

# Village News

Produced by The Hempnall Group of Parishes



Picture by courtesy of David Ferré

SEPTEMBER 2023

# Contents...

Local News	3
September Walk	3
Norfolk Churches Trust Bike Ride & Walk	4
Depwade Deanery Walk	4
Something in September	5
Graffiti Night	6
Help with Living Costs	6
Topcroft Church Room charity	6
Hempnall School	7
Woodton United Charities	7
Mental Health First Aid	8
Food Bank	9
Book Sale at Hardwick Church	10
Mobile Library	11
Volunteers Needed at Hempnall Mill Bar	12
Bedingham Parish Meeting	12
Hempnall Trust	13
Party at the Park	14
Topcroft Parish Council Meeting Dates	14
Borderhoppa	14
Pop Up Pub at Friars Farm Barn, Morningthorpe	15
Woodton Church Autumn Quiz	16
Church News	17
Thought for the month	17
Family Praise Harvest Service	18
Harvest 2023	19
Langhale Benefice Harvest Festival Celebrations	20
Our Church Services	21
Happy Birthday	22
From the Registers	22
Need Help?	23
Contact Us	24

# Local News...

# SEPTEMBER WALK

# Sunday 24 September at 2:00pm

3.5 mile walk around the Old Buckenham area. Leave from Liz Billett's home Chestnuts, Mill Road, Old Buckenham NR17 1SG. Tea afterwards at the Chestnuts.



Those who are unable to do the walk are welcome to join the tea from 3.45 onwards.

Please let Liz know if you are intending to do the walk (Tel: 07891 854219 or email: lizzie.billett@gmail.com) so we don't leave without you.







We have 3 walk books available, at £3 each, from our churches or the church office, 01508 498157.

# The Norfolk Churches Trust Annual Bike Ride & Walk—Saturday 9th September 2023

Since the Bike Ride started over £4million has been raised. A tremendous effort by everyone who has taken part. 2023 will be the 40th Anniversary Bike Ride and the Norfolk Churches Trust want to make it a really special day.

For more information, please visit: https://norfolkchurchestrust.org.uk/bike-ride-walk/





# Something in September



In Hempnall Church on Saturday 9<sup>th</sup> September From 10:30am - 1:00pm

# Cakes, Plants, Pots and Produce Sale

stay for coffee/ tea and cakes Raffle

In aid of St. Margaret's Church

Further information from Joy Allen 01508 498236 or Jill Turner 01508 499344

# "Graffiti Night"

St Andrews Bedingham will be having a **Graffiti Evening** on **Friday October 27th** 

Gaffitti expert Andrew McDonald will be on hand to take you through the evening.

Refreshments will be served during the evening.

There will be a further notice in the October Village News.

Proceeds to St Andrews Church Bedingham.

# 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.



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

# **Topcroft Church Room Charity**

Are you, or do you know of anyone in the Parish of Topcroft, who is about to embark on a further education course? There are funds available for books, course fees, materials or equipment. The trustees would be glad to hear from anyone young or not so young.

This would be in complete confidence.

For further information please contact Jackie Leggett:

01508 482 267



# Do you enjoy gardening, Pottering and tidying outside?



If you do and have an hour or two to spare each week / every other week, Hemphall Primary School would love you to get in touch. This would be voluntary, and due to being in a school environment would involve having a DBS check.

We look forward to hearing from you, and making our outside space look welcome and friendly.

# Hemphall Primary School:

01508 499264

office Themphall, nor folk, sch. 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, Hemphall Road, Woodton, NR35 2LS, or telephone 01508 482451.

#### What is Mental Health First Aid?

Mental Health First Aid (MHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.. The courses can be attended by anyone from age 16 upwards. Each and every MHFA England course is delivered by a quality assured instructor.

Do you work with young people 8 to 18 in schools, colleges, various clubs, churches etc? If so, the following course could be of interest.

# **Youth MHFA Two Day course**

Completing the two day course qualifies you as a Youth Mental Health First Aider.

Youth Mental Health First Aiders have: -An in depth understanding of young people's mental health and factors that affect wellbeing - Practical skills to spot the triggers and signs of mental health issues –

Confidence to reassure and support a young person in distress –

Enhanced interpersonal skills such as nonjudgemental listening –

Knowledge to help a young person recover their health by guiding them to further support – whether that's through self-help sites, their place of learning, the NHS, or a mix – engaging with parents, carers and external agencies where appropriate –

Ability to support a young person with a long term mental health issue or disability to thrive –



Tools to look after your own mental wellbeing

The course is delivered in four manageable chunks over a two day period: -

About mental health –
Depression and anxiety –
Suicide and psychosis –
Self-harm and eating disorders

It focuses on the issues faced by young people today, such as cyber bullying and substance misuse, and teaches how to promote protective factors and good parenting.

Everyone who completes the course gets a Youth MHFA manual to refer to whenever they need it, and a certificate to say they are a Youth Mental Health First Aider. **Book onto a Youth MHFA Two Day course:** 

Monday 2nd and Tuesday 3rd of October 0900 - 1700

Venue Hempnall Mill Centre, Hempnall NR15 2LP

Cost £275 for the two days

Trainer: Mike Crossley, an experienced educationalist, MHFA instructor, trainer and retired school Head. Extensive work undertaken in the field of mental health and well-being.

To book your place and limited to a maximum of 16 delegates, email mike.a.crossley@gmail.com or call 07766555284 for further details

# **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 10TH SEPTEMBER 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 TINNED FISH TINNED VEGETABLES

### **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/

# 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, secondhand 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 I 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

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• 18 March 2024

• 02 September 2024

• 02 October 2023

• 15 April 2024

• 28 October 2024

• 30 October 2023

• 13 May 2024

• 25 November 2024

• 27 November 2023

• 10 June 2024

• 23 December 2024

• 22 January 2024

• 08 July 2024

• 19 February 2024

• 05 August 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

HEMPNALL TRUST AND THE MILL BAR

# VOLUNTEERS Needed!

# Interested in joining us?

We are on the look out for more volunteers for our communinty run bar at The Mill in Hempnall. We open every Friday and for regular events such as food trucks and are looking for eager bar staff to help run our events.

This is a non-profit venture with all proceeds going to the Hempnall Trust

# WE NEED HELP WITH:

- · Working behind the bar
- Collecting glasses
- No commitment do shifts as often as you like
- Or if you would like to volunteer for other non bar events such as coffee mornings at the Mill please get in contact

Email -

hempnallmillbar@gmail.com

The next **Bedingham Parish Meeting** will be held on **12**th **September at 7pm** in **Bedingham Church** 

with our usual social gathering to follow.

Everyone in the Parish is invited and welcome Please send any items for the agenda to <a href="mailto:bedinghamparish@gmail.com">bedinghamparish@gmail.com</a> by 9 September.

If you would like to be added to the parish mailing list please email the address above.

Look forward to seeing you
Thank you

# 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 owns the Mill & Bar both of which are used to support the local community through lunch clubs, events & 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 & there is a regular What's On email.

If you would like to be added to find out our regular & special events please email hempnallmillbar@gmail.com

We are always on the look out for new volunteers to help run events or the Bar.

# **Update from The Mill Bar Team**

After a number of years of creating events, building & running the Bar Kevin, Debbie & Mark have decided to step down from The Mill Bar management team.

The Trust would like to thank Mark & Debbie Ashford & Kevin & Kay Rust for all there years of dedication & support, without them the Mill Bar wouldn't have been a success.

# WHAT'S ON HEMPNALL TRUST & MILL BAR

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

FUTURE EVENTS

Sat 7th Oct from 6pm Street Food Vendor - Broadside Pizza

(NOTE: This will be at the Village Hall)

Sat 21st Oct from 7pm Elvis Tribute

Sat18th Nov from 6pm Street Food Vendor - The Dirty Fryer Boys



# **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~



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

# **Borderhoppa Outings for September 2023**

**Mon 4th** Mecca Bingo, Norwich.

Games and lunch included Fare £30.00

**Mon 11th** Great Yarmouth Fare £20.00

**Thu 14th** Bungay Fare £13.00

**Mon 18th** Lunch at The White Horse, Stoke Ash Fare £8.00

Tue 19th Afternoon Tea at Gissing

Community Centre Fare & Tea £23.00

**Mon 25th** Beccles Fare £15.00

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



# POP UP PUB

Come and enjoy an evening
of fun and festivities at South
Norfolk's newest and finest establishment
– for one night only!

WHEN?: FRIDAY 15th SEPTEMBER 2023

06.00pm - 11.30pm

WHERE?: Friars Farm Barn, Morningthorpe, NR15 2QL

WHY?: All proceeds to Motor Neurone Disease

Association & Fritton and Morningthorpe churches'

Fabric Fund

HOW MUCH?: £7.50 per person

(includes 1 free drink + 1 free sausage in a roll)

Cash Bar – No Cards

QUESTIONS?: For tickets & more information please email

frittonmorningthorpeevents@btinternet.com

or call Judith 07768 385989

Sorry, no children!

# WOODTON CHURCH AUTUMN QUIZ

AT

# WOODTON VILLAGE HALL

Saturday 23rd September 2023 7:00pm

Teams of 4 - Tickets £10 per person, to include Hotdogs and Tea or Coffee.

Tickets available in advance from,

Denise on 07833 958029

or Mike on 07850 861596

Please feel free to bring your own choice of other drinks.

There will also be a Raffle.

Proceeds are going to All Saints Church, Woodton.

# Thought for the month.....

# Starting up in September...

As we move into September, numerous opportunities for new experiences and challenges arise.

The start of the academic year inevitably affects many of us as children begin new classes, schools, universities, colleges or training opportunities. These 'rites of passage' contribute to a sense of change ahead as we head towards autumn.

Often, too, we find ourselves thinking about 'new things' because we've had a holiday. Whether it's been a lazy, relaxing time or a very active, stimulating, 'on the go' summer, a break of any kind will have interrupted our usual routine and – especially if we've been away from home – given us experience of different places and people. There will have been contrasts with our normal practices, providing some pause for thought.



So now is a good time to consider taking up something new. There is much on offer that can enrich the days ahead.

Perhaps we might try volunteering for some community activity that would interest us and help others, as Lynn mentioned last month; or we might look out for a class or course to learn something new or advance an existing skill.

We might seek to join a social club or group of some kind or arrange a couple of day trips with friends to 'somewhere different'. Or it may be that we resolve to challenge ourselves simply by trying 'different' food occasionally or reading a 'different' type of book.

Yes, change of any kind may be daunting but – as the late Maya Angelou (American author and civil rights activist) reminded us – without it there would be no butterflies...

Whatever lies ahead for us in the autumn, let's try to look for opportunities to enjoy a 'new season', with hope, optimism and some excitement.



Happy September...

With best wishes

Liam Pilgrim and Jill Turner (on behalf of the new Langhale Benefice)

### Images from:

- 1. Diocese of Norwich website: <a href="https://www.dioceseofnorwich.org/resource-category/images/">https://www.dioceseofnorwich.org/resource-category/images/</a>>
- 2. Openverse, Creative Commons: <a href="https://openverse.org/search/?q=butterfly&license-type=commercial,modification">https://openverse.org/search/?q=butterfly&license-type=commercial,modification</a>>



All-age Service 3<sup>rd</sup> Sep 2023 4:00-4:45pm



All-age community service Fun songs Story Games



Bring your own harvest model or picture!
All welcome

# Harvest 2023

Harvest celebrations have been an important part of life in our communities for many generations. The parish of Brooke had one of the first "Harvest Festival" services in the country; so noticeable that it featured in an article in The Times.



We know that many people still enjoy

coming to church to keep the harvest traditions and so it has been decided that every parish in The Langhale Benefice (though sadly not quite every church) will have a Harvest Thanksgiving service this year. You will find details of when these will be held with the lists of church services elsewhere in this publication.

As well as the traditional hymns and prayers, we will be focussing on farmers and considering their contribution to our communities and lives. The collection at each service will be sent to YANA (You Are Not Alone), a local charity which supports farmers, their families and others who work in farming, particularly with mental well-being. You can find out more about them on their web-site: https://www.yanahelp.org/. If you wish to make an electronic donation you can do so through their web page or at "Just Giving".

Please consider supporting your local parish church by attending the Harvest Thanksgiving service. Churches are wonderful places to meet others in your community and harvest is a really positive time to get together and celebrate all that we have in our lives.

~Lynn~

# The Langhale Benefice

# Harvest Festival Celebrations



3rd September 2023

10:30am Harvest Festival with Holy Communion at Hempnall Church

# 10th September 2023

10:30am Harvest Thanksgiving Service at Kirstead Church

# 17th September 2023

10:30am Harvest Thanksgiving Service at Bedingham Church
4:00pm Harvest Thanksgiving Service at Morningthorpe Church
6:00pm Harvest Thanksgiving Service at Seething Church
6:00pm Harvest Thanksgiving Service at Topcroft Church

# 24th September 2023

10:30am Harvest Thanksgiving Service at Thwaite Church 4:00pm Harvest Thanksgiving Service at Woodton Church 6:00pm Harvest Thanksgiving Service at Brooke Church 6:00pm Harvest Thanksgiving Service at Shelton Church

# Our Church Services...

3 <sup>rd</sup> September 2023	10:30am Harvest Festival with	Hempnall Church	
Trinity 13	Holy Communion		
	4:00pm Family Praise	Hempnall Church	
10 <sup>th</sup> September	9:00am "Quiet" Communion	Seething Church	
Trinity 14	10:30am Holy Communion	Hempnall Church	
	10:30am Harvest Thanksgiving	Kirstead Church	
	6:00pm Deanery Service	Topcroft Church	
17 <sup>th</sup> September	9:00am "Quiet" Communion	Woodton Church	
Trinity 15	10:30am Holy Communion	Brooke Church	
	10:30am Harvest Thanksgiving	Bedingham Church	
	4:00pm Harvest Thanksgiving Morningthor		
	Church		
	6:00pm Harvest Thanksgiving	Seething Church	
	6:00pm Harvest Thanksgiving	Topcroft Church	
24 <sup>th</sup> September	9:00am "Quiet" Communion	Topcroft Church	
Trinity 16	10:30am Morning Worship	Fritton Church	
	with Holy Baptism		
	10:30am Harvest Thanksgiving	Thwaite Church	
	4:00pm Harvest Thanksgiving	Woodton Church	
	6:00pmHarvest Thanksgiving	Brooke Church	
	6:00pm Harvest Thanksgiving	Shelton Church	

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

- \* Samuel who will be 15
- \* Daisy who will be 14



# From the Registers....

# **Funerals**

7th August 2023, Paul Victor Hitchings, aged 90 years. Funeral at St Catherine's Church, Fritton.

25th August 2023, Gwendoline Jewson, aged 94 years. Funeral at All Saints' Church, Woodton.

30th August 2023, Michael Smith, aged 84 years. Funeral at St Margaret's Church, Hemphall.



# Need Help?....

#### **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

## **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

### 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

### **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

### **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 <a href="https://www.treemabbutt.com">www.treemabbutt.com</a> Find us on Facebook.

### WINDOW CLEANING

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



# **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

# 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 SEPTEBER**

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.