

# KEEPING IN TOUCH IN SCARROWBECK

## Donations welcome MARCH 2026

“Keeping in Touch in Scarrowbeck” the current month is also  
on our website: [www.scarrowbeckbenefice.org.uk](http://www.scarrowbeckbenefice.org.uk)



*St. Bartholomew's Church, Hanworth.*

| MARCH     | 2 <sup>nd</sup> Sunday<br>of Lent       | 3 <sup>rd</sup> Sunday<br>of Lent | Mothering<br>Sunday                                        | 5 <sup>th</sup> Sunday<br>of Lent | PALM<br>SUNDAY                 | Start of Holy Week         |                             |
|-----------|-----------------------------------------|-----------------------------------|------------------------------------------------------------|-----------------------------------|--------------------------------|----------------------------|-----------------------------|
|           | 1st                                     | 8th                               | 15th                                                       | 22nd                              | 29th                           | Monday<br>30 <sup>th</sup> | Tuesday<br>31 <sup>st</sup> |
| Alby      | --                                      | 11am<br>HC                        | --                                                         | --                                | --                             | --                         | --                          |
| Calthorpe | --                                      | --                                | --                                                         | --                                | --                             | --                         | --                          |
| Erpingham | 9.30am<br>Group<br>Service<br>& Healing | 9.30<br>HC                        | 9.30<br>HC<br>Family<br>Service for<br>Mothering<br>Sunday | 9.30<br>HC                        | 9.30<br>HC<br>Group<br>Service | 7pm<br>Compline            | 7pm<br>Compline             |
| Gunton    | --                                      | --                                | --                                                         | --                                | --                             | --                         | --                          |
| Hanworth  | --                                      | --                                | --                                                         | 11am<br>HC                        | --                             | --                         | --                          |
| Ingworth  | --                                      | --                                | --                                                         | --                                | --                             | --                         | --                          |
| Thwaite   | 3pm<br>Evensong                         | 9.30<br>Morning<br>Prayer         | 11am<br>HC                                                 | 3pm<br>Evening<br>Prayer          | --                             | --                         | --                          |

### 9.30am Midweek services in Erpingham church

|                         |                          |                          |                          |
|-------------------------|--------------------------|--------------------------|--------------------------|
| weanesday<br><b>4th</b> | weanesday<br><b>11th</b> | weanesday<br><b>18th</b> | weanesday<br><b>25th</b> |
|-------------------------|--------------------------|--------------------------|--------------------------|

## Priest-in-Charge of Scarrowbeck Benefice

Rev Canon Heather Butcher  
25, Muskett Way, Aylsham NR11 6GF

07786266933 [canonhdb@gmail.com](mailto:canonhdb@gmail.com)

### **Scarrowbeck Benefice Churchwardens**

|           |                      |                                                                                           |
|-----------|----------------------|-------------------------------------------------------------------------------------------|
| Alby      | Mecki Green          | 01263 761480                                                                              |
| Erpingham | Keith Harrison       | 01263761698 <a href="mailto:harriswine@doctors.org.uk">harriswine@doctors.org.uk</a>      |
|           | Linda Howard         | 01263 833323 <a href="mailto:cicely@danielbrian.co.uk">cicely@danielbrian.co.uk</a>       |
| Thwaite   | James Buchan         | 01263 768901 <a href="mailto:jebuchan@btinternet.com">jebuchan@btinternet.com</a>         |
|           | Mary-Claire Marriott | 01263 761373 <a href="mailto:mcmariott@yahoo.com">mcmariott@yahoo.com</a>                 |
| Hanworth  | Richard Harbord      | 01263 768723 <a href="mailto:richard_harbord@hotmail.com">richard_harbord@hotmail.com</a> |

**Calthorpe and Ingworth are part of the Diocesan Churches Trust and have no churchwardens**

### Scarrowbeck Benefice Lay Ministers – LLMs (Permission to Officiate)

The Lay Ministers (LLMs) in this benefice help take services.

Our Lay Ministers are:

|               |              |
|---------------|--------------|
| Angela Parkes | 0779969281   |
| Helen Burrell | 01263 768209 |
| Colin Willis  | 01263 577288 |
| Ian Andrews   | 01263 732780 |

In addition if you, or anyone you know, would like to be to be prayed for please let Heather know and we will gladly pray for you in our own prayers, and at the services if you wish.

Please let Heather know if you know of anyone who has died and they too can be included in our prayers.

If you would like a home visit for any reason, or home Communion, please contact Heather and this can be arranged at a time to suit you.

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### **Clergy Care and Well-Being in our benefice**

With the current emphasis on mental health, the Church of England has asked local church councils to consider the wellbeing of their clergy. In the light of this we have decided to remind people of Heather's working days so that her days off are protected. Heather normally works on Wednesdays and Thursdays and two Sundays per month. Inevitably, she works on other days because of weddings and funerals but we try to avoid unnecessary phone calls when she would not normally be working

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### **PRAYERS FOR THE PARISHES IN MARCH** Week beginning Sunday

|      |            |                                                                          |
|------|------------|--------------------------------------------------------------------------|
| 1st  | Gunton:    | Gunton Park and The Old Coach House                                      |
| 8th  | Erpingham: | Eagle Lane, Eagle Road, Eagle Close, John Franklin Way and Highnoon Road |
| 15th | Hanworth:  | Carpenter's Cottage and The Old Brewery House                            |
| 22nd | Erpingham: | Jubilee Close, Birch Court and Lowlands                                  |
| 29th |            | All Local groups and clubs                                               |

## From the Registers

### Funeral

Erpingham church

Margaret Christina Joyce Duffield 11<sup>th</sup> February 2026

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## St Mary's Church Erpingham - Help with the cost of living

### Community Table

The Community Table in the church continues to be well supported and used. Thank you to all who provide items for the table.

**Food donations to the Community Table can be taken to church.**

Items recommended:

|                    |                   |
|--------------------|-------------------|
| Long life milk     | laundry detergent |
| Tinned fish        | shampoo           |
| Tinned meat        | pot noodles       |
| Tinned vegetables  | deodorant         |
| Pasta sauce        | Toilet rolls      |
| Squash/fruit juice | washing up liquid |

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Bring your mum to a family friendly Communion service  
before you take her out to lunch.

All families welcome.

## MOTHERING SUNDAY

On Sunday 15<sup>th</sup> March at 9.30am



## March letter

On the Sunday before Lent which began on 18th February, we took all the flowers out of church. This is a Lenten tradition which some people don't like. They feel it is rather depressing. However, I think it might be helpful to have space in the year when we are more solemn. This reflects life as it sometimes really is.

The world doesn't want us to acknowledge problems or be sad. Everything has to be up beat. It only takes one swish of a mop and your kitchen looked like a new pin. One squirt of the latest cleaner and you don't have to scrub any pans. Christmas is portrayed as the united smiling family gathered round a perfect meal. Holidays are always happy and smiley and full of sunshine. They never show a bored and tetchy family sitting amidst thousands of others because the plane has been cancelled. Funerals can now be happy affairs, you can have a quick cremation and then a lovely party. However, increasing numbers of clergy find they are being approached by families who subsequently need something to mark their loss.

I am always moved by the number of prayers on our prayer tree in the church porch which mention a lost loved one. Our sadness and loss continues one way or another throughout our life. In time of course we are able to remember the good things, the happy times when we were together, the times we laughed but nevertheless there is a part of us which aches to see those we love again.

It is great to be in church to sing together, to be uplifted, to feel part of a community. And most of the time I hope people leave church feeling better. But we do need times to remember and lament the sad times of life whether it is through loss of a loved one, a job, retirement, loneliness, injustice, exclusion, unfairness, regrets, the inability to forgive ourselves. Well I guess you could write your own list. None of us comes through life unscathed, unwounded.

Lent is a time to acknowledge all these things. You are very welcome to join us in our worship at Erpingham at 9.30am every Sunday. If you would like a quiet service, there is a mid week communion at Erpingham every Wednesday at 9.30am. The 11am services. once a month at Alby, Thwaite, and Hanworth in turn, are quieter too; half an hour of quiet communion with no music.

During Holy Week there will be a service every day, a mixture of styles and plenty of quiet. If you would like to come to church but feel nervous about crossing the threshold do let us know. We would be glad to fetch you and walk in with you on the first occasion. A number of people have joined us recently and found us to be friendly and welcoming. People worry about when they should stand up/sit down! Nobody minds, it's all very relaxed. Anyway why not give it a go.

If you ever feel the need to speak to me confidentially about anything, I am always ready to listen, and am happy to call in, just get in touch by phone or email.

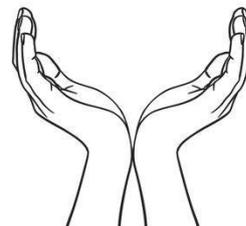
May the Lord bless you,  
May the Lord protect and guide you,  
May his strength uphold you,  
His light shine upon you  
His peace surround you,  
His love enfold you.

Heather  
07786266933  
canonhdb@gmail.com

# HEALING MINISTRY

**From the earliest times Christians were involved in prayers for healing.**

Religious communities offered hospitality to the sick, grew and used herbs to help with healing through the ages, and they were the founders of hospitals. We are following in this tradition and will be offering laying-on of hands, and prayers for healing, at the end of the service on the first Sunday of each month at Erpingham.



During this time the choir will sing or the organist will play. Requests for prayer will be confidential. It will be a time when the congregation will keep silent prayer. Prayer such as this often brings comfort.

We offer this healing prayer to anyone who would like to come, and we welcome you to church.

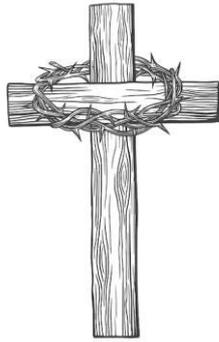
## **The Lent Study Groups this year will look at The Nicene Creed**



Thursday 5<sup>th</sup> March  
Thursday 12<sup>th</sup> March  
Thursday 19<sup>th</sup> March

All at 3 pm in the home of Helen and Stephen Burrell  
Paigles, The Street, Erpingham 01263 768209

**Everyone is welcome to come and join in the discussion**



## HOLY WEEK SERVICES IN SCARROWBECK

|                                  |                             |                        |        |           |
|----------------------------------|-----------------------------|------------------------|--------|-----------|
| Compline                         | Monday                      | 30 <sup>th</sup> March | 7pm    | ERPINGHAM |
| Compline                         | Tuesday                     | 31 <sup>st</sup> March | 7pm    | ERPINGHAM |
| Stations of the Cross            | Wednesday                   | 1 <sup>st</sup> April  | 7pm    | CALTHORPE |
| Maundy Thursday                  | Communion & Stripping Altar | 2 <sup>nd</sup> April  | 7pm    | ERPINGHAM |
| Good Friday                      | Reflections                 | 3 <sup>rd</sup> April  | 3pm    | ERPINGHAM |
| Holy Saturday                    | Renewal of Baptism Vows     | 4 <sup>th</sup> April  | 7pm    | ERPINGHAM |
| <b>Easter Day Communion</b>      |                             | 5 <sup>th</sup> April  | 9.30am | ERPINGHAM |
| <b>Easter Day Evening Prayer</b> |                             | 5 <sup>th</sup> April  | 3pm    | GUNTON    |
| <b>Easter Day Evensong</b>       |                             | 5 <sup>th</sup> April  | 4pm    | THWAITE   |

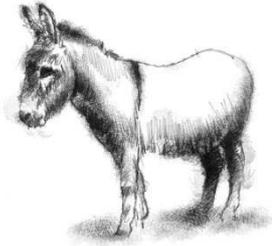


## Looking ahead and reaching out to all the creative people in our benefice

- here are some thoughts I have had.....

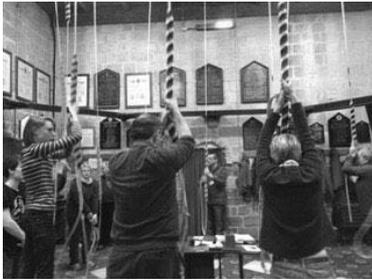
Does anyone own a donkey which would like to lead us through the village on **Palm Sunday on 29<sup>th</sup> March**?

I would love to set up some **prayers stations** round the church for a week or so after Easter. For example one idea I have seen is an empty chair representing loss on which people can tie labels with loved ones names on. Other themes could be: saying sorry, helping others, saying thank you etc



Next Christmas it would be wonderful to have a stable scene with manikins dressed as Mary, Jospheh etc. In one of my villages in the past someone actually made a full size donkey!

Are there any musicians out there who would like to add to the music in church occasionally? Not a regular commitment but an opportunity to play together for enjoyment.



**Would you like to learn to bell ring?** We have a small band at Erpingham which we would like to grow. We are learning with some very experienced ringers at Northrepps on Wednesdays 7 - 8.30.

We held a happy and enjoyable home grown concert for the Queen's Jubilee and would like to do something similar again. If you have a party piece do let me know.

**Heather 07786266933**

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## “Coffee & Cake”



Holli Holmes, the Norfolk County Council Tech Coach will be at:

**Erpingham with Calthorpe Village Hall  
on Wednesday 11<sup>th</sup> March  
from 10.15 until midday**

to help and advise on IT skills including:  
**Text Messaging, WhatsApp, Phone Storage,  
NHS App, Digital Switchover, etc**

**All welcome**

**St Mary's Church Erpingham invites you to....  
Young People's Choir..... and Mini Melodies!**

**Erpingham Young  
People's Choir**

For ages 7 to 16 years

**FREE**



Join us every **Thursday** during term time  
from 4:15 to 5:15pm

Erpingham with  
Calthorpe Village Hall  
NR11 7QD

To sign up & for more information,  
please contact [evebryantvocals@gmail.com](mailto:evebryantvocals@gmail.com)

**St Mary's  
Mini Melodies**

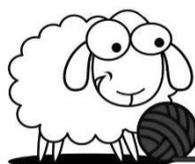
11am  
Every Thursday

Erpingham With Calthorpe  
Village Hall, NR11 7QD

Immerse your little one in the enchanting world of music  
with Mini Melodies! Join us for a delightful hour of musical  
exploration and percussion play designed for toddlers.

£2 per session  
or 12 sessions for £20

For more info:  
[evebryantvocals@gmail.com](mailto:evebryantvocals@gmail.com)



*Hooked on Stitching*

The Pavilion,  
Aylsham Recreation Ground

# Metal Flower Workshop



**on 8th March 2026**

**11.00am -1.00pm**

**Make something different using  
drink cans**

**Cost is £37.50 and includes all  
materials and refreshments**

**Places are strictly limited, book your place now:**

**To book please contact Jilly:**

**[jilly@hookedonstitching@gmail.com](mailto:jilly@hookedonstitching@gmail.com)**

**07970 016 961**



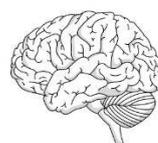
**ERPINGHAM with**



**CALTHORPE VILLAGE HALL  
PRESENTS...**



**QUIZ NIGHT!**



**Saturday 25th April 2026**

**Doors open 7:00 pm • Quiz starts 7:30 pm**

**Fish & Chip Supper  
Vegetarian option available**



**Fun “Heads & Tails” Game – only £1**

**Bring your own drinks and  
snacks!**



**Teams of up to 6 people**

**Tickets: £13 per person**

**Contact**

**Rosalind 01263 761702 or Ro 07899 842379**

**Erpingham with Calthorpe Village Hall 200 Club**  
**January 2026 monthly draw winners**

The draw took place at "Cake & Coffee" in the Village Hall on Wednesday 28<sup>th</sup> January 2026.

The winning numbers were:

**£30 prize: Number 62**

**£20 prize: Number 12**

*As well as the monthly draws of £30 & £20, there is a Grand Draw in December with prizes of £250, £200, £150 & £100. For a one-off payment of £12 a year you stand a chance of winning up to £610! All profits go towards the upkeep and maintenance of the Village Hall. Peter Gidman is the administrator of the 200 Club.*

If you are interested in joining the waiting list for a number, please contact him at: [peterjgidman@gmail.com](mailto:peterjgidman@gmail.com) Tel No: 07425 219292



**THE SPREAD EAGLE (FREEHOUSE)  
EAGLE ROAD  
ERPINGHAM  
NORFOLK NR11 7QA**

TEL: 01263 761938  
FACEBOOK : @TheCoastalKitchen The Spread Eagle  
INSTAGRAM: thecoastalkitchen01 thespreadeagleerpingham  
WEBSITE: [www.thespreadeagle.pub](http://www.thespreadeagle.pub)

1ST OCTOBER TO 31ST MARCH OPEN 5 DAYS A WEEK  
Wednesdays to Fridays 2pm to 11 pm. Saturdays and Sundays 12pm to 11 pm

Food served: Thursdays and Fridays 5pm – 8pm  
Saturdays 12pm – 8pm  
Sundays 12pm – 9pm

Take-aways available

At the heart of the village is our dog-friendly pub with pool table, dart board and a friendly atmosphere. Plus a great selection of drinks and Real Ales.  
Beautiful large beer garden, with patios and large car park.

**EVERYBODY IS WELCOME**

Please look online, or on our blackboards outside the pub, for special events and Live music. We also have a function room available to hire for all of your special events and parties including weddings.

We are proud to say that due to the money raised from pub quizzes, and your kind support, there is now a defibrillator on the pub wall facing Eagle Road and The Street

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## G'DAY HANDYMAN SERVICES

General property maintenance, painting & decorating, man with a van, flat pack assembly, garden maintenance, odd jobs. All work considered in the north Norfolk area.

Telephone: 07876 455731



## Alby Gardens – a Little Gem



Come and visit Alby gardens. They are a hidden gem that many people do not know exist - tucked away at the back of Alby Crafts. Four acres of consummate quiet and a place to reflect which have evolved over its 45year history

OPEN Summer: (late March to late October)  
Tuesday to Sunday 10am to 5pm and Bank  
Holiday Mondays

***More Space to Grow*** this year ... The  
**Early Birds** are checking out

## **Calthorpe's Allotments ~**

Outdoor Exercise ~ Peaceful Green Headspace ~  
Your Own Fresh Flowers, Fruit, Veg **Still improving!**

Plots in various sizes:

just tell us what you need Prices from £10 for the year

Contact 01263 761798 or 761694 / jim@dofygate.co.uk for more info



With Pia Shell

# Hatha Yoga

Yoga to strengthen, stretch, release and relax  
A quiet and mindful practice

Thursday evenings  
6.45 - 8.15 pm

Erpingham Village Hall,  
NR11 7QB

First class  
free of charge

Please contact Pia  
pia.shell@gmail.com  
07767896610

**Teucer Wilson, stone carving & lettering**



sculpture, garden pieces, memorials, signs  
www.teucerwilson.co.uk 07876 243230

## Thank you for your support of the Original Charity Christmas Card shop in St Peter Mancroft church.

The shop operated for 8 weeks and raised over £49,000 for the 27 charities who sold cards in the shop. An incredible total! In fact, the highest amount raised since 2009.

Which goes to show that in spite of increased postage costs people still buy Christmas cards!

All our charities are related to people. It has always been our aim to give every penny, taken in the shop, back to these charities which we are able to do by keeping our overheads as low as possible. All our team members are volunteers meaning we employ no salaried staff; volunteers make Christmas Hampers which are raffled to raise enough money to cover the shop running costs. This year the raffle raised over £1,400!



The shop accounts will be presented at the AGM on February 5<sup>th</sup> and posted on the card shop website. [www.oncccs.org.uk](http://www.oncccs.org.uk).

If you know of any charities that would like to join us in the shop in 2026 please ask them to contact Liz Magem for information regarding the shop. We are particularly interested in small local charities.

**Liz Magem**  
Secretary ONCCCS  
Liz.magem@btinternet.com  
January 2026

# For the Love of Craft

free entry

Mar 21st & 22nd

10am-4pm

local handmade crafts at their finest

Refreshments homemade cakes

Aldborough Community Centre  
NR11 7AA

## CHARITY GIG!

Music from 60's 70's 80's & beyond- Toe-tapping songs and sing along choruses- Join us for a night of fun, friends and great music - come and support this great cause...stay for the music!



Friday 10<sup>th</sup> April  
6:30pm-9pm

ERPINGHAM VILLAGE HALL, NR11 7QD

REFRESHMENTS - GREAT CAKES - RAFFLE

Suggested donation of £5 for adults,  
children free



All monies raised to help resurface our MUGA (Multi-use Games Area) & add netball court markings

Hosted by the Erpingham Walking Netball Ladies

# WHATS ON AT ERPINGHAM WITH CALTHORPE VILLAGE HALL



For booking enquiries contact  
 Tony Amies : 07979 381277 / email: [amiesanthony@gmail.com](mailto:amiesanthony@gmail.com)  
 or Scan the above QR code for availability

| Day       | Activity                                                                               | Time              | Contact                                                                                                          |
|-----------|----------------------------------------------------------------------------------------|-------------------|------------------------------------------------------------------------------------------------------------------|
| Monday    | Pilates                                                                                | 10am to 11am      | Sally<br><a href="mailto:sally@remedyflows.co.uk">sally@remedyflows.co.uk</a><br>07788102328                     |
| Tuesday   | Twinkle Toes Baby Massage - Music, Movement and Sensory Classes (by prior arrangement) | 10am to 12:30pm   | Amber<br><a href="mailto:babymassage.twinkletoes@gmail.com">babymassage.twinkletoes@gmail.com</a><br>07595167359 |
|           | Carpet Bowls (Sept to March)                                                           | 7pm to 9pm        | John<br><a href="mailto:johnsnelling0@gmail.com">johnsnelling0@gmail.com</a><br>07300 215830                     |
| Wednesday | Coffee Club                                                                            | 10am to 12pm      | Tony<br><a href="mailto:mr.tonymoore@yahoo.co.uk">mr.tonymoore@yahoo.co.uk</a>                                   |
| Thursday  | Stretch Leisure                                                                        | 9:30am to 10:30am | Annamarie<br><a href="mailto:Stretch@daytimefitnessclasses.co.uk">Stretch@daytimefitnessclasses.co.uk</a>        |
|           | St Mary's mini melodies                                                                | 11am 12pm         | <a href="mailto:evebryantvocals@gmail.com">evebryantvocals@gmail.com</a>                                         |
|           | Erpingham Young People's Choir                                                         | 4:15pm to 5:15pm  | <a href="mailto:evebryantvocals@gmail.com">evebryantvocals@gmail.com</a>                                         |
|           | Yoga                                                                                   | 6:45pm to 8:15pm  | Pia<br><a href="mailto:pia.shell@gmail.com">pia.shell@gmail.com</a>                                              |
| Friday    | Art Group                                                                              | 10am to 1pm       | Jinny<br><a href="mailto:Vinden@sky.com">Vinden@sky.com</a><br>01263 768223                                      |
|           | Short Mat Bowls (Sept to March)                                                        | 2pm to 4pm        | John<br><a href="mailto:johnsnelling0@gmail.com">johnsnelling0@gmail.com</a><br>07300 215830                     |

## KEEPING IN TOUCH PRINTING COSTS

We are grateful to all who donate so generously towards the printing costs of Keeping in Touch. You can now donate securely on line with your smart phone or tablet. Please scan the QR code.



If any readers would like to make a one-off or regular donation, please make a direct payment or set up a Standing Order to:

**Erpingham Parochial Church Council**  
**Sort Code: 20-03-26**  
**Account Number: 40358452**

Please reference the payment "Keeping in Touch"

or send a cheque payable to Erpingham PCC to our Treasurer:

**Belinda Northey, St Petroc, Cromer Road, Ingworth NR11 6PJ**

(please write "Keeping in Touch" on the back of the cheque)

Please let the Treasurer know if you are able to Gift Aid your donation

## Keeping In Touch Committee

Linda Howard  
Corinda Carnelley  
Stephen Burrell

editor  
website  
distribution/Erpingham

Belinda

distribution/advertising/Ingworth  
and treasurer

Mary-Claire  
Colin Willis  
Sheila Goodley  
Richard Harbord

Thwaite  
Calthorpe  
Alby  
Hanworth with Gunton

Rev Heather Butcher

Please send items for the **April 2026** edition by **14<sup>th</sup> March 2026** to:  
Linda Howard [cicely@danielbrian.co.uk](mailto:cicely@danielbrian.co.uk) 01263 833323

**THANK YOU TO ALL WHO CONTRIBUTE TO THE  
PRINTING COSTS OF *KEEPING IN TOUCH IN SCARROWBECK*  
Please Support our Local Businesses**

|                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>ROPER HEATING SERVICES</b><br/>Oftec Registered Engineer covering local Oil Boiler Servicing and Breakdowns.<br/>Small heating maintenance calls and warranty calls.<br/>Grant boiler G1 engineer covering every make and model of oil boiler.<br/>Oil boiler changes and upgrades available with plenty of notice.<br/>Fully Registered and Fully Insured.<br/>Call Steve on 07788414514</p>                             | <p><b>EASTLAKE DECORATING SERVICES</b><br/>Local independent lady decorator specialising in interior painting and decorating.<br/>Friendly, reliable and high-quality service.<br/>Not sure about colour or finish? Why not try my colour consultancy service.<br/>Call or email me today for a no obligation quote on 07984 086496 or <a href="mailto:amanda@eastlakedecorating.co.uk">amanda@eastlakedecorating.co.uk</a>.<br/><a href="http://www.eastlakedecorating.co.uk">www.eastlakedecorating.co.uk</a></p> |
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