



Village News

Produced by The Hempnall Group of Parishes



Picture by courtesy of Nicola Estell

AUGUST 2023

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THE AUGUST WALK

August Walk is on Sunday 13th August - We will meet in the layby on the B1332 just south of Poringland for a 2 pm start. The walk will be 4+ miles along footpaths and country lanes from Poringland to Brooke and the edge of Alington and return to Poringland layby. If you would like to join us, please contact Daphne on 01508 494318 - so we know you are coming and don't set off without you.



THANK YOU!

On behalf Topcroft PCC I should like to thank the 14 garden openers who kindly shared their gardens for the Open Garden week-end and to everyone who erected the road signs, designed the maps, provided cakes, helped serving refreshments at the Pavilion, especially Niki who headed this up, manned the car parks, Patrick and Michael for running the bus service and to all our visitors - topping close to 500 over the weekend.

We raised approximately £5500. A big sincere thank to you all. Daphne Beckett

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.

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 13TH AUGUST 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/>

Topcroft Parish Council

MEETING DATES

Topcroft Sport Pavilion

- 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 ~

FREE VILLAGE
ROUNDERS

BAR
FREE FETE GAMES

LIVE MUSIC

TENNIS
OPEN DAY

FOOD TRUCKS
AND FREE
CHILDRENS ICE
CREAMS*

HEMPNALL
ROCKS

PARTY at the park

10TH SEPTEMBER
12-4

HEMPNALL PARK

JOIN US FOR AN AFTERNOON CELEBRATING THE
NEW PARK AT HEMPNALL. A CHANCE TO THANK
THE COMMUNITY FOR THIER FUNDRAISING
TOWARDS THE PARK AND THE UNVEIING OF THE
HEMPNALL ROCKS PLUS MORE



Summer 2023 Newsletter

Play area update

All of the new equipment has now been installed so pop down and enjoy. There is equipment for toddlers upwards and lots of seating for parents. Thank you to all involved in this project. Don't forget the grand opening to be held on 10 September between 12:00 and 16:00, it should be a great afternoon out for all ages.

Population Statistics

The 2021 census data records the population of Hempnall including the Greens (but not including the new development of Willow Drive) as 1,238. This compares with 1,310 in 2001 and 1,292 in 2011.

Your safety

Parishioners are concerned about their own and their loved one's safety in relation to traffic in the village, so the rest of this newsletter is dedicated to ways in which you can help.

Hempnall Speedwatch Team



This team is making a real difference to all our safety. So much so that it received a visit from the Chief Constable recently. Well done team.

If you would like to join, or find out more, please contact the Clerk clerk@hempnallpc.org 01508 498467

Commercial vehicles – How is their driving? – Your help



Fed up with speeding or badly driven commercial vehicles in the village? These vehicles are a particular hazard due to size, width and weight and should be driven with care accordingly.

If you witness poor driving through the village, please report the contractor's details to the Clerk (the clerk@hempnallpc.org 01508 498467). Rest assured your personal details will not be divulged. Ideally the information required will be date/time/direction of travel/company name/nature of issue, e.g. speeding, too fast on approach to a bend, driving on pavement inconsiderate, etc

The Clerk will log incidents and write to such contractors highlighting the issue asking them to take appropriate action with their drivers. If that company's contractors are reported 3 times, the Clerk will also inform the police.

Parking on pavement – No thanks

Many parishioners, especially those with children's buggies or disability vehicles are put in danger if vehicles park on the pavement. It is also illegal to do so. Please encourage people you see doing it not to.



Overhanging hedges – No thanks

If you have a hedge next to a pavement, please ensure it is cut back so as not to inconvenience pedestrians or create a danger to them by making them walk on the road. If there are no nest birds in the hedge it can be cut all year round.

HPC now available "virtually" all the time at www.hempnallpc.org

Write to the Clerk at Karinya, Bungay Rd, Hempnall, Norwich, NR15 2NG. theclerk@hempnallpc.org

HARDWICK CHURCH
Saturday 30th September
10.00 – 12.30



BOOK SALE and REFRESHMENTS

*This popular event is returning for the
first time since 2019...*

**Huge range of good quality, second-
hand books for sale ...**

**Also bric-a-brac, produce,
tombola and raffle...**

***Proceeds in aid of Hardwick and Shelton
Churches***

***Donations of books and other items for sale, plus raffle
prizes etc, welcome by 27 Sept.***

Contact: liampilgrim@btinternet.com

Mobile Library Timetable

Village	Stop Name	Arriva l Time	Departure Time	Postcode
Hempnall	Old Market Way (Bainard Rise)	14:10	14:30	NR15 2LZ
Hempnall Green	Three Horseshoes	14:35	14:55	MR15 2NN
Topcroft	The Old Chapel	15:00	15:15	NR35 2BL
Topcroft	Church Road	15:20	15:35	NR35 2BH
Hempnall	Road Green Farm	15:40	15:55	NR15 2NQ
Hempnall	Millfields	16:00	16:15	NR15 2NE
Hempnall	Roland Drive	16:20	16:35	NR15 2RB
Fritton	Village Green (post box and bench)	16:40	17:05	NR15 2QS

- 07 August 2023
- 04 September
- 02 October 2023
- 30 October 2023
- 27 November 2023
- 22 January 2024
- 19 February 2024
- 18 March 2024
- 15 April 2024
- 13 May 2024
- 10 June 2024
- 08 July 2024
- 05 August 2024
- 02 September 2024
- 28 October 2024
- 25 November 2024
- 23 December 2024

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



DEFIBRILLATOR

A defibrillator is located at
Topcroft's Social Club
The Street Topcroft NR35 2BL
 what3words///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

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

The Mill Bar is open from 5:00pm on Fridays

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

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>

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 Hempnall Town Estate Educational Foundation is during September 2023. Completed applications for grants by 20 September 2023 to Ian Nelson, Clerk to the Trustees, Karinya, Bungay Rd, Hempnall, NR15 2NG.

Application forms are available online at <https://hempnalltrust.org.uk/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 - hteef.clerk@gmail.com Tel : 01508 498467.

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.



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

Borderhoppa Outings for August 2023

Thu 3rd	Fairhaven Woodland & Water Garden	Fare £18
Mon 7th	Notcutts Garden Centre, Norwich	Fare £15.00
Thu 10th	Southern Comfort Paddle Steamer, Horning	Fare & boat trip combined £30.00
Mon 14th	Southwold	Fare £20
Thu 17th	Lunch at The Black Horse, Thorndon	Fare £8.00
Mon 21st	Cromer	Fare £25.00
Thu 24th	North Norfolk Railway & Sheringham	Fare £25.00
Thu 31st	Lowestoft	Fare £20.00

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

MORNINGTHORPE AND FRITTON REUNION

As the only time we seem to meet now is at funerals and as some of us still live nearby, Dorothy Waller (née Earl) and I, Carol McDonnell (née Yarham), have decided to organise a reunion of families that grew up and went to school in the villages.

So, if you were one of those who went to Nanny and Grandad Chapman's shop or had a pint in the 'Nags' with dear Daisy Elmer (I had my 21st birthday there) or learnt to ride at the riding school with the Family we would love to see as many of you as possible at our reunion on:

Sunday 27th August at 12:00pm onwards at Fritton Common

Please bring a picnic and a chair.

We hope to see lots of you there.

Carol McDonnell x

BEDINGHAM 59 WINNERS

Here are the winners for the first period of 2023:

January	Mr Loomes, R Day, Mr Loomes, D Brinded
February	S Crane, Spare, N Clarke, S Webb,
March	C Seaman, Spare, Spare, T Gunson
April	Spare, T Gunson, N Clarke, S Webb, S Osman-Davies,
May	C Seaman, T Gunson, B Seaman, A Phillips,
June	T Gunson, L Trudgill, C Youngs, W Beasley,
July	P Nicholson, B Stennett, B Fennel

LONG STRATTON MEDICAL PARTNERSHIP

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

Summer of 2023 is in full swing! How has it gone so fast is the question many of us ask each other. The answer is simple. Live each day to the full, ensuring we do our best for ourselves and for the community we live and work in. On this note, I move to the topic of the month.

C-Card scheme and Chlamydia testing

The Terrence Higgins Trust has a page on its website titled 'Young and free.' This page gives a detailed explanation of the C-Card system for the 13-24 year olds. As it clearly states 'C-Card is a scheme for young people to access free condoms to improve sexual health. When used correctly during sex, condoms are the only type of protection that help prevent both sexually transmitted infections (STIs) and pregnancy.'

The practice is now set up as a C-Card condom distribution site for young people aged 16 -24 years of age. If they are new to the scheme, there is the facility to get a C-Card and a starter pack from any of the clinicians.

The under 16s who already have a C-Card and have consulted with a trained person can also access free condom packs from the practice. The under 16s should have been consulted elsewhere by a trained person. The trained advisor can be found through this link - <https://youngandfree.org.uk/>

Chlamydia screening has been available freely for some years, for 16-25 year olds. This screening is for people who do not have symptoms. The practice encourages all the clinicians to opportunistically ask the 16-25 year olds if they have been screened in the past year. A free urine test kit is available which the person can then take home and post to the address mentioned on the pack. The results are sent directly to the patient.

As I write this article, I do realise the extreme sensitivity of this topic. Public awareness and education can prevent many conditions.

Enjoy the great summer of 2023

~Mini Nelson~

Thought for the Month.....

Dear Friends,

As I write this letter the nation stands poised to celebrate the 75th anniversary of the National Health Service. Whatever our personal experiences, and whatever negative stories hit the headlines, the NHS remains a noble intention and a precious gift.



The thing that I have found most in my thoughts as the celebrations begin is not “a thing” at all, but some people. The people who serve in our NHS. Not just the consultants and the surgeons, not just the nurses, but the receptionists, the administrators, the electricians, the cleaners and the porters - all those who give of themselves and their skills and talents to make the whole service work. There will not be many of us who do not know someone who works in the NHS, it is the biggest employer in Europe. And, we must remember it is not just those who are employed but the huge number of people who give of their time freely to offer care and support in many different ways as NHS Volunteers. At its heart the NHS is people giving of themselves to help others, often at the most desperate and frightening times of their lives.

Our communities are also made up of people giving of themselves to support, nurture and encourage others. August is often a quiet month with our schools closed for well earned holidays, our clubs and societies taking a break, many of our sports teams gearing up for the new season and lots of people spending time away, on holiday and catching up with family and friends. Perhaps we can use that time of calm, when many of us have just a bit more space in our lives, to think about the people who make up our community and to give thanks for them. Maybe we can also ponder our place in our community and whether we have gifts and skills to offer for the good of all.

Jesus was interested in people. Wherever he went he took the time to speak to individuals, to listen to their needs and to help them where he could. Some of them have become familiar through well-loved Bible stories; Zacchaeus, Matthew the tax collector, the rich young man or the woman at the well. Jesus was always on the look out for the person who was alone or on the edge of their community.

Today those who continue to follow Jesus still try to show his love for people. Many Christians work with voluntary organisations who care for those on the fringes of our society and with those who need a listening ear or a bit more support than others. Our village congregations seek to serve our communities in this “person-centred” way, hoping to notice and gently help those who are sometimes overlooked or cast out and, of course, praying for them too.

People really matter and we can all help to make sure that we value every person. In the midst of all the stories our news services bring us let’s try to remember and care for the people who lie at the heart.

With every blessing,

~Lynn~

DEPWADE DEANERY WALK, TEA AND SERVICE

Our annual Deanery walk, tea and service takes place this year on Sunday 10th September at St Margaret’s Church, Topcroft. You are welcome to join us for all or some of the planned events. At 4pm a group will leave the church for a gentle stroll through the surrounding countryside, lasting about an hour. Tea will be served at 5pm for all those who wish to join in. Our evening service will begin at 6pm and offer us the opportunity to worship together as a Deanery.

 *Come and Sing* 

This year we hope to have a “**Deanery Choir**” for our service, coming together on the day to lead our hymns and to sing an anthem. This is open to anyone who wants to sing, whatever their previous experience. There will be just one rehearsal at 2.30pm on Sunday 10th September at Topcroft and this will finish in time for those who would like to join the walk to do so. The choir will not be robed, just come as you are. The only thing we ask is, please let us know that you are going to come, so that we can choose appropriate music. To register, please contact Lynn on 01508 558479 or chapman.lynn@btinternet.com by 1st September.

Announcing..... The Langhale Benefice.

“The Langhale Benefice” is the name chosen for the new benefice created by bringing together the churches of the Brooke Benefice and the Hempnall Group.

Langhale is a “lost” village, which is now part of Kirstead. Mentioned in the Domesday Book it was a small dispersed settlement with its own church, dedicated to St Christopher, and a vicar. In 1421 the parish was joined with Kirstead to become a joint benefice and by the reign of James I the church was in “disrepair”. The two villages became completely merged in the eighteenth century for civic purposes and gradually the parish of “Kirstead with Langhale” became the “Kirstead” we know today.



The name has been chosen for the new benefice as it does not belong to any of the thirteen parishes that now make it up, and so favours no particular community. The land which was once Langhale is, however, the point at which the Brooke Benefice and Hempnall Group join geographically and so it seems fitting that it be used for the new union between the two.

As with many of the arrangements for the new benefice, there are legal processes to go through before the name is finalised, but you will see it beginning to be in use - and now you will know to what it refers.

~Lynn~

Our Church Services...

6th August 2023 Transfiguration	10:30am Whole Benefice Holy Communion	Fritton Church
	4:00pm Family Praise Service	Hempnall Church
13th August 2023 10th Sunday after Trinity	10:30am Holy Communion <i>With The Revd Canon Sally Theakston</i>	Hempnall Church
20th August 2023 11th Sunday after Trinity	10:30am Holy Communion <i>With The Rt Revd David Gillett</i>	Brooke Church
27th August 2023 12th Sunday after Trinity	9:00am "Quiet" Communion	Brooke Church
	10:30am Morning Worship with Holy Baptism	Woodton Church
	6:00pm Evening Worship	Via Zoom

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

* Zoe who will be 7

Teenage

* Octavia who will be 14

* Cameron who will be 14

* Isabelle who will be 16



From the Registers....

Funerals

3rd July 2023, Richard Bachell, aged 87 years.
Burial of Ashes at St Margaret's Church,
Hempnall.

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 AUGUST

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.