



# Village News

Produced by The Hempnall Group of Parishes



Picture by courtesy of Nicola Eastell

OCTOBER 2023

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## OCTOBER WALK

**Sunday 15th October 2023**

Please meet at Topcroft Pavilion at 2pm for a walk of about 3½ miles around part of Topcroft.

Tea and cake afterwards at the church.

Please contact David and Margaret Ferre for further details 01508482562



**Sunday 26th November 2023**

Please contact Daphne and John Joyce on 01508 494318 for more details of November's walk.

### Let's Walk



12 Circular walks in South Norfolk

### Let's Walk Again



Circular walks in south Norfolk

### Let's Walk Further



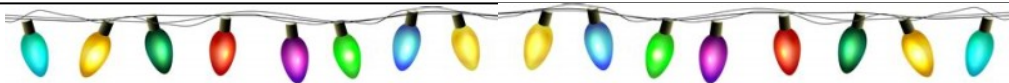
Circular walks in south Norfolk

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

## SOMETHING IN SEPTEMBER

Thank you to everyone who helped to make the sale on Saturday 9<sup>th</sup> September such an enjoyable and successful occasion. £604.00 was raised for St. Margaret's Church.

Especial thanks to all the helpers, who worked so hard on a hot day, and those who gave cakes, plants, produce, pots, handmade cards, books or raffle prizes and of course those who came to support us.



## CHRISTMAS BAZAAR

**Saturday 25th November 2023 from 11:00am—2:00pm**

**St. Margaret's Church, Topcroft**

Raffle and Refreshments

Come and enjoy a Cuppa and a Mince Pie or a bowl of Chilli and a Jacket Potato

Come along and join the fun and good company

**If you would like to book a table for your arts and crafts, home made sweets cakes etc. for £10 please contact**

**Jackie 01508 482 267 for more information**

*(It would be helpful if you could supply your own table,  
as we are very limited with church tables)*

## HEMPNALL WI.

At our September meeting a Criminal Barrister gave us an excellent talk on his career. It was a very enlightening talk which he gave expertly. We had refreshments after. Our next meeting on the 4th October is entitled 'So you think you know about hedgehogs' given by Suffolk Prickles.

This will be an open meeting and anyone is welcome to attend. There will be a charge of £4.00 per person. Please come and join us especially if you think you might like to join our friendly WI.

Any queries please contact Cindy Brooks 499358.



**@ Hempnall Church  
2023  
Christmas Eve  
Celebration 4pm**

Interested in being involved in a  
nativity/choir/music..  
look out for more information in the  
November  
Village News, or drop me a message.  
Rehearsals on Sunday late afternoons  
in December  
Hannah Gray 07801 355758



**Graffiti Night**

**St Andrew's church Bedingham is  
holding a Graffiti Night on Friday  
27th October 2023 from 7 pm**  
Graffiti expert Andrew McDonald and  
two helpers will be on hand to show  
visitors the old Graffiti Bedingham  
church holds.  
Refreshments will be available during  
the evening.  
Admission £5.00 per adult. under 16  
free.  
Proceeds to St Andrew's Church.  
Enquiries 01508 518007



**Autumn Fayre**

Bedingham PCC are holding an  
Autumn Fayre on  
**Saturday 25th November 2023**  
**from 1pm to 3pm**  
**in Woodton Village Hall**



Bric-a-Brac - Books - Cakes - Plants - Raffle and Refreshments  
***Proceeds to Bedingham PCC***



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## *Autumn 2023 Newsletter*

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### ***Play area officially open***

What a glorious day it was on 10 September at the grand opening of the play area. It was great to have sunshine and see the community enjoying the new facilities as well as having the opportunity to thank all those involved in making it happen. If you have not done so already see the photos of the event on Facebook Hempnall Mardle.

### ***Extra police activity to kerb speeding in the village***

We have liaised with the police to take part in a new initiative to help kerb speeding in the village. The police been unable to provide speed enforcement in many areas due to accessibility issues large enough to keep their officers in cars safe. They are now trialling the use of police motorcycles instead.



It has been noticed that certain people have been warning motorists approaching the speed traps of the police's presence. It should be noted that warning motorists of Speed Enforcement could be construed as obstructing police officers in the execution of their duty, and thus culprits open themselves to prosecution.

### ***Overhanging hedges – Thank you***

Following the request in the last newsletter on this subject, thank you to all those who have trimmed back their hedges so the pavements and roads are not obstructed.

## Footbridge Open



Great news. The bridge and footpath levelling is complete. The bridge on the footpath between The Street and Mill Road was first built in 1949 but was quite narrow. We have widened it to allow easier access, especially for pushchairs and mobility vehicles. Enjoy.

Unfortunately, children have been observed riding their bicycles at speed from the Street over the bridge which has put them in danger as well as users on foot. Please discourage your children from riding in this area for everybody's safety. It is a public

footpath and therefore cyclists should not ride their bicycles on it.

Councillor/Clerk	Telephone No.	Email address
David Hook – Chairman – Tree Warden	01508 498187	hookd74@yahoo.com
Phil Bates – Footpath Officer, Data Protection Committee	07957 803120	phil.bates@hempnallpc.org
Joan Cann	01508 498743	joan.cann1944cann@btinternet.com
Richard Delf -Vice Chairman - Playing Field Liaison	01508 499788	richard@delfsgarage.co.uk
Robert Elliot – Norfolk ALC rep	07887 768478	robertelliott1692@btinternet.com
Hamish Rose	01508 498486	hamishandgeorgina@btinternet.com
Mike Turner- Tree Warden - SAM2 Officer - Highways Liaison	01508 499423	mike.turner45@btinternet.com
Peter Workman - Playing field Liaison	01508 830266	pworkman@hempnallpc.org
Ian Nelson - Clerk	01508 498467	theclerk@hempnallpc.org

HPC now available "virtually" all the time at [www.hempnallpc.org](http://www.hempnallpc.org)

Write to the Clerk at Karinya, Bungay Rd, Hempnall, Norwich, NR15 2NG. [theclerk@hempnallpc.org](mailto:theclerk@hempnallpc.org)

## 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>



**Norfolk**  
County Council

## **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 8TH OCTOBER 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/>

## **Topcroft Parish Council**

### **MEETING DATES**

#### **Topcroft Sport Pavilion**

- 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](mailto:topcroftpc@gmail.com)*

*~Parishioners are Welcome to  
attend the Meetings~*





## Saturday 7th Oct 7pm Hempnall Village Hall

An evening of songs from the Jersey Boiz raising money for Maggie's charity who have supported the Ashford family.

£10 per ticket.

Please contact Debbie on  
07824 324026 to book your tickets.

**FOOD TRUCKS  
AT HEMPSTALL  
VILLAGE HALL**

**BROADSIDE PIZZA TRUCK  
AND MILL BAR  
SAT 7TH OCT  
FROM 4PM**

## Coffee Morning

Hardwick Village Hall

**Thursday 5<sup>th</sup> October**

10-12

All welcome

Chat with old friends, make new ones  
The kettle is on and there will be cake!



A Hardwick and Shelton Village Hall Committee event

Charity no: 267457

### Mobile Library Timetable

Village	Stop Name	Arriva	Departure	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

- 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
- 18 March 2024
- 02 September 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 community 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](mailto:hempnallmillbar@gmail.com)



## PLEASE CLEAR UP AFTER YOUR DOG

It has been reported that some dog walkers are not clearing up after their dogs in some of the villages. Would all dog owners please respect the countryside and clean up after their dogs.

# 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](http://www.hempnalltrust.org.uk) or email [hempnalltrust@gmail.com](mailto:hempnalltrust@gmail.com)

Events hosted by the Mill are updated on the Facebook page [www.facebook.com/themillbarhempnall](http://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](mailto:hempnallmillbar@gmail.com)

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

## WHAT'S ON HEMPSTALL TRUST & MILL BAR

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

**Saturday 7th October from 4pm** – Street Food Vendor – Broadside Pizza Wood Fired Oven serving freshly baked pizzas (NOTE: This will be at Village Hall)

**Saturday 21st October from 7pm** – Elvis Tribute – Ticket only – £10 An evening of Elvis with Andy Ottley

**Saturday 28th October from 5pm** – Halloween Come & join us if you dare – Music & fancy dress

*To book tickets or receive details of our upcoming events via email, please let us know at [hempnallmillbar@gmail.com](mailto:hempnallmillbar@gmail.com)*

### FUTURE EVENTS

**Saturday 4th November** - After Fireworks

**Saturday 18th November from 4:00pm**—Street Food Vendor—The Dirty Fryer Boys

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

### **Borderhoppa Outings for October 2023**

Mon 2nd	Fish & Chip Lunch at Norman's, Harleston	Fare £8.00
Mon 9th	Cherry Lane Garden Centre	Fare £8.00
Thu 19th	Lunch at The Black Horse, Thorndon	Fare £8.00
Mon 23rd	Latham's, Potter Heigham and lunch at Poppylands Tea Room, Horsey	Fare £20.00
Thu 26th	The Range and lunch at The Copper Beech	Fare £18.00
Mon 30th	Notcutts Garden Centre, Norwich	Fare £15.00

### **Borderhoppa Outings for November 2023**

Mon 6th	Bressingham Garden Centre	Fare £8.00
Thu 16th	Lunch at The Red Lion, Needham	Fare £8.00
Mon 20th	Thetford Town & Garden Centre	Fare £15.00
Mon 27th	Taverham Garden Centre	Fare £18.00

### **Borderhoppa Outings for December 2023**

Mon 4th	Norwich City Centre	Fare £18.00
Mon 11th	Highways Nursery & Shopping Centre	Fare £15.00
Mon 18th	Bury St Edmunds	Fare £18.00
Thurs 21st	Borderhoppa Xmas Lunch	Fare TBC

**To book or for more information please call 01379 854800  
or visit our website [www.borderhoppa.org](http://www.borderhoppa.org)**

## Report on the Morningthorpe and Fritton Reunion (27th August 2023)

A lovely afternoon was had by all who attended the Morningthorpe and Fritton Reunion held on Fritton Common on the 27th August. It was so lovely to see so many faces from the past. It reminded us all how Fritton and Morningthorpe used to be when we were young, with the Nanny and Grandad's Shop, the old pub - the 'Nag's Head' - and the school cricket matches which took place on the common.



*Barbara, Ray & Roger Rackham.  
Ray once lived in School Road,  
Fritton & he had a beautiful garden..  
He celebrated his goth birthday this  
year.*

A big thank you for Will and Kitter Sargent for cutting the common, to Gordon Cann for topping it and for dear Roger Rackham for going over it with lawn mower. Hope to see you all next year.

*Carol McDonnell xx*

A good chin wag was had by all. In fact it was so good we are already being asked to organise another reunion next year as there was a lot of people who were unable come this year.

I have had so many thank you messages it makes it all worth while. We of course will have to invite Jim the ice cream man again as the ice cream was to die for .





# News from Woodton Primary School

## September 2023

Hello, We hope you all have had a lovely summer this year! With Autumn just around the corner, Woodton primary is full steam ahead for a busy term with the run up till Christmas.



At the end of last term, we had to say goodbye to our year 6 pupils, who were starting their new path in their educational journey.



In our leavers assembly the children were presented with some gifts for them to remember their happy times at Woodton primary school.

We also had a very successful Sports day, luckily not too hot this year, and we even managed to finish before the heavens opened up. We had our four school house groups, taking part in a carousel of activities in the morning, followed by a variety of sports day races in the afternoon. We were very lucky to have a



drone film some of the excitement on the day, please feel free to look on our Facebook page for more footage of day.



This term we have welcomed Mrs Hinton, who will be teaching our new Sycamores class, which has our years 3 and 4 pupils in. Miss Snelling has



also been busy over the summer preparing her new Willows classroom and outdoor area.

## CHRISTMAS SHOEBOXES—13-20 NOVEMBER 2023

We will be supporting Operation Christmas Child again this year with their Christmas Shoebox campaign. You are invited to fill a shoebox with items to delight children across the world on Christmas morning, assuring them that they are not forgotten and giving them an experience of love.



Shoe boxes are available from the Group Office or you can fill your own box. Why not join with some friends to fill a box, or fill a box from your organisation or club. Perhaps you are unable to get out and about or just don't have the time to go shopping. Why not build a shoebox online! (Check out the Operation Christmas Child website here: <https://shoeboxonline.samaritans-purse.org.uk/>) Ideas for what to put inside are available at the Operation Christmas Child website: <https://www.samaritans-purse.org.uk/what-we-do/operation-christmas-child/how-to-pack-a-shoebox/> along with full instructions.

Boxes must be returned to the Group Office by **Thursday 9th November 2022**.

***Group Office, open Mon-Thurs 9am-12.30pm***

***Telephone: 01508 498157***

***Our email: [hempnallgroup.office@btinternet.com](mailto:hempnallgroup.office@btinternet.com)***

## Michael Franks

Thank you to everyone for their kindness during the last few months during Mike's illness and following his death. We have received wonderful support from friends, the surgery, and the palliative care team. Donations in his memory to Cancer Research were around £4000. Thank you again, Janette John and Katie.



## LONG STRATTON MEDICAL PARTNERSHIP

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

This month I want to discuss cholesterol. October is National Cholesterol Month, a campaign by Heart UK which aims to raise awareness on the importance of maintaining a healthy cholesterol level.

There is much awareness of this topic and I am summarising what is known about this entity.

- 1. What is cholesterol?** This is a natural fatty substance which can be found in the foods we eat and it can also be produced in the body by the liver. It helps us do a lot of things: build cells, digest food, and make hormones and vitamin D.
- 2. When does it cause problems?** Like most things in life, cholesterol amounts in moderation is good. However high cholesterol amounts cause harm to our body. Evidence strongly indicates that high cholesterol levels can increase the risk of narrowing of arteries, heart attacks, mini strokes, strokes and peripheral arterial disease (a condition that is caused by reduced blood flow to the leg muscles).
- 3. What is HDL cholesterol?** This is the good cholesterol, and it carries the cholesterol from tissues and blood to the liver. Having a low level of HDL can increase the risk of heart disease.
- 4. What is LDL cholesterol?** This is the bad cholesterol which carries the cholesterol from the liver to the tissues including the arteries. High amounts of LDL cause plaque formation in the arteries reducing the blood flow and causing problems to organs like the heart and brain.
- 5. What can cause high cholesterol?** An unhealthy lifestyle, family history, thyroid diseases and kidney diseases are some of the causes.
- 6. When should you have your cholesterol checked?** If you are aged 40-74 you can ask for an NHS health check. You will be invited every five years. If you have high cholesterol, it's important to know that you're not alone. Find support from healthcare professionals and the people around you.
- 7. How can high cholesterol be managed?** A healthy diet, regular exercise, weight reduction, alcohol in moderation and not smoking are important ways of reducing cholesterol. In addition, there is medication. Statins are the most common cholesterol-lowering drugs. Also known as HMG-CoA reductase inhibitors, they are a class of cholesterol lowering medications that reduce illness and mortality in those who are at high risk of cardiovascular disease. The British Heart foundation page on Statins: 10 facts you might not know mentions research that was part founded by the Foundation. Scientists at the University of Oxford and University of Sydney looked at statin effectiveness in different age groups, ranging from under 55 to over 76 years. For every mmol/L reduction in LDL cholesterol, statins reduced the risk of a heart attack by 25% and a stroke by 21% across all age groups. Even in the oldest group, statins lowered the risk of a severe event by up to 20% for every mmol/L reduction.

I conclude this topic on the note – prevention is best. Keep cholesterol levels low. Have an open mind about medical treatment for high cholesterol and discuss it with your GP.

~Dr Mini Nelson~

## Thought for the month.....

Dear Friends,

Early in October each year the Church remembers St Francis of Assisi. Francis was a young man from a wealthy family who gave up his privileged life-style after a vision in which he felt God called him to live a simple life. He became the founder of the Order of St Francis, usually known as Friars, a group of wandering preachers who went out into the world to take God's love to people in practical ways, as well as teaching them about Jesus. Francis is perhaps best known, however, as the patron saint of animals. He considered all created things his "brothers and sisters" and his kind and gentle nature encouraged birds, lambs and other creatures to gather round him.



We continue to share the earth with the creatures of God's creation. Our concern for the planet has led to real efforts to nurture and encourage the insects and "creepy-crawlies" who help to sustain bi-diversity in our environment. The wonders of technology have allowed us to learn about the habits and life-styles of animals, birds and sea creatures living thousands of miles away and in places that humans cannot easily access. They have also alerted us to the plight of many species as global warming continues and natural habitats are destroyed for human gain.

Many of us share our homes with dearly loved pets who are important members of our families. They provide company and an ever-listening ear - and if they could only talk..... Acknowledging the intelligence and sensitivity of many domestic animals we have learnt to use them for therapy and to help humans in varying kinds of need. Look for details in the magazine of a special service when we will celebrate all that animals bring to our lives.

As our concern for the future of our planet, for both humans and animals continues, there is much that we can learn from St Francis, not least the positive effects of living a simpler, humbler life.

With continuing prayers for you and your communities,

Lynn

## **Anna Chaplaincy : Supporting Older People in our Communities**

Anna Chaplains and Anna Friends are members of a national movement to support the elderly in our communities. With training and ongoing support, they seek to serve some of the most vulnerable and isolated among us, helping them to continue to feel valued members of their local communities and caring for their individual needs.



The Diocese of Norwich already has teams of commissioned Anna Chaplains and Anna Friends in other areas and we are exploring the possibility of setting up this work in our deanery.

There will be an opportunity to learn more about Anna Chaplaincy on:

***Thursday 5th October at 2.30pm  
in the Church Room at Saxlingham Nethergate.***

Representatives from the organisation will come to speak, there will be tea and cake, and opportunities to ask questions and consider the needs and potential in our local villages. Anyone who is interested is welcome.

There will be no commitment to do anything further and there is no need to attend a church.

If you are interested in supporting older people in our communities, come along and find out more.

***Further details from the Rural Dean (Revd Lynn Chapman, 01508 558479  
or [chapman.lynn@btinternet.com](mailto:chapman.lynn@btinternet.com))***

## Our Church Services...

<b>1<sup>st</sup> October 2023</b> Trinity 17 (Proper 21)	10:30am Whole Benefice Holy Communion	Kirstead Church
	4:00pm Family Praise	Hempnall Church
<b>8<sup>th</sup> October 2023</b> Trinity 18 (Proper 22)	9:00am "Quiet" Communion	Thwaite Church
	10:30am Holy Communion	Hempnall Church
	10:30am Morning Worship: Celebrating with our animals	Bedingham Church
<b>15<sup>th</sup> October 2023</b> Trinity 19 (Proper 23)	10:30am Holy Communion	Brooke Church
	10:30am Morning Worship in the Iona Tradition	Morningthorpe Church
<b>18<sup>th</sup> October 2023</b> St Luke	10:00am Holy Communion with Healing	Hempnall Church
<b>22<sup>nd</sup> October 2023</b> Trinity 20 (Proper 24)	9:00am Holy Communion from the Book of Common Prayer	Shelton Church
	10:30am Holy Communion	Topcroft Church
	10:30am Morning Worship on Sunday	Mundham Church
	6:00pm Evening Worship	Zoom
<b>29<sup>th</sup> October 2023</b> Bible Sunday	10:30am Bible Sunday Service with Holy Communion	Hempnall Church
	6:00pm Evensong from the Book of Common Prayer	Brooke 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/>

## **Special Church Service: Celebrating with our Animals**

### **Sunday 8th October: 10.30am, Bedingham Church**

All well-behaved animals are invited to come to church (in a suitable cage if necessary) to celebrate their special place in human lives. There will be hymns, prayers and readings on the theme of creation and animals.

Please bring your owners with you.

## **St Luke's Day: Healing Service**

### **Wednesday 18th October: 10.00am, Hempnall Church**

St Luke was a doctor and is linked throughout history with health and healing. On his special day this year there will be a service of Holy Communion during which the ministry of healing will be offered.

The practice of offering healing ministry dates back to the miracles of Jesus and, across the centuries, many have found restoration and solace in attending Healing Services, during which the laying on of hands and anointing with oil are offered as symbols of God's healing power. Some attend for themselves, and some represent others, whilst still others come to add their prayers and to worship in the quiet atmosphere.

If you would like further information about the sacrament of healing, or this service please contact our Vicar (Lynn Chapman 01508 558479 or [chapman.lynn@btinternet.com](mailto:chapman.lynn@btinternet.com)) who will be please to tell you more.

## **Celebrating the Book of Common Prayer**

Many people love the ancient language and rhythms of services from the Book of Common Prayer, dating from 1662. There are two opportunities to worship using these services during October:

### **Sunday 22nd October: 9.00am, Shelton Church**

Our Holy Communion service will be from the Book of Common Prayer

### **Sunday 29th October: 6.00pm, Brooke Church**

St Peter's Choir will take the lead as we share in sung Evensong from the Book of Common Prayer.

If you know people who particularly like this form of worship please pass the message on to them and encourage them to come along. Our service books are easy to follow and all are welcome.

## Happy Birthday to....

### Children

- \* Thomas who will be 12
- \* Rosanna who will be 12
- \* Evie who will be 10
- \* Ivy who will be 4

### Teenage

- \* Oscar who will be 17
- \* Emily who will be 16



### Congratulations to Ruth Hadman

Bedingham PCC and The Friends would like to congratulate Ruth Hadman after reaching her 100th birthday in August.

## From the Registers....

### Baptisms

24th September 2023, Hunter Lee Rix.  
Baptism at St Catherine's Church, Fritton.

### Weddings

23rd September 2023, Rebecca Alexander & Matthew Lewis.  
Wedding at St Mary's Church, Shelton.

### Funerals

8th September 2023, Robert Ratcliffe, aged 71 years.  
Funeral at St Margaret's Church, Hardwick.

15th September 2023, Josephine Bassingthwaighte, aged 93 years.  
Funeral at St Mary's Church, Thwaite.

26th September 2023, Bryan Hupton, aged 78 years.  
Burial of Ashes at St Peter's Church, Brooke



# 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](mailto:norwich@cleanersrus.co.uk) | [www.cleanersrus.co.uk/domestic-home-cleaning-norwich](http://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](http://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](http://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 [www.treemabbutt.com](http://www.treemabbutt.com) 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](http://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](mailto:hempnallgroup.office@btinternet.com)  
Our website: [www.hempnallgroup.co.uk](http://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](mailto:hempnallgroup.office@btinternet.com)

**BEFORE 15TH OCTOBER**

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