



Village News

Produced by The Hemphall Group of Parishes



Picture by courtesy of Nicola Eastell

MARCH 2025

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March Group Walk

Sunday 16th March 2025

at 2:00pm



Join us on a pleasant walk along quiet lanes and field edges around Topcroft. Meet at Topcroft church for a 2pm start. There will be refreshments afterwards in Topcroft Church. For further information please contact David and Margaret Ferre 01508 482562

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!

Thank you to everyone who have bought my neighbours' and my spare plants from the stall at my gate (bottom of Roland drive) this year.

In 2024 we have raised over £70, which has been donate to EACH (The Nook). This is in addition to £31, being half of the money raised from my Christmas quiz (the other half has gone to St Margaret's Church, Hempnall).

~Pat Westley & Lesley Mitchell~

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/>



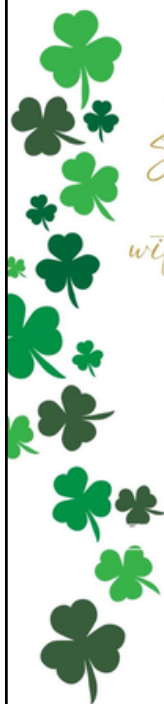
**COMMUNITY CAFÉ
SEETHING VILLAGE HALL
WEDNESDAYS
2:00-4:00pm**

Please drop in for a tea/coffee and cakes for a small donation and meet or hopefully make some new friends.

March 19th - April 23rd - May 21st - June 18th - July 16th.

Donation of offers to help or a cake are always welcome.

Please contact Julie 07984309452



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 March 2025

Mon 3rd – Lunch at The Four Horse Shoes, Thornham - £8.00

Mon 10th – Thetford Town / Garden Centre - £15.00

Mon 17th – Lunch at Billingford Horseshoes - £8.00

Thurs 20th – Brunch at The Good, Bad and Hungry - £8.00

Mon 24th – Stowmarket Town - £15.00

Mon 31st – Notcutts Garden Centre, Norwich - £15.00

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



Mobile Library Timetable

Village	Stop Name	Arrival 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

• 17 March 2025

• 14 April 2025

• 12 May 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

Woodton Community Walk - Saturday 8th March 2025

Meet 10am at Woodton Playing Field

Join us for a walk through our beautiful countryside - now at risk from the East Pye Solar development. This project could mean the loss of cherished footpaths and bridleways.

Bring family, friends and dogs!

The walk will take less than an hour with the option of calling into Old Hall Farm for refreshments.

Fritton Community Walk - Sunday 9th March 2025

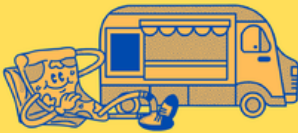
Meet 10am at St. Catherines Church

Join us for a walk through our beautiful countryside - now at risk from the East Pye Solar development. This project could mean the loss of cherished footpaths and bridleways.

Bring family, friends and dogs!

The walk will take approximately an hour with refreshments available at the end. Plenty of parking along the track leading to the church.

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 THROUGH
OUT THE YEAR



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

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

9:30am-12:00pm

1st Monday the month

March 3rd, April 7th & May 5th 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

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



SUPPORT AFTER SUICIDE GROUP

at
Harleston
Community Centre,
Wilderness Lane,
Harleston IP20 9DD

REFRESHMENTS
PROVIDED

FREE
TO ATTEND

PARKING
ON SITE

**SECOND
MONDAY
EVERY MONTH
5.30-7PM**

**OPEN
TO ALL**

NO MATTER THE
RELATIONSHIP OR
HOW LONG AGO
THE BEREAVEMENT

The aim is to provide a much-needed space for those who may not have received the support they need after losing a loved one to suicide.

 **Rosedale**
FUNERAL HOME

For more information about the support group,
please contact lucy@rosedalefuneralhome.co.uk
or call Rosedale's Harleston branch on
01379 853999.

LONG STRATTON MEDICAL PARTNERSHIP

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

The Patient Participation Group are meeting on Monday evening 17th February to discuss our next health education evening. The intention is that we will focus on the subject of “Heart Health,” building on our Diabetes session held last year. We haven’t settled on a date yet, but it will be during the spring (hopefully before Easter depending on venue availability).



This event ties in nicely with the recent news coverage about young people and heart health awareness as per this morning’s article on the BBC News (Tuesday 4th February – which you can watch on iplayer).

Heart health affects everyone, no matter what age, and taking small steps to make lifestyle changes can dramatically improve your life. Your heart is a muscle that requires exercise and care, just as much as any other muscle!

The intention will be to have guest speakers from a range of services present. British Heart Foundation, a consultant from the cardiology team at the Norfolk & Norwich, and hopefully someone from a sport and nutrition background as well. The aim of the evening will be to help patients understand some of the more complex, but increasingly common terminology. To dispel some myths, and to open conversations about ways that you can take power over your own health. We will look to explore the complex world of cholesterol, statins, and have some dietary advice about balanced eating habits.

Please keep an eye open on Facebook, on the Parish Magazines, and on our TV in the waiting room. We really do want as many of you as possible to be involved – because this is an important issue which affects us all.

If you have an interest in joining our Patient Participation Group to get more involved in organising and supporting the surgery to put on events like this, then please contact Martin Lander, our Chairperson, at the following email address martin.lander@me.com, or by dropping into the Surgery to speak with me.

Thank you
Keith Burnett
Practice Manager

February and March 2025...

March 2025

Saturday 1st March 2025

Quiz & Chips

(booking essential)

7:00pm

Hempnall Mill Bar, NR15 2LP (p.6)

Monday 3rd March 2025

Hempnall Mill Coffee Stop

9:30am-12:00pm

Hempnall Mill Centre, NR15 2LP

(p.7)

Hardwick & Shelton

Café Morning

10:00am-12:00pm

Hardwick Village Hall, NR15 2AB

(p.14)

Friday 7th March 2025

Killer Darts

From 7:30pm

Hempnall Mill Centre, NR15 2LP

Rahelas Rolling Kitchen

From 6:00pm

Hempnall Mill Centre, NR15 2LP

Saturday 8th March 2025

Woodton Community Walk

10:00am

Woodton Playing Field (p.6)

Sunday 9th March 2025

Fritton Community Walk

10:00am

St Catherines Church, NR15 2QT

(p.6)

Early Spring @LifeSpring

All-age Community Church

4:00pm-5:00pm

Hempnall Mill Centre, NR15 2LP

(p.14)

Friday 14th March 2025

Churros & Chorizo

From 6:00pm

Hempnall Mill Centre, NR15 2LP

Saturday 15th March 2025

St Patrick's Day Ceilidh

7:00pm

Topcroft Social Club,

NR35 2BJ (p.4)

Sunday 16th March 2025

March Group Walk

2:00pm

Meet at Topcroft Church,

NR35 2BH (p.3)

Early Spring @LifeSpring

All-age Community Church

4:00pm-5:00pm

Hempnall Mill Centre, NR15 2LP

(p.14)

Monday 17th March 2025

Hempnall Mobile Library

(p.5)

Topcroft Parish Council Meeting

The sports Pavilion, NR35 2BL (p.8)

Wednesday 19th March 2025

Seething Community Café

2:00pm-4:00pm

Seething Village Hall, NR15 1EJ

(p.4)

Friday 21st March 2025

The Tapas Shack

From 6:00pm

Hempnall Mill Centre, NR15 2LP

Saturday 22nd March 2025

Lent Lunch

12:00pm-2:00pm

Topcroft Pavilion, NR35 2BJ (p.11)

Sunday 23rd March 2025

Early Spring @LifeSpring

All-age Community Church

4:00pm-5:00pm

Hempnall Mill Centre, NR15 2LP

(p.14)

Friday 28th March 2025

Peaky Pizzas

From 6:00pm

Hempnall Mill Centre, NR15 2LP

April 2025

Friday 4th April 2025

Killer Darts

From 7:30pm

Hempnall Mill Centre, NR15 2LP

Wild Thing

From 6:00pm

Hempnall Mill Centre, NR15 2LP

Monday 7th April 2025

Hempnall Mill Coffee Stop

9:30am-12:00pm

Hempnall Mill Centre, NR15 2LP

(p.7)

Thursday 10th April 2025

Lent Lunch

12:30pm

Friar's Farm, Morningthorpe,

NR15 2QL (p.11)

Friday 11th April 2025

Wok Truck

From 6:00pm

Hempnall Mill Centre, NR15 2LP

Monday 14th April 2025

Hempnall Mobile Library

(p.5)

Lent Lunch

12:00pm-2:00pm

Hempnall Mill Centre, NR35 2BJ

(p.11)

Friday 18th April 2025

Patron

From 6:00pm

Hempnall Mill Centre, NR15 2LP

Friday 25th April 2025

Peaky Pizzas

From 6:00pm

Hempnall Mill Centre, NR15 2LP



Lent Lunch at Topcroft Pavilion

Saturday 22nd March 2025

from 12 :00pm-2:00pm

Please contact Jackie Leggett on 01508

482267

for further details

Lent Lunch at Friar's Farm

Morningthorpe

On Thursday 10th April 2025

at 12:30pm

Please contact Mary Sargent

marysarg202@gmail.com

Tel: 07831 397290

for further details

Lent Lunch at Hempnall Mill

Centre

On Monday 14th April

12:00-2:00pm

In aid of Emmaus

Please join us for a simple lunch of
soup and cheese to raise money for

Emmaus .

It will be helpful if you can let us know
that you will be coming to enable us to
plan how much soup to provide.

Margaret Sparham 01508 499579

Jill Turner 01508 499344 Email: jil-

lemturner@yahoo.co.uk

A word from Rosedale.....

For some, the beginning of a new year can be a good time to make changes in life. A new year brings the possibility of a fresh start. Many people commit to new fitness or dietary goals or reassess career direction. In January, estate agents report a surge of properties coming onto the market as people decide to make changes to their living arrangements.

On a smaller scale, I like to take stock of my bookshelves, kitchen cupboards and wardrobe. There is something therapeutic about re-organising our personal space and clearing out things that are surplus to requirements. It feels good to donate clothes and books to charity shops, knowing that someone else can benefit from things we no longer need, whilst also making money for worthy causes. This form of recycling is also good for the planet.

For those who are bereaved, a new year is often **not** a cause for celebration but a reminder that the future must be faced without their loved one. For some, this fear can be quite overwhelming.

At our bereavement groups, we like to remind participants that they do still have a future (even though it might look very different to what they had planned.) None of us know the future or what good times may lie ahead.

We also remind our participants that they are still individuals of worth (even without their loved one) and they are still important - friends, family, colleagues etc, still need them.

No matter our circumstances, we all have something to offer. We each have a unique set of skills, characteristics and abilities that are needed in the world.

Most importantly, we all need to be reminded that we are not alone. Everyone is part of some kind of community, whether that be a family, a friendship group, neighbourhood, church, workplace or hobby club. At the most basic level, we are all part of the human race and have a part to play in making the world a better place.

I'll finish with a little story..... Whilst looking at some of the comments beneath an Instagram post about mental health, a doctor had commented that he was losing hope and didn't feel his life had a point anymore. I encouraged him to keep going and that I believed he had a unique combination of skills and abilities that no one else had. I reminded him that the world needed what he had to give. He replied with 'Thank you, I really needed to hear this today.'

We don't know what difficult situations someone else might be facing but we can all do a little something that might make a big difference- a smile, a helping hand, a kind word, or an act of generosity.

If you would like some support with your bereavement, call Rosedale on 01379 640810 to reserve your free place on our next course.

This article written by Sarah Howard, Rosedale Funeral Home Bereavement Support Group Facilitator



Gardening in March.....

Spring arrives

Spring usually starts to arrive across the country in March, and the longer days provide the opportunity for an increasing range of gardening tasks. It's time to get busy preparing seed beds and sowing seed, and it's your last chance to prune roses.



Top gardening jobs this month

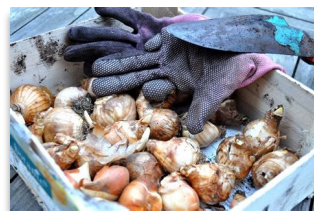
1. **Prune bush and climbing roses.** These general tips for rose pruning will help you improve the health and lifespan of any rose.



2. **Plant onion sets and shallots.** Onions are such a versatile vegetable – they feature in so many recipes, and growing your own means you'll always have them to hand.



3. **Plant summer-flowering bulbs.** Bulbs make a fine display planted in containers or borders and are one of the easiest and most rewarding garden plants to grow. Gladioli, lilies and Eucomis are great for adding summer interest.



More jobs for this month

4. Lift and divide overgrown clumps of perennials
5. Plant early potatoes
6. Mow the lawn on dry days (if needed)
7. Cut back herbaceous perennials and ornamental grasses that have been left standing over winter
8. Keep a few dandelions in your garden to support early bees, particularly pantaloons bees
9. Start off dahlia tubers in pots or trays of damp peat-free compost
10. Prune Buddleja to a low framework of stems to encourage new flowering growth



All-age Community Church

Sundays 4-5pm

The Mill

9th, 16th, 23rd March

**Facebook@LifeSpring
Hempnall**

All warmly welcome



Service

Hempnall Church

10.30am

Sunday 30th March



All Age Praise

Sunday 2nd March

4.00pm - 4.45pm

Hempnall Church

All-age community service



Hardwick and Shelton

Cafe Morning

Hardwick Village Hall



Thursday 6th March

10-12

Tea, coffee, cake and chat

Rubbish...



One of the services which we take for granted is the removal of the rubbish in our wheelie bins. It is such a pleasure to throw out unwanted junk and receive back an empty bin. It is a sign of a non-functioning society when there are piles of rubbish littering the streets.

It is even more satisfying to recycle by giving it to the long-suffering volunteers in the charity shops and believing that it may really be welcomed by some unknown person.

So how do we define rubbish?

It is usually something that is no longer of any use to us. Maybe it is broken, tatty or not relevant to our changing way of life and sometimes we believe it could be perfect for someone else. Of course that may be an illusion!

There are also some things that we know are waste but recyclable as compost.

Categorising rubbish can cause a lot of headaches: what to do with an artefact made by a child in primary school or something lovely made by a father or grandmother and of sentimental value or the many treasured books that just won't fit into a smaller house.

Clothing can be tricky, too. Do I really need 100 scarves or 20 pairs of socks? And what about all those dresses that I no longer wear?

Some people are better at getting rid of possessions than others and it is certainly a lot easier to make decisions about someone else's belongings.

We also have a considerable amount of rubbish in our heads; the belief that what we have always done or thought is inevitably, unchangeably correct.

Perhaps some of our long-held opinions can be recycled in a changing environment. Some sacred cows have to be sacrificed otherwise the world can't move on.

We probably constantly upcycle our beliefs without realising that we are doing it as we adjust to new ways by subtly adjusting out behaviour. Trouble arises

when we don't get rid of the rubbish but it can be a great relief when we turn it out and no longer have to accommodate it.

Decluttering is most therapeutic whether it's taking the contents of the attic to the tip or deciding that it is time to stop making decisions for our friends and relatives. It is not only the space we create but also the feeling of achievement and certainty.

At this time of year as we Spring Clean our houses we peer into corners and get rid of dead spiders and accumulated dust, sometimes throwing things out and trying to rationalise what we keep, we may also decide to buy something new.

It is a good time, coinciding as it does with Lent, to examine our lives and consider what needs a bit of a polish or tidying up.

Compost is a good example of fruitful use of waste as dead vegetation and potato peelings are turned into a useful material which in turn leads to new growth.

Nothing is wasted

O God,

*with whom nothing is lost, nothing is wasted,
we thank you for the miracle of compost -
our daily leavings, what we throw away,
able, with time and care,
to fertilise the earth.*

*Take what we regard as useless in our lives,
failure, pain or poverty,
and transform them through your power
to become a rich source of growth.*

Janet Morley: All Desires Known (London: SPCK, 1988)

~Jill Turner~

With best wishes to all our readers.

Liam Pilgrim and Jill Turner,

CHURCH SERVICES MARCH 2025...

2nd March 2025 Sunday next before Lent	10:30am	Holy Communion	Brooke Church
	10:30am	Morning Worship in Iona Tradition	Bedingham Church
	4:00pm	Family Praise	Hempnall Church
Wednesday 5th March 2025 Ash Wednesday	10:00am	Holy Communion	Brooke Church
	10:30am	Holy Communion	Hempnall Church
9th March 2025 Lent 1	10:30am	Morning Worship	Thwaite Church
	10:30am	Holy Communion	Topcroft Church
16th March 2025 Lent 2	10:30am	Morning Worship	Brooke Church
	10:30am	Holy Communion	Hempnall Church
23rd March 2025 Lent 3	10:30am	Morning Worship	Kirstead Church
	10:30am	Holy Communion	Fritton Church
	6:00pm	Evening Service	Via Zoom
30th March 2025 Lent 4 Mothering Sunday	10:30am	Family Worship	Brooke Church
	10:30am	Family Praise on Mothering Sunday	Hempnall Church
	10:30am	Mothering Sunday Morning Praise	Shelton Church
	10:30am	Mothering Sunday Family Service	Woodton Church
	10:30am	Mothering Sunday Service	Topcroft 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

- * Thea who will be 12
- * Esme who will be 9

Teenage

- * Monty who will be 17
- * Briannon who will be 18
- * Ethan who will be 15
- * Tiffany who will be 18
- * Isobelle who will be 14



From the Registers....

Funerals

- † 15th February 2025, Peter Crane, aged 82 years. Burial of Ashes at St Peter's Church, Brooke.
- † 13th February 2025, Ian King, aged 92 years. Cremation at Waveney Crematorium.
- † 21st February 2025, Wendy Marsden, aged 73 years. Burial of Ashes at St Peter's Church, Brooke.



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.

AGGREGATE SUPPLIERS

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

FUNERAL SERVICES ROSEDALE FUNERAL

HOME - Beccles , Bungay & Harleston, a family business with over 20 years experience- 01986 892790 , 01502 714445 & 01379 853999 or visit our website www.rosedalefuneralhome.co.uk <http://www.rosedalefuneralhome.co.uk> for more information. We offer a 24hr service 365 days a year.

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

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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 MARCH 2024

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