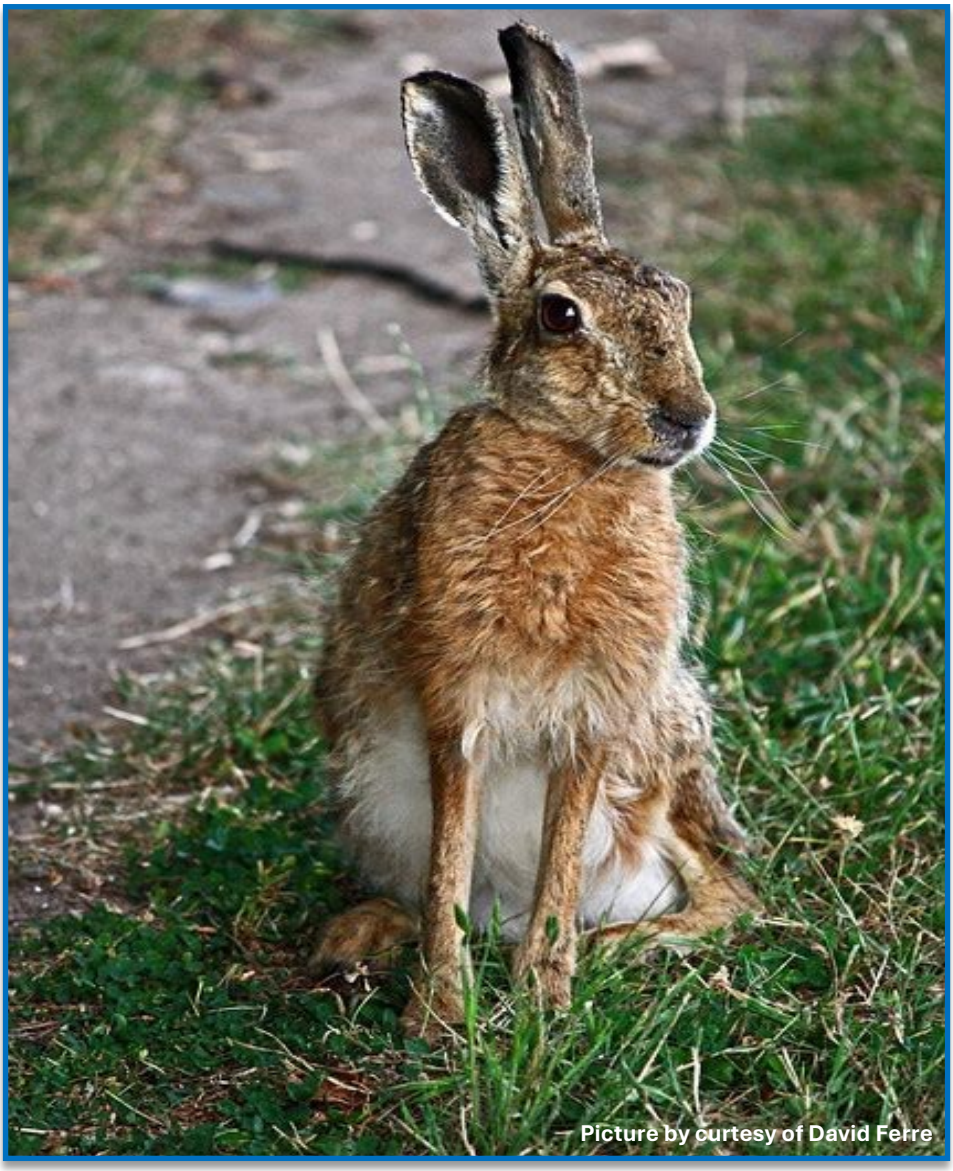
# Village News

Produced by The Hempnall Group of Parishes



Picture by curtesy of David Ferre

## MARCH 2026

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# Group Walk March 2026

**Sunday 8 March at 2:00pm**
A 3 mile walk, starting from Topcroft church at 2pm. followed by tea in Topcroft church organised by David and Margaret Ferre.

Contact David and Margaret on telephone 01508 482562

## Other walks coming up in 2026

**Sunday 26 April at 2:00pm**
A walk from Barsham church followed by tea in the Church organised by Cheryl Coutts.

**Thursday 14 May 10:00am**
A walk from Sheringham Park followed by lunch at Kelling Reading Rooms organised by Daphne and Margaret.

## Topcroft Open Gardens 2026

Advance notice that Topcroft Open Gardens weekend is being planned for Sunday 24th May and Monday 25th 2026, 11:00am to 5:00pm.

£5 entry, free carparking, refreshments. Further details to follow but please save the date. If you are a resident in Topcroft and a regular supporter of this event by opening your gardens hopefully you will be able to open again this year. If you have had a rest and wish to come on board or if you are considering opening for the first time all will be welcome. For further details please contact Daphne on 01508 482448 or e mail daphnebeckett@gmail.com .

## Notice from Bedingham Parish Meeting

The 2026 dates for our Parish Meetings are:

**Tuesday April 22 for the AGM** and

**Tuesday September 21** for our budget meeting

Both meetings start at **7.00pm in Woodton Village Hall**

**ALL** residents of the Parish are warmly invited to participate and attend.

Rural parishes like ours are unique,

but we should not take this quiet independence for granted.

Your attendance at these two short meetings a year

is an excellent way to formally evidence our village community.

There will be Sloe Gin afterwards too!

As always, if you have any enquiries or items for the Agenda,

please contact Bedinghamparish@gmail.com or call me on 07770 794053

Look forward to seeing you at the AGM on April 22nd.

Caroline Seaman – Parish Chair

## Topcroft Parish Council

**Meeting Dates 2026**

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

- Monday 16th March 2026 - 7.30 pm
- Monday 18th May 2026 - 7.30 pm
  *Annual Parish Meeting & Annual Parish Council Meeting*
- Monday 20th July 2026 - 7.30 pm
- Monday 21st September 2026 - 7.30 pm
- Monday 16th November 2026 - 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

## Woodton Parish Council Meeting Dates 2026/27

Woodton Parish Council meetings for the 2026/27 financial year have now been scheduled.

Meetings will take place on the following dates:

- Tuesday 12th May 2026 – Annual Parish Council Meeting
- Tuesday 16th June 2026
- Tuesday 1st September 2026
- Tuesday 13th October 2026
- Tuesday 8th December 2026
- Tuesday 19th January 2027
- Tuesday 16th March 2027

All Parish Council meetings are held at **Woodton Village Hall** and start at **7.30pm**, unless otherwise stated.

Members of the public are very welcome to attend and are encouraged to come along to see how local decisions are made and to raise any matters of interest or concern.

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

**URGENTLY NEEDED ITEMS:** Longlife Milk, Longlife Fruit Juice, Instant Mash, Jars of cooking Sauce, Instant Noodles, Tea and Tinned Meat

**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/*

Norfolk County Council

## 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 |

- **19th January 2026**
- **16 February 2026**
- **13 April 2026**

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

borderhoppa
transport for the community

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

**Borderhoppa Outings for March 2026**

| | |
|---|---|
| **Mon 2nd** | Morning Cakes & Savouries at The Pennoyer Centre, Pulham - Dial-a-Ride |
| **Mon 9th** | Brunch at Wortham Tea Rooms – Dial-a-Ride |
| **Thu 12th** | Bungay Market Day - £10.00 |
| **Mon 16th** | Thetford Town and Garden Centre - £15.00 |
| **Thu 19th** | Lunch at Earsham Hall Tea Rooms - £8.00 |
| **Mon 23nd** | B&M and Beccles Town Centre - £15.00 |
| **Mon 30th** | Holt Town and Garden Centre - £20.00 |

**Borderhoppa Outings for April 2026**

| | |
|---|---|
| **Thu 2nd** | Peter Beales Roses - £15.00 |
| **Thu 9th** | Thorpeness and Aldeburgh - £20.00 |
| **Mon 13th** | Mississippi Paddle Steamer & Wroxham - £30.00 (includes boat ticket) |
| **Thu 16th** | Tea & Cakes at Dutch Barn Nursery, Blo Norton – Dial-a-Ride |
| **Mon 20th** | Southwold - £20.00 |
| **Mon 27th** | The Four Horseshoes, Thornham – Dial-a-Ride |

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

## Come and celebrate St Patrick with the

# *Fezziwig Ceilidh Band*

On **Saturday 21st March**

At **Topcroft Social Club**

Bar open at 7:00pm

**£8 per ticket accompanied children (under 16) free.**

Tickets from the Social Club
or please email topcroftsocialclub@gmail.com
for payment details.

***We hope to have a food truck on site to refuel between dances!***

# Topcroft Spring Bingo

Great prizes and lots of fun at Topcroft Spring Bingo

**on**

**Wednesday 8th April**

**7:00pm for 7:30pm start**

**at**

**Topcroft Social Club**

*Bring all the family!*

## Hempnall Cinema

@ Hempnall Village Hall

Saturday 7th March
Doors open at 7pm film at 7.30pm

To book your ticket please email
hempnall.cinema@gmail.com
£5 cash on the door

Refreshments: Tea Coffee Beer and Wine

FOOD TRUCKS CONFIRMED FOR THE FIRST HALF OF 2026

09 JAN - PEAKY PIZZA
16 JAN - TFI VEGAN – BURGERS & DONUTS
23 JAN - JASON'S FISH & CHIPS
30 JAN - CHIM CHIM THAI
06 FEB - JP'S STREET FOOD
13 FEB - MOODY COW
20 FEB - PEAKY PIZZA
27 FEB - JASON'S FISH & CHIPS
06 MAR - PEAKY PIZZA
13 MAR - JP'S STREET FOOD
20 MAR - CHIM CHIM THAI
27 MAR - CHURROS & CHORIZO
03 APR - WILD THING
10 APR - RAHELA'S ROLLING KITCHEN
17 APR - WOK TRUCK
24 APR - PATRON PAELLA
01 MAY - JP'S STREET FOOD
08 MAY- PEAKY PIZZA
15 MAY - TFI VEGAN – BURGERS & DONUTS
22 MAY - CHURROS & CHORIZO
29 MAY - JASON'S FISH & CHIPS
05 JUN - WILD THING
12 JUN - PEAKY PIZZA
19 JUN - WOK TRUCK
26 JUN - RAHELA'S ROLLING KITCHEN

BEER FESTIVAL CONFIRMED FOR 3/4 JULY WITH 6 FOOD TRUCKS ACROSS THE 2 DAYS

# FOOD TRUCK FRIDAYS

## THE MILL BAR HEMPNALL - FRIDAYS FROM 6PM

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

PLUS 1ST FRIDAY OF THE MONTH - KILLER DARTS

KEEP AN EYE OUT ON OUR FACEBOOK PAGE FOR ONE OFF WEEKEND EVENTS THROUGH OUT THE YEAR

The Mill Bar

# The Hempnall Trust

The Hempnall Trust is a charity that was set up to help Hempnall 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 and Bar both of which are used to support the local community through our monthly Coffee Mornings, weekly lunch club, events and 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 and 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.

## Get paid to help The Hempnall Trust when you switch your electricity to Octopus

If you would like to get a great deal on your energy bill and help The Hempnall Trust out in the process, you can switch to Octopus using this link which will give you £50 credit on your account when you switch and will give £50 to The Hempnall Trust too!

octopus energy

**Community Coffee Stop**

Everyone welcome for coffee, cakes and more.

At Hempnall Mill Centre
9:30am-12:00pm

1st Monday of the month

**April 13th, May 11th, June 1st**

All profits for The Hempnall Trust

# March 2026...

**Monday 02 March 2026**

**Community Coffee Stop**
9:30-12:00
The Mill, NR15 2LP

**Mapping Matthew**
6:45pm
Brooke Church Room, NR15 1JX

**Wednesday 04 March 2026**

**Lent Lunch and Emmaus**
12:00pm
Topcroft Pavilion, NR35 2BL

**Mapping Matthew**
2:00pm
The Mill, NR15 2LP

**Wednesday 04 March 2026**

**Hempnall WI**
7:30PM
The Mill, NR15 2LP

**Thursday 05 March 2026**

**Village Lunch Club**
The Mill, NR15 2LP

**Friday 06 March 2026**

**Killer Darts**
From 7:30pm
The Mill, NR15 2LP

**Food Truck - Peaky Pizza**
From 6:00pm
The Mill, NR15 2LP

**Saturday 07 March 2026**

**Hempnall Cinema**
'Downton Abbey'
Doors at 7:00pm
Film at 7:30pm
Hempnall Village Hall, NR15 2NG

**Sunday 08 March 2026**

**March Group Walk**
2:00pm
Topcroft Church, NR35 2BH

**Monday 09 March 2026**

**Lent Lunch and Emmaus**
12:00pm
The Mill, NR15 2LP

**Mapping Matthew**
6:45pm
Brooke Church Room, NR15 1JX

**Wednesday 11 March 2026**

**Mapping Matthew**
2:00pm
The Mill, NR15 2LP

**Thursday 12 March 2026**

**Village Lunch Club**
The Mill, NR15 2LP

**Friday 13 March 2026**

**Food Truck - JP's Street Food**
From 6:00pm
The Mill, NR15 2LP

**Monday 16 March 2028**

**Topcroft Parish Council Meeting**
7:30pm
The Sports Pavilion, NR35 2BL

**Mapping Matthew**
6:45pm
Brooke Church Room, NR15 1JX

**Monday 18 March 2026**
**Mapping Matthew**
2:00pm
The Mill, NR15 2LP

**Thursday 19 March 2026**
**Village Lunch Club**
The Mill, NR15 2LP

**Friday 20 March 2026**
**Food Truck - Chim Chim**
From 6:00pm
The Mill, NR15 2LP

**Saturday 21 March 2026**
**Fezziwig Ceilidh Band**
Topcroft Social Club, NR35 2BL

**Monday 23 March 2026**
**Mapping Matthew**
6:45pm
Brooke Church Room, NR15 1JX

**Monday 25 March 2026**
**Mapping Matthew**
2:00pm
The Mill, NR15 2LP

**Thursday 26 March 2026**
**Village Lunch Club**
The Mill, NR15 2LP

**Friday 27 March 2026**
**Food Truck - Churros & Chorizo**
From 6:00pm
The Mill, NR15 2LP

## Lent Lunches and Emmaus

Each year during Lent we enjoy simple lunches in aid of charity. This year we will be supporting Emmaus, locally based in Ditchingham.

**Lent is a time for giving as well as 'giving up'!**

This year's lunches:

**Wednesday 4th March at 12 noon at Topcroft Pavilion on**

**Monday 9th March at 12 noon at Hempnall Mill**

*There will be tasty home-made soups, biscuits and cheese.*

There is no cost but donations to Emmaus.

It will be helpful if you can let Jackie or Margaret know that you will be coming.

Please contact:

Jackie Leggett 01508 482267 f or Topcroft

Margaret Sparham 01508 499579 for Hempnall

## Mental Health Support

Let me introduce myself, I am Miles one of the Mental Health Practitioners working at Long Stratton Medical Partnership. My role is to help people feel listened to, understood, and supported when they are struggling with their wellbeing.

We are introducing a new mental health triage system at the surgery. This means we can assess mental health needs more quickly and help people access the right support sooner. You will be offered a phone assessment and following this, we may offer support directly at the surgery or refer you to another service that is best suited to your needs. This aims to improve patient experience and reduce waiting times for mental health appointments.

Through this process, we can help connect you with local support services. These include NHS Talking Therapies for anxiety, stress, low mood, or depression. We can also signpost to our Social Prescribing team for support with money worries, housing problems, loneliness, domestic abuse, or other life stresses. For people with mild mental health difficulties, we can link you with our Norfolk and Waveney Mind practitioner, who provides local, practical mental health support including bereavement and stress.

If you are already being supported by a local mental health service — such as a Children and Young People's Mental Health Service (Youth), Adult Community Mental Health Team, or Older Persons Mental Health Team — we are not able to offer an additional appointment through the GP surgery mental health service.

Your existing team will continue to be the best place for your ongoing care and support.

**You can also self-refer to the following services:**

## Local Mental Health Support Services

**NHS Norfolk & Waveney Talking Therapies**
Support for anxiety, depression, stress, and low mood. You can self-refer without seeing a GP.
0300 123 1503
**www.nandwtalkingtherapies.org.uk**

**Norfolk and Waveney Mind**
Local mental health charity offering emotional support, advice, courses, and signposting.
0300 330 5488
**www.norfolkandwaveneymind.org.uk**

**Mind Rest**
A partnership project that brings together mental health support, local services where everyone can feel welcome.
0300 330 5488
**www.restnorwich.co.uk**

**Change, Grow, Live (CGL) – Norfolk**
Support for alcohol and drug use, including advice, treatment, and recovery support.
01603 514096
**www.changegrowlive.org**

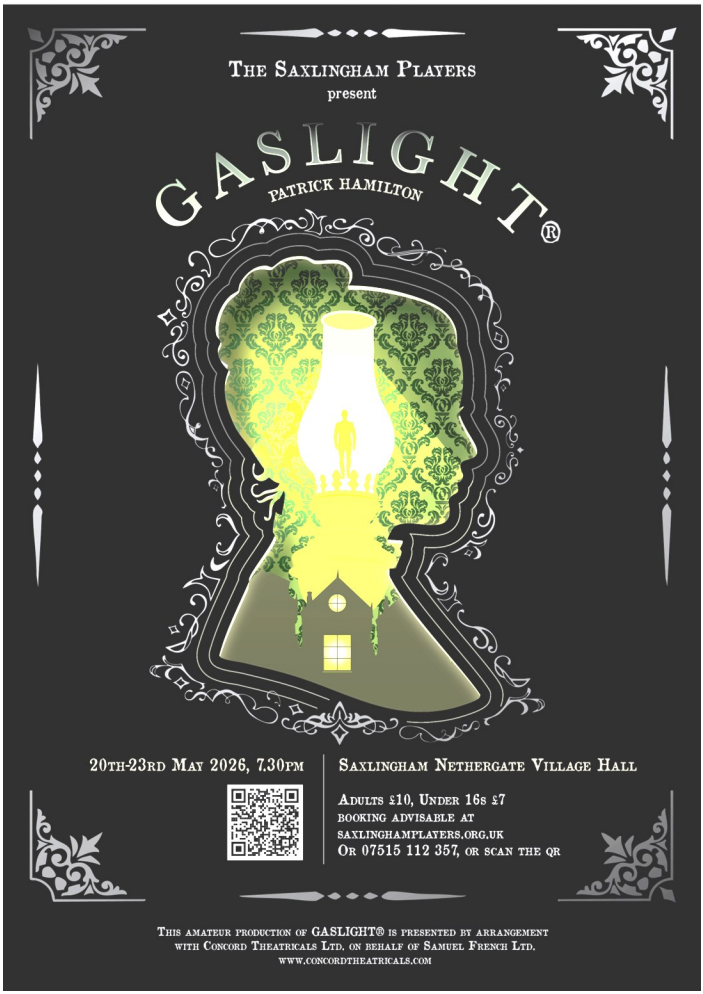
**Social Prescribing Team**
Support with finances, housing, employment, loneliness, domestic abuse, and community activities.
Please contact LSMP reception to be referred

**HEMPNALL WI.**

Our February meeting was held at The Mill Centre on Wednesday 4th February 2026 at 7.30pm with 11 members present. Unfortunately 9 members were either ill or unable to attend. Samantha Mattocks then gave a very interesting talk titled Arabia, Master Chef and a little ginger cat. She spoke of her entry into writing from an early age, her experience on Master Chef and her writing achievements. She was thanked by Ms. Allen. Refreshments were then provided by Mrs Dye and Mrs Parsons. Our business meeting then took place.

Our next meeting takes place on Wednesday 4th March at 7.30pm at the Mill Centre. Our speaker will be David Horsley who will give a talk entitled from Midnight Sun to Norfolk Winter.

If you wish to join us or need any details, please contact Cindy Brookes 01508 398521 or email cindylbrookes@icloud.com.



# From Hempnall Rectory……

Will you be wearing a leek or a daffodil? Yes, the month of March begins with St David's Day, the patron saint of Wales. The 1st of March is the day on which that great monk and bishop (pictured here in the stained glass of Great St Mary's Church, Cambridge) died in about 601 in West Wales. He was renowned for his simplicity of life and his compassion for others, particularly the poor and the sick. Possibly his final words to his followers and certainly his most famous ones were "Gwnewch y pethau bychain" or "Do the little things". It has become one of the most well-known phrases in the Welsh language.

Little things can make a big difference. Do you remember the mantra of the pandemic? With three little words – "Hands. Face. Space." – we were repeatedly reminded that the smallness of our actions can have enormous power for good or for ill. But so many other experiences can also help us grasp the importance of little things… a kind word, the thoughtful offer of a lift, the gift from a stranger of a coin for a shopping trolley, can transform the way we are feeling about the world on any given day. Small things matter. They are powerful. They add up.

*(Continued on next page)*

Others have said similar things in slightly different ways. Saint Teresa of Calcutta wrote: "Not all of us can do great things but we can do little things with great love" and cited Jesus commending the giver of 'even a cup of cold water' (Matthew 10.42). More recently, in light of our rapidly warming climate, the young Swedish activist Greta Thunberg has underlined the fact that "No one is too small to make a difference". And when Anita Roddick, founder of The Body Shop, heard people apparently giving up because they felt they ***were*** too small to make a difference, she used to say this: "If anybody thinks they're too small to make a difference, they've obviously never been in bed with……. a mosquito!"

Yes, St David was right when he urged those around him to "Do the little things". A smile, a phone call, a food bank donation? More thoughtful shopping choices? What will you choose?

***Susanna***

**Tote Bags for sale…**

As we continue our close collaboration between the Hempnall Group (HG) and the Brooke Benefice (BB) and move forward in 2026 with a new clergy team, we're pleased to mark this by having these lovely tote bags for sale. The attractive design – representing the 'HG' and the 'BB' 'pulling together - is by Jackie Leggett: special thanks to her and to Jill Turner for arranging the production of these.

The cost of a bag is £5.00. To buy one (or more!), please contact Jill Turner (jillemturner@yahoo.co.uk , 01508 499344), Jackie Leggett (jacqueline.leggett@btinternet.com, 01508 482267) or, in the Brooke Benefice, John Ash (johnrvash@gmail.com, 01508 550116).

# CHURCH SERVICES MARCH to EASTER 2026...

| | | | |
|---|---|---|---|
| **Sunday 1st March 2026** Lent 2 | 10:30am | Holy Communion | Brooke Church |
| | 10:30am | Holy Communion | Woodton Church |
| | 4:00pm | All Age Praise | The Hempnall Mill |
| **Sunday 8th March 2026** Lent 3 | 10:30am | Morning Worship | Seething Church |
| | 10:30am | Holy Communion | Hardwick Church |
| **Sunday 15th March 2026** 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 | Topcroft Church |
| | 10:30am | Mothering Sunday Family Service | Woodton Church |
| **Sunday 22nd March 2026** Lent 5 'Passion Sunday' | 10:30am | Holy Communion | Thwaite Church |
| | 10:30am | Holy Communion | Bedingham Church |
| | 6:00pm | Evening Service | Zoom |
| **Sunday 29th March 2026** Palm Sunday | 10:30am | Morning Worship with procession of palms | Brooke Church |
| | 10:30am | Palm Sunday Worship | Hempnall Church |
| **Monday 30th March 2026** Holy Week | 9:00pm | Compline | Zoom |
| **Tuesday 31st March 2026** Holy Week | 9:00pm | Compline | Zoom |

| | | | |
|---|---|---|---|
| **Wednesday 1st April 2026** Holy Week | 9:00pm | Compline | Zoom |
| **Maundy Thursday 2nd April 2026** | 7:00pm | Holy Communion (Joint Benefices) | Topcroft Church |
| **Good Friday 3rd April 2026** | 10:00am to 3:00pm | Brooke Benefice Pilgrimage | From Thwaite Church to Brooke Church |
| | 2:00pm | Quiet Service for Good Friday | Hempnall Church |
| **Easter Day 5th April 2026** | 6:00am | Easter Day Dawn Service | Topcroft Church |
| | 8:00am | Act of Worship for Easter Day and lighting of Easter Candle | Shelton Church |
| | 9:00am | Act of Worship for Easter Day and lighting of Easter Candle | Hardwick Church |
| | 10:30am | Holy Communion | Brooke Church |
| | 10:30am | Holy Communion | Hempnall Church |
| | TBA | All Age Praise Easter Celebration | Hempnall 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….

### *Children*

- Thomas who will be 7
- Monty who will be 18
- Thea who will be 13
- Ethan who will be 16
- Esme who will be 10
- Isobelle who will be 15

## From the Registers….

### *Funerals*

- Thursday 19th February 2026, Robin Bartram, aged 93 years. Burial of ashes at St Peter's church, Brooke.
- Thursday 26th February 2026, Rodney Quantrill, aged 81 years. Funeral and burial at St Margaret's Church, Hempnall.

# Need Help?....

## FLOORING

***Dragonfly Flooring*** - Accredited Trusted Trader. Finding the perfect flooring is easy with Dragonfly! Carpet, Vinyl, Laminate & LVT. Great Reviews - Local & Competitive. We'll measure up, bring along samples & give advice. Chedgrave Showroom. www.dragonflyflooring.co.uk - Call Jules on 01508 830 377 or email info@dragonflyflooriing.co.uk

## 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, Mobile: 0782 444 1016 Email: admin@welove2cleanhomes.co.uk, Website: www.welove2cleanhomes.co.uk

## 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

***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

***ARKSCAPE LANDSCAPES***

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

***NORFOLK GARDEN MACHINERY REPAIRS***

Offering repair and servicing on all your garden machinery: Lawnmowers, strimmer's, chainsaws and hedge cutters. All other machinery considered. Collection and delivery service available within 10 miles of Tasburgh. Call Glenn – 07867648066 https://gardenmachineryrepairs.co.uk

***S. W. Contractors***

Groundwork, Gardens, Fences, Patios & Hedge Trimming - 01508 495528

## HAIR & NAIL SALONS

***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
call for info. 01508 482655 or 07850 722094

## PLUMBING & HEATING ENGINEERS

***GREENWAVE PLUMBING AND HEATING***

For all your plumbing, heating and servicing requirements. Call us now on: 07548111621, Email us on: info@greenwaveltd.co.uk or visit us on: www.Greenwave.co.uk

## 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 Find us on Facebook.

## Contact us….

**Revd Canon Susanna Gunner**
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## Items for the next issue….

Items for the Village News should be Delivered, Posted or Emailed to:

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**BEFORE**
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