



Village News

Produced by The Hempnall Group of Parishes



FEBRUARY 2025

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February Group Walk

Sunday 9th February at 2:00pm

Join us for a pleasant walk along our quiet country lanes, field edges and footpaths in Saxlingham Nethergate.

Meet at Saxlingham Playing Field Car

Park, Church Hill, NR15 1TD for a 2:00pm start.

There will be refreshments afterwards in Hempnall.

For further information please contact:

Andy March 07923 579042 or Jill Turner 01508 499344



Topcroft Open Gardens

Sunday May 25th and Monday 26th

11:00am-5:00pm

Please save this date in your diary to either consider opening your garden if you are a resident in Topcroft or come and look around.

Please contact me for further details and we are always pleased to welcome new openers with small or large gardens.

Daphne 01508 482448 or email daphnebeckett@gmail.com



Thank You!

Many thanks to all who supported the Christmas Party at the Pavilion Topcroft where we were able to incorporate an hour of carol singing ably led by Maureen on the keyboard. £33 was raised for the Church of England Children's Society.

Many thanks to all involved.

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:

UHT Milk

Fruit Juice (not chilled)

Tinned potatoes

Rice

Tinned rice pudding

Jars of cooking Sauce

Tinned Vegetables

Donating Food: Items for the food bank can be left at the back of St Margaret's Church, Hempnall, at the Group Office, 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/>



PLEASE JOIN US FOR

*St Patrick's Day
Ceifidh
with fezziwig ceifidh
band*

SATURDAY THE 15TH
OF MARCH

AT TOPCROFT SOCIAL CLUB

FOOD, DANCING, RAFFLE, BAR
OPEN 7PM
TICKETS £12.50 FOOD
INCLUDED

TICKET ONLY (LIMITED NUMBERS)
CONTACT
TOPCROFTSOCIALCLUB@GMAIL.COM



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

Borderhoppa Outings for February 2025

Mon 3rd	Lunch at The White Horse, Stoke Ash	£8.00
Thurs 6th	Diss Pound Stretcher & John Doe	£8.00
Mon 10th	Taverham Nursery Centre	£18.00
Mon 17th	The Range & Lunch at The Copper Beech	£18.00
Thurs 20th	Lunch at The White Hart, Roydon	£8.00
Mon 24th	Cherry Lane Garden Centre	£8.00

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



Norfolk County Council

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

• **17 February 2025**

• **17 March 2025**

• **14 April 2025**

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 GRANTS



As we hit winter, are you struggling with the cost of heating?

The Hempnall Trust provides grants for residents experiencing need, hardship, or distress. If you've lived in the Hempnall for a year, or more, then you could be eligible for one of our grants, with no means testing involved.

If you would like further information, please contact 07504 699 534 or hempnalltrust@gmail.com

All correspondence is handled in complete confidence and with the upmost discretion.

Quiz And Chips

Saturday 1st March

7:00 PM

**£15 per person
Prebooking essential**

To book email
hempnallmillbar@gmail.com

**All proceeds to the
Hempnall Trust**

FOOD TRUCKS CONFIRMED FOR THE FIRST HALF OF 2025

- 10 JAN - PEAKY PIZZA
- 17 JAN - RAHELAS ROLLING KITCHEN BBQ
- 24 JAN - JASONS FISH AND CHIPS
- 31 JAN - THE WOK TRUCK
- 07 FEB - GRINGOS NACHOS
- 14 FEB - BELLA CIAO PIZZA
- 21 FEB - MOODY COW BURGERS
- 28 FEB - CHIMCHIM THAI
- 07 MAR - RAHELAS ROLLING KITCHEN BBQ
- 14 MAR - CHURROS AND CHORIZO BURGERS
- 21 MAR - THE TAPAS SHACK
- 28 MAR - PEAKY PIZZA
- 04 APR - WILD THING BURGERS
- 11 APR - THE WOK TRUCK
- 18 APR - PATRON PAELLA
- 25 APR - PEAKY PIZZA
- 02 MAY - WILD THING BURGERS
- 09 MAY- PEAKY PIZZA
- 16 MAY - THE WOK TRUCK
- 23 MAY- THE TAPAS SHACK
- 30 MAY - CHIMCHIM THAI
- 06 JUN - WILD THING BURGERS
- 13 JUN - HUNGRY MOON
- 20 JUN - PEAKY PIZZA
- 27 JUN - RAHELAS ROLLING KITCHEN BBQ

WE ARE ALSO BOOKING IN FOR THE REST OF 2025 INCLUDING OUR BEER FESTIVAL ON 4/5 JULY SO KEEP AN EYE OUT ON FACEBOOK FOR MORE INFO!

FOOD TRUCK FRIDAYS



THE MILL BAR HEMPNALL - FRIDAYS FROM 6PM

COME JOIN US EVERY FRIDAY FOR A DIFFERENT FOOD TRUCK EACH WEEK

PLUS 1ST FRIDAY OF THE MONTH - KILLER DARTS

SATURDAY SPECIALS - KEEP AN EYE OUT ON OUR FACEBOOK PAGE FOR ONE OFF WEEKEND EVENTS THROUGHOUT THE YEAR



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 the distribution list of events, please email hempnallmillbar@gmail.com

If you'd like to get involved with the Trust, Bar or run your own events please get in touch.

All Profits go back into the Trust to benefit Hempnall residents.



HEMPNALL MILL COFFEE STOP

Everyone welcome for coffee, cakes and more.

At Hempnall Mill Centre
9.30-12MD

1st Monday the month
February 3rd, March 3rd 2025
All profits for the Mill Centre.

Village Lunch Club

Wednesday and Thursday
The Mill, Hempnall

Wednesday
1 course seasonal meal delivered to your door in Hempnall for £7.50

Thursday
2 course seasonal meal with coffee and biscuits in the Mill.
£8 for Hempnall residents and £10 for non Hempnall residents.
Or
1 course seasonal meal delivered to your door in Hempnall for £7.50

To book your place please email margaretsparham@live.co.uk or call 07761627554

Supported and run by the Hempnall Trust



Winter 2024/5 Newsletter

Adult Gym? – Have your say



Perhaps you have made a new year resolution to keep fit in 2025? Would adult gym equipment on the playing field help? If you would like the parish council to explore the provision of such equipment further, please send an email to the Clerk theclerk@hempnallpc.org to say so.

Reduction in Hempnall Parish Council Tax

Parish councillors have voted to keep the precept raised via your council tax the same as the previous 3 years. Because the number of properties in Hempnall has increased, this will again mean a reduction on the amount paid by each household.



Parish Meeting re East Pye Solar

Parishioners received an invitation to a parish meeting held on 8 November which was attended by around 300 people, the majority from Hempnall. The meeting was called to allow people the chance to learn more about the project, ask questions and give their views both for and against. A show of hands was taken at the end to indicate who was in favour of the East Pye Solar development and who was against it. Only one person voted to support the proposals, less than 10 people abstained and everyone else present voted to oppose the scheme. In addition, we

received communications from people unable to attend the meeting who wished it to be known they were against the proposed scheme.

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

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

Topcroft Parish Council

Meeting Dates 2025

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

- Monday 17th March 2025 - 7.30 pm
- Monday 19th May 2025 - 7.30 pm
- Monday 21st July 2025 - 7.30 pm
- Monday 15th September 2025 - 7.30 pm
- Monday 17th November 2025 - 7.30 pm

The agenda is displayed on village noticeboards and published on TPC's website <https://topcroft-pc.gov.uk> three days prior to the meeting. Planning meetings are scheduled as needed, and additional meetings may be arranged if necessary.

~ Members of the public are welcome to attend the meetings ~

*For further details contact the Clerk email:
clerk@topcroft-pc.gov.uk or Tel: 07774 734411*

February and March 2025...

February 2025

Monday 3rd February 2025

Hempnall Mill Coffee Stop

9:30am-12:00pm

Hempnall Mill Bar, NR15 2LP
[p7]

Wednesday 5th February 2025

Village Lunch Club

(see page 7 for details)

Thursday 6th February 2025

Village Lunch Club

(see page 7 for details)

Friday 7th February 2025

Killer Darts

from 7:30pm

Hempnall Mill Bar, NR15 2LP

Food Truck - Gringos

Nachos

From 6:00pm

Hempnall Mill Bar, NR15 2LP
[p6]

Sunday 9th February 2025

February Group Walk

2:00pm

Saxlingham Nethergate,
NR15 1TD [p3]

Wednesday 12th February 2025

Village Lunch Club

(see page 7 for details)

Thursday 13th February 2025

Village Lunch Club

(see page 7 for details)

Friday 14th February 2025

Food Truck - Bella Ciao

Pizza

From 6:00pm

Hempnall Mill Bar, NR15 2LP
[p6]

Monday 17th February 2025

Mobile Library

(see page 5 for details)

Wednesday 19th February 2025

Village Lunch Club

(see page 7 for details)

Thursday 20th February 2025

Village Lunch Club

(see page 7 for details)

Friday 21st February 2025

Food Truck - Moody Cow

Burgers

From 6:00pm

Hempnall Mill Bar, NR15 2LP
[p6]

Wednesday 26th February 2025

Village Lunch Club

(see page 7 for details)

Thursday 27th February 2025

Village Lunch Club

(see page 7 for details)

Friday 28th February 2025
Food Truck - Chim Chim Thai
From 6:00pm
Hempnall Mill Bar, NR15 2LP
[p6]

March 2025

Saturday 1st March 2025
Quiz & Chips
(booking essential)
7:00pm
Hempnall Mill Bar, NR15 2LP
[p6]

Wednesday 5th March 2025
Village Lunch Club
(see page 7 for details)

Thursday 6th March 2025
Village Lunch Club
(see page 7 for details)

Wednesday 12th March 2025
Village Lunch Club
(see page 7 for details)

Thursday 13th March 2025
Village Lunch Club
(see page 7 for details)

Saturday 15th March 2025
St Patrick's Day Ceilidh
7:00pm
Topcroft Social Club,
NR35 2BJ [p4]

Monday 17th March 2025
Mobile Library
(see page 5 for details)
Topcroft Parish Council Meeting
The sports Pavilion, NR35
2BL [p9]

Wednesday 19th March 2025
Village Lunch Club
(see page 7 for details)

Thursday 20th March 2025
Village Lunch Club
(see page 7 for details)

Wednesday 26th March 2025
Village Lunch Club
(see page 7 for details)

Thursday 27th March 2025
Village Lunch Club
(see page 7 for details)

LONG STRATTON MEDICAL PARTNERSHIP

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

I was reminded by our ever-capable Administrator Dawn that it was that time of the month to write an article for the parish magazines. She also suggested a relevant topic for the month of February – healthy eating. This is such a relevant topic at any point in time. We hear so much about obesity and the related co-morbidities, childhood obesity and the impact for the future, the implications for the NHS and the economic implications.

We hear and read about healthy eating and once every so often, a refresher is important. This may help us reflect on our eating habits and make necessary changes with the aim of prevention of several illnesses and improving our physical and mental health.

Health professionals employ the phrase ‘healthy eating’ frequently. Healthy eating involves eating a balanced diet. Our current healthy eating model in the UK is called the Eatwell guide. There is a scientific basis to this guide, and it looks at the balance of food and drinks needed in our diet. It recommends the amounts of nutrients needed for a healthy state of the body.

I am adding a couple of links which discusses the Eatwell guide in detail:

1. <https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eating-a-balanced-diet/>
2. <https://www.nutrition.org.uk/creating-a-healthy-diet/a-healthy-balanced-diet/>

I want to add a paragraph about the 5 a day concept. It encourages us to add different types and colours of fruit and vegetables to our diet. This also has a scientific basis. The NHS website gives us 5 reasons to include 5 a day in our diet:

1. Fruit and vegetables are a good source of vitamins and minerals, including folate, vitamin C, vitamin A and potassium.
2. They're an excellent source of dietary fibre, which can help to maintain a healthy gut and prevent constipation and other digestion problems. A diet high in fibre can also reduce your risk of bowel cancer.
3. They can help to reduce your risk of heart disease, stroke and some types of cancer
4. Fruit and vegetables contribute to a healthy, balanced diet.
5. Fruit and vegetables taste delicious and there's so much variety to choose from.

One does not have to wait for another New Year to make a resolution. Let this February 2025 resolution be about looking after ourselves. The community benefits, the country benefits, the world benefits from individuals who can make the change.

Stay Safe

~Mini Nelson ~

**Popular Allotments Available for
just £10 per annum
Mill Road, Hempnall**



**Keep fit, enjoy fresh air, fresh food
and comradery**

Hurry, first come, first served with priority to
Hempnall residents.

Contact the secretary of the Church & Town
Estates Property Charity at [ctepropertychari-
ty@gmail.com](mailto:ctepropertycharity@gmail.com) for more details.



Christmas Quiz 2024

The December 2024 Christmas
Quiz run by Pat Westly Raised a
total of £64 which was divided
equally between The Nook East
Anglia's Children's Hospice
(EACH) and St Margaret's Church
Hempnall.

**Bereavement, Friendship
and Support Group**

**Third Thursday of each month
7.15 - 8.45**

Meetings held at Harleston Information Plus,
8 Exchange Street, Harleston IP20 9AB

**Harleston
Information plus**

If you could benefit from
meeting other bereaved people
then please come along for a
little company and a listening ear
you would be
most welcome

- Co-ordinator to greet you
- Non-Denominational
- Safe and Confidential
- Free of Charge
- Free Refreshments
- Open to all in need



**Susan Whymark
Funeral Service Ltd**

Independent and Family Run



For more information or to book your place, please call one of our offices:

☎ Harleston 01379 851253 - Eye 01379 871168 - Diss 01379 831332
Framlingham 01728 723448

walk in to your local Susan Whymark Funeral Service office

✉ Or email susan@susanwhymark.co.uk

www.susanwhymark.co.uk

Gardening in February.....

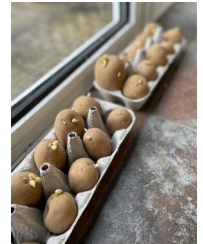
Spring is in sight

This month there are signs of the approaching spring, with bulbs appearing and wildlife waking up as day length 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 certain shrubs and climbers, such as Wisteria.



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
6. Divide bulbs such as snowdrops, and plant those that need planting 'in the green'
7. Prune Wisteria
8. Renovate overgrown hedges with pruning
9. Prune conservatory climbers such as bougainvillea
10. At end of month, start cutting back deciduous ornamental grasses to allow new growth to come through



Bridges

As we move from 2024 to 2025 into an unknown new year there is a feeling of excitement or concern about what experiences may lie ahead. We are in effect crossing a bridge.

Having used the Dartford Crossing over the river Thames a couple of times during the Christmas period, I am particularly aware of the impact of bridges as they allow one to cross rivers or gorges seamlessly and can bring together people who otherwise would have little or no contact with each other. This one in particular is used daily by some and frequently by those travelling to Europe by the channel tunnel.

These structures have helped to shape our history, spanning, as they do, rivers which traditionally mark the boundaries of countries, counties or tribes. The Severn Bridge over the Severn estuary is a relatively recent addition which now makes South Wales much more accessible to England. There are the Tyne Bridge and the Forth Bridge important crossings in the

north and then there are bridges which connect islands to the mainland as in Skye. There are also impressive viaducts often carrying trains across valleys and aqueducts for canals, these not only allow direct access but also enable vehicles or boats to maintain a relatively level journey.

Locally we have important river bridges between Norfolk and Suffolk spanning the Waveney, a bridge over the Great Ouse by Kings Lynn and in Norwich a quantity of bridges over the Wensum. In this area of South Norfolk there are many small bridges which will have replaced fords but, in a few places, as there is no bridge we often encounter a ford. This can be negligible in dry periods but an inevitable and often unexpected hazard in rainy weather.

If there is no bridge we might make use of a boat in which case the ferryman (or woman) fulfils a vital function or we might just not go that way in which case the other side of the river becomes foreign territory.

Every time we cross a bridge; we are opening ourselves up to new experiences with the opportunities and challenges these present.

in 2025 we know there will be bridges ahead but we can only guess what they might offer. There will be new experiences, some half anticipated and others quite surprising.

We may find ourselves reunited with old friends or we may make new contacts and build on shared interests. In effect building bridges.

So, may our bridges this year bring us closer to others and provide a meeting point. May we look for opportunities to build a bridge; even if it is only a small plank to begin with it can still provide a crossing place and who knows where it will lead?

May we also cross those bridges that we have been avoiding and take the courage to enjoy whatever lies ahead.

~Jill Turner~

With best wishes for a happy 2025, Liam Pilgrim and Jill Turner

CHURCH SERVICES FEBRUARY 2025...

2nd February 2025 Presentation of Christ In the Temple (Candlemas)	10:30am	Holy Communion (Revd Canon Richrd Capper)	Brooke Church
	10:30am	Holy Communion (Revd Sue Hemsley Halls)	Bedingham Church
	4:00pm	Family Praise	Hempnall Church
9th February 2025 4 th before Lent	10:30am	Morning Worship	Brooke Church
	10:30am	Morning Praise	Hempnall Church
16th February 2025 3 rd before Lent	10:30am	Morning Worship	Brooke Church
	10:30am	Morning Prayer	Hardwick Church
23rd February 2025 2 nd before Lent	10:30am	Morning Worship	Brooke Church
	10:30am	Morning Worship in Celtic Tradition	Topcroft Church
	6:00pm	Evening Service	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....

- * Thomas who will be 6
- * Daisy who will be 18

From the Registers....

Baptisms

- ✠ 7th December 2024, Eliza Kemp. Baptism at St Margaret's Church, Kirstead

Funerals

- ✠ 4th December 2024, Horace 'Pip' Young, aged 101 years. Burial of Ashes at St Margaret's Church, Seething.
- ✠ 7th December 2024, Neville Owen Day, aged 78 years. Burial of Ashes at St Margarets Church, Hempnall.
- ✠ 9th December 2024, Diana Alexander, aged 93 years. Funeral & Burial at St Margaret's Church Hardwick.
- ✠ 16th December 2024, Celia Cameron, aged 78 years. Graveside Service & Burial at St Margaret & St Remigius', Seething.
- ✠ 18th December 2024, Eric Newton, aged 92 years. Funeral & Burial at St Margaret's Church, Hardwick.
- ✠ 14th January 2025, Philip Ashford, aged 31 years. Funeral & Burial at St Margaret's Church, Hempnall.
- ✠ 23rd January 2025, Victor Styles, aged 54 years. Funeral & Burial at St Mary's Church, Shelton.
- ✠ 28th January 2025, Gerald Watson, aged 90 years. Funeral & Burial at St Margaret's Church, Topcroft.



Need Help?...

PLUMBING & HEATING ENGINEERS

AI PLUMBING AND HEATING

For all your plumbing, heating and servicing requirements. Call us now on: 07548111621,
Email us on: anthony_iacovazzo@hotmail.co.uk or visit us on: aiplumbingandheating.co.uk

GROUNDWORK & GARDENING SERVICES

ARKSCAPE LANDSCAPES

01508 470482. Driveways, fencing, turf and much more. Local family run. No job too small.

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Carry All - Supplies of quality aggregates, to Trade & Public, Free delivery, No VAT - 01508 536182 or 07850 402845

CARPET & UPHOLSTERY CLEANING

Carpet & Upholstery Cleaning

Local, reasonable rates.

Call David: 01379 608529 or 07768 757308

CHIMNEY SWEEP

Chimney Sweep

Guild of Master Sweeps, Clean & Friendly, Smoke Test & Certification.

Call Dave: 07835 757528

DOMESTIC CLEANING

We Love 2 Clean

We Love 2 Clean Homes, in your area since 2003. Providing police checked, insured, vetted cleaners on a regular basis at an affordable rate.

Tel: 01508 490 808, Mobikel: 0782 444 1016

Email: admin@welove2cleanhomes.co.uk

mailto:admin@welove2cleanhomes.co.uk Website

: www.welove2cleanhomes.co.uk

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. Coppin Funeral Services, Poringland

01508 494434

Rosedale Funeral Home, Beccles & Bungay

01502 714445- 01986 892790. A family business, serving the local community for over 20 years we offer: Home Visits - Funeral Finance - Direct Cremations - Bereavement Support Groups & Resources - Affordable choices no matter what size your budget our compassion is constant.

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

Happy Feet

Corns, calluses, nail cutting & more, treated in you home - Wendy - 01379 676872

MUSICIANS

'JUST ROGER'

Keyboard/Vocals 30s,40s,50s,60s, Old Country,
Tea Dances. 01508 830464 Mobile: 07884
142118

OSTEOPATH

Osteopath

Osteopathy for all-adults to babies, includes
cranial. Joints, spine, nerves, headaches,
accidents - 07818 747776 | 01953 789629 |
reception@norfolkost.co.uk |
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

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

ROOFING & SCAFFOLDING

The Roofing & Scaffolding Company

ROOF REPAIRS, scaffolding, flat roofs, pitched
roofs & chimney repairs. Also fascias & gutters.
All high-level maintenance work undertaken. Ring
Leighton for a quote or advice 07766 563513.

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.
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DEFIBRILLATOR

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

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

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

Contact us....

Frances Atherton
Group Administrator

The Hempnall Group of Parishes and
Brooke Benefice

Mon-Thu 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

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