

Produced by The Hempnall Group of Parishes



FEBRUARY 2024

Contents...

Local News
February & March Walks3
Fritton & Morningthorpe Village Quiz Night
Abba Tribute & 70's Night4
Poppy Appeal Thank You!4
Church Cleaners Needed!4
Borderhoppa5
Lunches in Lent5
Topcroft Parish Council Meeting Dates
Thank you from St Margaret's Church, Topcroft6
News from Woodton Primary School7
The Hempnall Trust8
Topcroft Open Gardens9
Hardwick Village Hall Café Morning9
Hempnall Mobile Library Timetable10
Food Bank10
Long Stratton Medical Partnership11
Gardening in February12
Pop-up Dog Café13
Topcroft Cricket Club Quiz Night13
Early Spring @ Life Spring14
All-Age Praise14
Church News15
Thought for the month15
Special Services in February & March16
Church Services February17
Happy Birthday to18
From the Registers18
Need Help? 19
Contact Us 20

FEBRUARY WALK Sunday 4th February 2023

There will be a winter walk on Sunday 4th February starting at 2pm. The walk will be on country lanes in and around Kirstead. The walk will start from Kirstead Church NR15 1ER. Apologies, but no



refreshments will be available. For further information, please contact Josephine Murgatroyd on 01508 530453.

MARCH WALK Walk on Sunday 17th March

Meet at Hempnall church at 2:00pm

There will be the opportunity to choose from the longer or shorter version of this walk which will take in quiet roads, lanes and footpaths with good views across the local countryside.

There will, of course, be tea and cakes afterwards. All welcome. For more information please contact Jill Turner 01508 499344



FRITTON AND MORN-INGTHORPE VILLAGE QUIZ NIGHT Friday 2nd February 2024

024 NG

at Friars Farm Barn,

Morningthorpe, NR15 2QL

Doors open 6:45pm - Quiz starts at 7:15pm

Tickets cost £15:00 per person to include a two course supper

Wine, Beer and Soft Drinks for sale (CASH ONLY PLEASE)

Any profits to go to the fabric fund of Fritton

and Morningthorpe Village Churches

Teams will be tables of 6 people

Please contact Judith Bamber if you would like a ticket on 07768 385989 or send an email to frittonmorningthorpeevents@btinternet.com



ABBA TRIBUTE & 70'S NIGHT

Grab those flairs and platforms and join us for Head Over Heels Abba Tribute & 70's Night

Saturday 10th February 8pm at Hempnall Village Hall

Bar & Raffle. Tickets £10 Debbie Ashford 07824324026 /01508 498242 email: cds.debbie@gmail.com

All proceeds to The Pituitary Foundation.

Poppy Appeal Thank You!



I would like to say a big thank you to all who donated towards the Poppy Appeal and those who kindly had the collection boxes, the final total was £610.00

The breakdown was: Morrisons £281.80 Hempnall School £172.36 Hempnall Surgery £30.18 Delfs Garage £54.18 Hempnall Mill Centre £66.65

~Margaret Sparham~

CHURCH CLEANERS NEEDED!

St Margaret's Church, Hempnall are looking for volunteer cleaners. Would you be willing to give up a little of your time a few times a year to keep St Margaret's Church looking well kept and welcoming?

If you are interested please contact Jill Turner at jillemturner@yahoo.co.uk





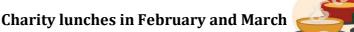
- Door to door dial-a-ride service
- Weekly members outings throughout the year
- Group hires for not-for-profit organisations

Borderhoppa Outings for February 2024

Mon 5th	Stowmarket	Fare £15.00
Mon 12th	Lunch at The Four Horse Shoes, Thornham Magna	Fare £8.00
Thurs 15th	Pennoyer Centre Coffee Morning, Pulham St. Mary	Fare £8.00
Mon 19th	Taverham Garden Centre, Norwich	Fare £18.00
Thurs 22nd	The Range and Lunch at the Copper Beech, Norwich	Fare £18.00
Mon 26th	Cherry Lane Garden Centre,	Fare £8.00

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

LUNCHES IN LENT 2024



50	2
5	
-	-

24 th February 2024	12:30pm	Topcroft Pavilion in aid of Emmaus	
		Contact Jackie Leggettt	
		01508 498267	
5 th March 2024	12.00pm	Seething Community Lunch in aid of	
		Seething Church	
		Contact Laura Cowan	
		01508 550877	
11 th March 2024	12:30pm	Hempnall Mill Centre in aid of	
		Emmaus	
		Contact Margaret Sparham	
		01508 499579	
All welcome			
Please let the contact person know that you will be coming.			

Topcroft Parish Council MEETING DATES 2024

All meetings are held in Topcroft's Sports Pavilion, Topcroft Street, NR35 2BL

- Monday 11th March 2024 7.30 pm
- Monday 13th May 2024 7.30 pm
 Annual Parish Meeting & Annual Parish Council Meeting
- Monday 8th July 2024 7.30 pm
- Monday 9th September 2024 7.30 pm
- Monday 11th November 2024 7.30 pm

The agenda <u>is displayed three days before the meeting</u> in the village noticeboards and on TPC's website: https://topcroftpc.norfolkparishes.gov.uk . Planning meetings are arranged as and when required and extra meetings may be scheduled if necessary.

~ *Members of the public are welcome to attend the meetings* ~ *For further details contact the Clerk email: topcroftpc@gmail.com*

A Big Thank You!

Thank you to all who took part in the Crib Service at St Margaret's Church, Topcroft on Christmas Eve.

We had fun with Alfie the elf and all the little elves, and it was so encouraging to see so many attending the service. The Christmas message was delivered within the story.

Thank you Tim for playing two parts, and Alfie the elf well done.

A very Happy and Peaceful New Year to you all.





News from Woodton Primary School January 2024

Happy New Year to you all from Woodton Primary School! We had an extremely busy end to our term last year. The children made decorations for our Christmas tree that was displayed in the Ditchingham Tree Festival. The theme was 'Twas the night before Christmas'

We took part in the Norfolk sports 'Santa Dash'; this is an annual event where we do different physical activities to remind children how beneficial being active can be. We all

took turns running relays around the school field in our Christmas jumpers. This was followed by a lovely Christmas lunch, with decorated tables and Christmas grackers

Christmas crackers.

The children celebrated Christingle by decorating their own oranges; this was then celebrated in a whole school assembly.



Our Sycamores class made Christmas cards for the residents of Bungay House Residential Home in Broome; why not look on our Facebook page to see them being opened.

As a Christmas treat our PTA put funds to a whole school trip to the Hippodrome Circus in Great Yarmouth, once again the children loved every minute.

Our Willows class gave an amazing performance with their Nativity, this year their play was called 'Hey Ewe'.



Finely, on our very last day of term, all the children sang their hearts out at our Christmas carol service that took place at All Saints' Church, Woodton.





The Hempnall Trust

We are 400 years old this year and are looking for suggestions and volunteers to run events, any ideas please email hempnalltrust@gmail.com.

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 Hemphall 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 and there is a regular What's On email.

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

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

All Profits go back into the Trust to benefit Hemphall residents

400 YEARS OF THE HEMPNALL TRUST!

2024 marks 400 years of The Hemphall Trust and we are looking for suggestions and volunteers to run events, any ideas please email

hempnalltrust@gmail.com

COMPETITION TIME

We are looking for a local artist to design and install some artwork or mural on a large wall in The Mill entrance lobby. If you're interested, please contact us via email <u>hempnalltrust@gmail.com</u> to discuss your ideas.



TOPCROFT OPEN GARDENS SAVE THE DATE!

Save the date for Topcroft Open Gardens 2024

Sunday 26th May and Monday 27th May 11:00am to 5:00 pm

If you are resident in Topcroft and would like more details about opening you garden small or large all welcome or if you would like to help please do message me daphnebeckett@gmail.com Further details to follow later!



Cafe Morning

Hardwick Village Hall **Thursday 7th March 2024** 10:00am-12:00pm

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

Bring and buy table to raise funds for the hall, so cakes and spare produce most welcome

Next café date: Thursday 4th April 2024



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

• 19 February 2024

• 18 March 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

FOOD BANK

Items for our Food Bank are still needed; we are very grateful to all who continue to contribute during this difficult time.

URGENTLY NEEDED ITEMS: PASTA TINNED FISH TINNED VEGETABLES

NON URGENT ITEMS:

INSTANT NOODLES (NOT POTS) TINNED POTATOES MICROWAVE PUDDINGS/CAKES **Donating Food:** Items for the food bank can be left at the back of St Margaret's Church, Hempnall or in the porch at St Peter's Church, Brooke.

Donating Money: Regular giving is a great way to support the Food Bank For further details please check out this website: https:// waveney.foodbank.org.uk/give-help/ donate-money/

LONG STRATTON MEDICAL PARTNERSHIP

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

We are into 2024! And experiencing a cold winter. Wrap up warm, stay active and stay safe from the numerous viruses that are characteristic of the time of year. The pandemic finally ended and we remember with sadness those that lost their lives to COVID19.

In this first article of the year, I want to discuss one of our important patient reviews. This is the Cancer Care review appointment that we offer our patients with cancer ideally within three months of the initial diagnosis. This is one of our patient objectives recommended by the quality and outcome framework. However, I see this appointment as crucial whether face to face or as a telephone appointment and many of my GP colleagues will agree with me. In the early months after a diagnosis of cancer, patients are looked after in every way by the hospital teams and as a GP, I have a very limited role. The Cancer Care review appointment gives us the opportunity to talk to a patient going through a very difficult phase in his/her life.

The Macmillan Cancer support website defines clearly a Cancer Care review:

A Cancer Care Review (CCR) is a conversation between a patient and a Health or Social Care professional about their experience with cancer. It is essential to personalise care and helps patients to:

- talk about their cancer experience and concerns
- understand what support is available in their community
- receive the information they need to begin supported selfmanagement.

My request is that if you have not had a call from your GP in those early months, it might be due to delay in paperwork and the associated logistics. Please do not hesitate to ring Reception and request an appointment with your GP or a clinician. We understand the sensitivity and emotional turmoil that can accompany such a diagnosis and it is important to remember that your GP practice can support, and sign post you to appropriate services.

~Dr Mini Nelson~

GARDENING IN FEBRUARY

Spring is in sight

This month there are signs of the approaching spring, with bulbs appearing and wildlife waking up as light levels and temperatures increase. There's plenty to do indoors this

month to prepare for the season ahead. Outdoors, as the garden comes to life again, it's time to prune shrubs and climbers, such as *Wisteria* as well as

1. Prepare vegetable seed beds, and sow some vegetables under cover

Knowing which vegetables to sow where, when and how means you can maintain constant supplies throughout the season.





2. Chit potato tubers

It's important with earlies, and a good

idea with maincrops, to 'chit' the seed potatoes before planting. This means allowing them to start sprouting shoots.

3. Protect blossom on apricots, nectarines and peaches Most top fruit and soft fruit are very hardy but once they start into growth in spring, flowers and buds are especially vulnerable to frost and may need protection to crop well.



More jobs for this month

- 4. Net fruit and vegetable crops to keep the birds off
- 5. Prune winter-flowering shrubs that have finished flowering
- Divide bulbs such as snowdrops, and plant those that need planting 'in the green'
- 7. Prune Wisteria

- 8. Prune hardy evergreen hedges and renovate overgrown deciduous hedges
- 9. Prune conservatory climbers such as bougainvillea
- 10.Cut back deciduous grasses left uncut over the winter, remove dead grass from evergreen grasses





Hardwick Church

Saturday 10th February 2024

8:00am to 11:30am

Drop in with your dog (on lead, please) – or come without one – for canine and human company and refreshment... Pupcakes...dog treats... coffee... and more

All welcome





@LifeSpring

Sundays 4-5pm

The Hempnall Mill

11th, 18th, 25th February 17th, 24th March

All-age community church: Songs, games, message

Facebook@LifeSpring Hempnall

All warmly welcome



All-Age Praise

Sunday 4th February

4:00-4:45pm

Hempnall Church

'It must be love...'

Community service

Songs - Story - Games

All warmly welcome!

Thought for the month...

Dear Friends,

The feast of Candlemas at the opening of February marks an ending and a beginning. In a special service filled with light we look back forty days to Christmas and the birth of Jesus, and forward to the coming of Lent and Easter when we remember his self-



sacrificing death and joyful resurrection. Within the space of an hour, in words, music and silence we recognise the joys and sorrows of human life and allow these to be illuminated by the light of God.

This letter also marks an ending and a beginning and carries with it those contrasting joys and sorrows that we all experience. As many of you will know, I am going to be leaving the Hempnall Group (and my other work as Rural Dean of Depwade and Vicar of the Brooke Benefice) and moving across the county to become the Rector of Hethersett. Although my time with you has been short I can look back with gratitude and thanksgiving at all the things we've done together in the time that I have been here, and with some sorrow that the time has come to move on before I've really got to know you properly. I am, however, looking forward to the new people and challenges that God is calling me to.

The current times are uncertain ones for our parish churches as numbers attending services decline, finances get tight and the care and attention needed by our communities and our beautiful buildings increases. It is really important to remember that our churches and their work belong to everyone in our villages, and anyone who wants to help keep them alive is welcome to be involved. Having a resident priest can be encouraging and helpful, but it is the local community who make churches thrive. I shall continue to keep the people of the Hempnall Group in my prayers long after I've moved to pastures new. I am sure that God will call a new priest to work with you in due course, but meanwhile I encourage you to pull together to support and maintain the life of our churches - they are an important gift to our communities. I hope that many of you will join me in celebrating my time in the local area on **Sunday 18th February**, which will be my last day. At **10.30am** there will be a service of **Holy Communion** at **Hempnall Church**, to which all are welcome. This will be followed by **tea and cake** in **Brooke Village Hall** from **3-5pm** that afternoon and you are invited to drop in and share memories or say farewell. The day will conclude at **6.30pm** with a celebratory **Service of Thanksgiving** in **St Peter's Church, Brooke**, where I was licenced in October 2014. Everyone is invited.

Thank you all for your warm welcome to the Hempnall Group. You will be much in my thoughts and prayers in the weeks and months to come.

May God bless you all,

~Lynn~

SPECIAL SERVICES IN FEBRUARY AND EARLY MARCH

Ash Wednesday

This first day of Lent falls on **14th February** this year. There will be a special service at **St Peter's Church, Brooke at 10:00am** and at **St Margaret's Church, Hempnall at 7:00pm** on the day. The service will include Holy Communion and the Imposition of Ashes as we commit ourselves to a thoughtful approach to Easter.

Mothering Sunday

There will be special services for Mothering Sunday at **Hempnall**, **Hardwick and Topcroft at 10:30am** on **Sunday 10th March**. All are invited to attend as we celebrate mothers and mothering.

CHURCH SERVICES FEBRUARY 2024...

DAY	TIME	PLACE	SERVICE
Sunday 4th February 2024	10:30am	Bedingham Church	Holy Communion
Candlemas	4:00pm	Hempnall Church	Family Praise
	6:30pm	Brooke Church	Holy Communion
Sunday 11th February 2024	10:30am	Woodton Church	Holy Communion
	10:30am	Kirstead Church	Morning Worship in the Celtic Tradition
Ash Wednesday 14th February 2024	10:00am	Brooke Church	Holy Communion with the Imposition of Ashes
	7:00pm	Hempnall Church	Holy Communion with the Imposition of Ashes
Sunday 18th February 2024	10:30am	Hempnall Church	Holy Communion
	6:30pm	Brooke Church	Service of Thanksgiving
Sunday 25th February 2024	10:30am	Brooke Church	Holy Communion
	10:30am	Topcroft Church	Morning Worship in the Methodist Tradition
	6:00pm	Via Zoom	Evening Worship

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

 Thomas Chapman who will be 5 on the 4th

Teenage

 Daisi Lili-May Rodger who will be 17 on the 5th

From the Registers....

Funerals

- 7th December 2023, Anthony Read, aged 88 years. Funeral & Cremation, Waveney Memorial Park and Crematorium.
- Bth December 2023, Paul Pitelen, aged 76 years. Burial of Ashes, St Peter's Church Brooke.
- ⊕21st December 2023, Elizabeth Powell, aged 74 years. Funeral, St Peter's Brooke and Cremation, Waveney Memorial Park and Crematorium.
- 11th January 2024, Ronald Ferré, aged 95 years. Funeral, St Margaret's Church, Topcroft.





Need Help?....

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 & Certification - 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-homecleaning-norwich

ELECTRICIANS

ELECTRICIAN - Bob Turner - Domestic & Commercial Electrical Contractor - 07899 794813

FARM SHOPS

FARM SHOP, CAFÉ & BUTCHERY, Norwich Road, Woodton for the best Raw Milk in Norfolk - 07900 814252

FUNERAL SERVICES

R. B. COPPING FUNERAL SERVICES, PORINGLAND - 01508 494434

ROSEDALE FUNERAL HOME - Beccles & Bungay, a family business - 01986 892790 or 01502 714445

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

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 <u>www.treemabbutt.com</u> 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....

The Revd Lynn Chapman Priest in Charge 01508 558479 chapman.lynn@btinternet.com Group Office Mon-Thurs 9:00am-12:30pm 01508 498157 hempnallgroup.office@btinternet.com

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 FEBRUARY 2024

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.