



Village News

Produced by The Hemphall Group of Parishes



SEPTEMBER 2025

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SEPTEMBER GROUP WALK

The walk on **September 7th at 2pm** starts and finishes at Earsham Village Hall. It will be mostly along The Bigod Way, which takes in Bath Hills, with breathtaking views of the river Waveney. It's just under six miles and takes around two hours.

Parking will be at the public car park next to Earsham Village Hall (NR35 2TL).

All welcome to have tea and cake afterwards, at the home of Liz and Mike in Broome. Please let them know you are coming so we don't leave without you (tel 07867 630933).



Plants, Pots and Cakes for Sale

Hempnall Church
on

Saturday 13th September 2025
11:00am-2:00pm

Refreshments, Raffle and Second Hand Books

In aid of Hempnall Church

Further information from
Jill Turner; 01508 499344
jillemturner@yahoo.co.uk
or Margaret Sparham 01508 499579
margaretsparham@live.co.uk

Woodton School
PTA

Come and join us at
Woodton Primary School

SUMMER FETE

Fun begins
at 12:00pm

Saturday 20th September

Oodles of games and stalls galore
Food and drink and so much more!

Everyone Welcome! Free Entry

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

Borderhoppa Outings for September 2025

Mon 1st	Southwold - £20.00
Thu 4th	Lowestoft Town / Seafront - £20.00
Mon 8th	Lunch at The Four Horseshoes, Thornham Magna - £8.00
Mon 15th	Cherry Lane Garden Centre, Pulham - £8.00
Thu 18th	Lunch at Earsham Hall Tea Rooms - £8.00
Mon 22nd	Harleston Factory Shop and town centre - £8.00
Thu 25th	Bungay Town (Market Day) - £10.00
Mon 29th	Hillcrest Nurseries, Stanton - £10.00

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

Woodton and Bedingham garage



Bric-a-brac ● House & garden ● Books & toys ● And more

Come and explore a treasure trove of items looking for their new homes

● Refreshments

Our village hall will be open in the morning for tea, coffee and cake. Then to celebrate your purchases, why not stay on for a well-earned pub lunch at our lovely local, The Kings Head. Doors open at midday.

● Leave your car at one of our designated parking areas

Woodton Village Hall, NR35 2LS (what3words location: elder.resembles.voter)

The Kings Head, NR35 2LR (what 3words location: neat.tangling.instance)

Woodton Millennium playing fields, NR35 2NB (what3words location: spenders.crinkled.outfitter)



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	NR15 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

• 1 September 2025

• 29 September 2025

• 27 October 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



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: UHT Fruit Juice (not chilled), Tinned Meat, Rice, Biscuits, Jars of Pasta Sauce, Jars of Cooking Sauce, Tinned Vegetables, Pulses Dried or Tinned

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/>

Old Mill and Millgates Surgery Patient Participation Group (PPG)

What is it?

The PPG is a voice for patients of the practice.

Why is it there?

To improve the experience of patients and staff at the practice by meeting doctors, nurses, managers and staff to discuss what works well and what doesn't.

It is open to all patients of the practice to be involved.

If you'd like to be involved

Currently, a small group of volunteers meet every couple of months with the surgery team. Whilst there are a number of specific problems from time to time, overall things are going relatively well. A recent survey showed over 90% patient satisfaction and recent comments to Healthwatch are very positive about the attitude and attentiveness of staff members.

If you are registered at the practice and wish to know more or to join the group, contact us on omandmppg@gmail.com and one of the team will get back to you.

John Joyce - Group Chair

Email – omandmppg@gmail.com

Topcroft Parish Council

Meeting Dates 2025

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

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

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 and Bar both of which are used to support the local community through lunch clubs, 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.

Hempnall Art Club

**ART
EXHIBITION**
October 4th & 5th
10.30am to 4.00pm

**Art works for sale by club members
and invited local artists**

Hempnall Village Hall
Bungay Road
Hempnall. NR15 2NG

Home made Cakes
Tea and coffee

Supporting a local charity

Free entry



The Mill @ Hempnall COFFEE STOP

Everyone welcome for coffee, cakes
and more.

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

1st Monday of the month

**1st September, 6th October, 3rd
November, 1st December**

All profits for The Hempnall Trust

September, October and November 2025...

September 2025

Monday 1st September 2025

The Mill @ Hempnall Coffee Stop

9:30am-12:00pm

The Mill

NR15 2LP

[p.7]

Mobile Library

[details on page 5]

Saturday 6th September 2025

Woodton and Bedingham Garage Sale

10:00am-1:00pm

Woodton and Bedingham

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Sunday 7th September 2025

September Group Walk

2:00pm

Earsham Village Hall

NR35 2TL

[p.3]

Saturday 13th September 2025

Plants. Pots and Cake Sale

11:00am-2:00pm

Hempnall Church

NR15 2AD

[p.3]

Saturday 13th September 2025

2025 Norfolk Churches Bike Ride

[details on page 10]

Monday 15th September 2025

Topcroft Parish Council Meeting

7:30pm

The Sports Pavilion

NR35 2BL

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Saturday 20th September 2025

Woodton School PTA Summer

Fete

12:00pm

Woodton Primary School

NR35 2LL

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Monday 29th September 2025

Mobile Library

[details on page 5]

October 2025

Saturday 4th & 5th October 2025

Hempnall Art Club Art Exhibition

10:30am-4:00pm

Hempnall Village Hall

NR15 2NG

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Monday 6th October 2025

The Mill @ Hempnall Coffee Stop

9:30am-12:00pm

The Mill

NR15 2LP

[p.7]

Monday 27th October 2025

Mobile Library

[details on page 5]

November 2025

Monday 3rd November 2025

The Mill @ Hempnall Coffee Stop

9:30am-12:00pm

The Mill

NR15 2LP

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Monday 10th November 2025

Become a Youth Mental Health First Aid (MHFA) Champion

The Mill Hempnall

NR15 2NG

[p.10]

Monday 17th November 2025

Topcroft Parish Council Meeting

7:30pm

The Sports Pavilion

NR35 2BL

[p.6]

Harvest Festival Celebrations for September and October

Sunday 7th September 2025

10:30am Harvest Thanksgiving at Topcroft Church

Sunday 14th September 2025

10:30am Harvest Thanksgiving with Holy Communion at Morningthorpe Church

Sunday 21st September 2025

10:30am Harvest Festival (with thanksgiving for our companion animals) Seething Church

10:30am Harvest Thanksgiving at Hempnall Church

Sunday 28th September 2025

10:30am Harvest Festival at Mundham Church

10:30am Harvest Thanksgiving at Woodton Church

Sunday 5th October 2025

10:30am Harvest Festival at Brooke Church

6:30pm Harvest Festival at Thwaite Church

Sunday 12th October 2025

10:30am Harvest Festival at Kirstead Church

Sunday 19th October 2025

10:30am Harvest Thanksgiving at Bedingham Church

10:30am Harvest Thanksgiving at Shelton Church

Become a Youth Mental Health First Aid (MHFA) Champion

Do you **teach, work with or simply spend time with** young people and wish to have a better understanding of the signs and symptoms of poor mental health and importantly, how to promote positive mental health? Are you perhaps **a parent who currently feels they lack the confidence, knowledge and skills to approach and start a conversation surrounding mental health with your child?** Are you aware of what to look out for when it comes to **depression, anxiety, self harm, disordered eating and even suicidal ideation?**

If you wish to significantly increase this knowledge sign up for this one day, 8 hour course running as **a face to face event at The Mill, Hempnall (NR15 2NG) on 10 November 2025**

As an experienced Headteacher and lead in the field of mental health, I have trained over 500 teachers, sports staff, wellbeing leads and parents in my role as an MHFA Instructor. Please contact me on mike.a.crossley@gmail.com for further details.

There are spaces for 16 delegates. The cost for the course is £225 per person which includes the course materials comprising a **Youth MHFA One Day bundle** (comprehensive manual, workbook, action card) and in addition, all delegates receive a **Youth MHFA certification** from the national organisation **MHFA**.



The 2025 Norfolk Churches Bike Ride on Saturday 13th September!

The Norfolk Churches Trust will be holding their popular bike ride again this year. For further information please see their website ***<https://norfolkchurchestrust.org.uk/bike-ride-walk/>***

Thought for the month...

Revisiting...

There is a lot made of new experiences, visiting different parts of the world, but many people enjoy going back to familiar places full of memories. Some return year after year, like migrating birds, to the same area, sometimes the same hotel, B and B or campsite. There is a certain kind of joy in retracing one's steps, of reconnecting with the past even if, in a restless world, we hear less about the value of sameness.



I have recently returned to Exmoor where I spent a lot of my childhood and have subsequently spent many holidays there with my own children. Luckily as a protected area it hasn't change substantially, though the sawmill which had lapsed has now been restored and is busy working again.

There were memories of walks by the rivers and long hikes on the moor but this time with different people the distances covered were much smaller and we shared different memories of the people who used to live in the villages and farms.

Sometimes returns are tinged with sadness or regrets but they can also revive memories of good times, funny incidents or of people we had forgotten about.

Going back can be revealing in a number of ways. Sometimes the place has changed and we haven't; on other occasions the place has not changed but we have. We have had new experiences, have grown older, if not necessarily wiser, and see the place through new eyes.

Memory will vary, too, for people of different generations as age influences the depth of the stored material.

Different people will have a range of memories and perceptions of the same event which is one of the pleasures of reminiscing with former colleagues or siblings.

This new look will affect us when we contemplate other experiences, reread a book or watch a film or play again. In the fast-moving world of the internet it can also be valuable to replay in our minds recent encounters or messages that have unsettled us before responding.

There are some memories that are too painful to revisit. This was highlighted recently by VJ events marking the 80th anniversary of this historic event within living memory.

So, as we revisit places or replay conversations and encounters, may we find a value in peeling back the layers of memory and allow the benefit of hindsight to give these experiences the richness of a further dimension.

[continued overleaf]

*We will not cease from exploration
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time.
Through the unknown, remembered gate
When the last of earth left to discover
Is that which was the beginning;*

~Jill Turner~

From Little Gidding by T. S. Eliot

A prayer for the joys of nostalgia...

God of yesterday, hope for the future,
As a song from yesterday lifts my spirits,
It's reached into my soul in a way that I just can't explain.
These are the moments that are worth more than gold.
Today I thank you for the flashes from yesteryear,
For the joys of nostalgia, and the stories which I carry.
Help me to savour the joy of memories.
But give me the drive to live fully in today's realm
And to dream about a future with hope.

Amen.

[Adapted from a prayer by an American pastor, the Rev. Michelle L. Torigion, available online]



Photograph taken on Hempnall Group Pilgrimage, Lindisfarne, 2007 by Penny Wall

May we experience those joys, through God's grace, both of nostalgia and hope.

With best wishes for September to all our readers.

Liam Pilgrim and Jill Turner, Co-Chairs of the Joint Council of the Hempnall Group of Parishes

CHURCH SERVICES SEPTEMBER 2025...

7th September Trinity 12 Proper 18 (and with theme of Creation Sunday)	10:30am	Holy Communion	Brooke Church
	10:30am	Harvest Thanksgiving	Topcroft Church
	4:00pm	All Age Praise	Hempnall Church
14th September Trinity 13 Proper 19	10:30am	Morning Worship	Thwaite Church
	10:30am	Harvest Thanksgiving with Holy Communion	Morningthorpe Church
	11:00am	Holy Baptism	Topcroft Church
21st September Trinity 14 Proper 20 and Harvest Thanksgivings	10:30am	Harvest Festival (with thanksgiving for our companion animals)	Seething Church
	10:30am	Harvest Thanksgiving	Hempnall Church
	3:00pm	Baptism	Hempnall Church
28th September Trinity 15 Proper 21 and Harvest Thanksgivings	10:30am	Harvest Festival	Mundham Church
	10:30am	Harvest Thanksgiving	Woodton Church
	6:00pm	Evening Service	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....

SEPTEMBER

Teenage

- 🕯 Abigail who will be 13
- 🕯 Samuel who will be 17
- 🕯 Daisy who will be 16



From the Registers....

Baptism

- 🕯 Sunday 26th July 2025. Baptism of Aubrie Wren Holland at St Margaret's Church, Hempnall.
- 🕯 Saturday 16th August 2025. Baptism of Harlan Cecil Lloyd at St Margaret's Church, Topcroft.

Weddings

- 🕯 Saturday 5th July 2025. Wedding of Charlotte McCrostie and Daniel Tidnam at St Andrew's Church, Bedingham.

Funerals

- ✝ Tuesday 15th July 2025, Iris Emmerson, aged 86 years. Funeral and burial at St Margaret's Church, Hempnall.
- ✝ Thursday 17th July 2025, Philip Alexander, aged 95 years. Funeral at St Mary's Church, Shelton and burial at St Margaret's Church, Hardwick.
- ✝ Monday 21st July 2025, Gloria Flint, aged 90 years. Funeral and burial at St Margaret's Church, Topcroft.
- ✝ Monday 4th August 2025, Barbara Houghton, aged 92 years. Cremation at Waveney Crematorium.
- ✝ Friday 15th August 2025, Dee Beckett, aged 70 years. Memorial Service at St Margaret's Church, Hempnall.



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

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Local, reasonable rates.

Call David: 01379 608529 or 07768 757308

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

Call Dave: 07835 757528

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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.

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Happy Feet

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MUSICIANS

'JUST ROGER'

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



AED

Automated External Defibrillator

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

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

PLUMBING & HEATING ENGINEERS

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

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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 SEPTEMBER 2025

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.