaite Church
	10:30am Holy Communion	Hempnall Church
	10:30am Morning Worship in the Methodist Tradition	Woodton Church
16th July 2023 6th After Trinity	9:00am "Quiet" Communion	Bedingham Church
	10:30am Holy Communion	Brooke Church
	10:30am Morning Worship in the Iona Tradition	Fritton Church
23rd July 2023 7th After Trinity Margaret of Antioch	9:00am Patronal Holy Communion	Hardwick Church
	10:30am Patronal Holy Communion	Topcroft Church
	10:30am Patronal Morning Worship in the Celtic Tradition	Seething Church
	6:00pm Evening Worship	Via Zoom
30th July 2023 8th After Trinity	9:00am "Quiet" Communion	Woodton Church
	11:00am Whole Benefice Picnic Service	Mere Cottage Seething

Further details of all our church services and events can be found at the Hempnall Group Website <https://hempnallgroup.co.uk/> or the Brooke Benefice Website <https://brooke.churchnet.co/>

Happy Birthday to....

Children

- * Sophie who will be 9
- * Samira who will be 2
- * Lily who will be 12

Teenage

- * Megan who will be 14
- * Annabelle who will be 15
- * Elizabeth who will be 15
- * Bethany who will be 17
- * Molly who will be 15
- * Archie who will be 13



From the Registers....

Funerals

15 June 2023, Rob Gray, aged 72 years. Burial of Ashes at All Saints' Church, Woodton.

17th July 2023, Peter Reeder, aged 71 years. Burial of Ashes at St Catherine's Church, Fritton.



Need Help?....

DOMESTIC CLEANING

CLEANERS R US - Affordable - reliable - professional Want a pristine, clean home but don't want to spend all weekend doing it? WE CAN HELP YOU! Trusted in local homes since 2003. Same reliable, police checked, vetted and insured cleaner provided on a regular basis at affordable rates. 01508 490 808 | norwich@cleanersrus.co.uk | www.cleanersrus.co.uk/domestic-home-cleaning-norwich

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

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

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 Hempnall - 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 Gibb ALCM (TD) DipLCM. 01508 482 746

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

TREE SURGERY

T. MABBUTT TREE SERVICES – High standard of work from a professional, considerate and friendly local business. Covering all aspects of tree surgery and stump removal. Holding qualifications from the RHS, RFS, City & Guilds. Free quotes. Based in Ditchingham. 07773676465 www.treemabbutt.com Find us on Facebook.

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

BEFORE 15TH JULY

This magazine is published by the Joint Council of the Hempnall Group of Parishes. We reserve the right to edit or decline any material submitted for publication. While reasonable efforts are made to ensure that the contents of the magazine are accurate, no responsibility can be taken for errors and omissions. The material printed does not necessarily represent the views of the Joint Council. In accepting advertisements for publication, no recommendation of products or services is implied and we cannot accept responsibility for any unsatisfactory transactions.