

KEEPING IN TOUCH IN SCARROWBECK

HOME DELIVERY donations welcome October 2024

“Keeping in Touch in Scarrowbeck” for the current month is also available on our website: www.scarrowbeckbenefice.org.uk

All Saints, Thwaite



October	Trinity 19 6th	Trinity 20 13th	Trinity 21 20th	Last after Trinity 27th
Alby	--	11am HC	--	--
Calthorpe	--	--	--	--
Erpingham	10am Group Service	9.30am HC 6.30pm Harvest Festival 7.30pm Harvest Supper	9.30 HC	9.30 HC
Gunton	--	--	3pm Harvest Festival	--
Hanworth	--	--	--	--
Ingworth	--	--	--	--
Thwaite	3pm Evensong with choir	9.30am Morning Prayer	11am HC	3pm Evening Prayer

9.15am Midweek services in Erpingham church

Wednesday 2nd	Wednesday 9th	Wednesday 16th	Wednesday 23rd	Wednesday 30th
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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.



Please see the information inside the back page for donations by cheque or direct payment.
Thank you for your support.

Priest-in-Charge of Scarrowbeck Benefice

Canon Heather Butcher

25, Muskett Way, Aylsham NR11 6GF 01263 735922 canonhdb@gmail.com

Scarrowbeck Benefice Churchwardens

Alby	Mecki Green	01263 761480
Erpingham	Keith Harrison	01263761698 harriswine@doctors.org.uk
	Linda Howard	01263 833323 cicely@danielbrian.co.uk
Thwaite	James Buchan	01263 768901 jebuchan@btinternet.com
	Mary-Claire Marriott	01263 761373 mcmarriott@yahoo.com
Hanworth	Richard Harbord	01263 768723 richard_harbord@hotmail.com

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

Scarrowbeck Benefice Lay Ministers (Readers)

The Lay Ministers/Readers in this benefice help take services in the benefice but in addition if you or anyone you know, would like to be to be prayed for, please let Angela know, or indeed any of us, and we will gladly pray for you in our own prayers and at the services if you wish.

Please let us know as well 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 Helen in the first place and this can be arranged at a time to suit you, or we are always on the end of a telephone:

Angela Parkes	0779969281
Helen Burrell	01263 768209
Colin Willis	01263 577288

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 which are published on the service rota. 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.

PRAYERS FOR THE PARISHES IN OCTOBER

Week beginning Sunday

6 th	Alby:	Town Green and Thwaite Road
13 th	Thwaite:	:The Common and Thwaite Hill
18 th	Erpingham::	Ives Way
25 th	Erpingham::	Scarrowbeck Road and School Road

From the Registers

Weddings	Alby	14th August	Imogen Cuthbertson and Harry Grant
	Alby	17th August	Rosie Jo-Anne Howell and Michael Graham King
	Alby	23rd August	Emily Rose Horlick and Matthew John Robert Bone
	Alby	14th Sept	Felicity Clare Hall and James Benjamin George Alvey
Funeral	Calthorpe	23rd August	Brian Thomas Blogg

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

St Mary's Church Erpingham invites you to... 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

A fun and engaging introduction to the joys of music. From rhythm games to sing-alongs, Mini Melodies will captivate and nurture your child's budding musical curiosity.

Leading this exciting new group is Eve Bryant, who has a passion for inspiring young voices and fostering a love for music. In addition to her young people's choir leadership, Eve teaches singing and music at various primary schools across Norfolk, making her well-versed in engaging young children and encouraging their musical development.

Come and see why St Mary's Mini Melodies is the perfect introduction to the wonderful world of music for your little one!



Every Thursday during term time from at 11am

Erpingham with Calthorpe Village Hall, NR11 7QD

October letter

Two spells in the Norfolk and Norwich Hospital, where I had excellent care, knocked the stuffing out of me both physically and mentally. Worse, we had to cancel our annual break on a small island measuring roughly a mile and a half by a half mile. The resident population is about ninety. There is an very good village shop, a modest bar, a few cafes, a family run fresh fish shop and a small farm selling fresh home grown produce. You can also hire motor or sailing boats from the island's two boatyards.

It is where I press my "reset" button; where the dross of the past year is filtered out. The scenery is beautiful and the wildlife interesting. With only a mile or so of concreted track cars are few and far between and the noise of traffic absent. To get anywhere on the island you walk. It's what legs are made for. To journey to neighbouring islands you travel by launch and you walk around those, too. A pair of binoculars, a few bird, plant and seashore books for reference are all you need in the daytime and there is plenty of time for reading or thinking in the evenings. You cannot buy a newspaper on the island because by the time the papers would reach the island from the mainland the news would be out of date. I don't turn on the television; somehow the world gets by without my opinions for a fortnight or so.

What makes the place so special for me is the sense of community. Everyone has a place, a role to fill and, therefore, everyone has a value and is aware of it. Witness the well- run community hall, the locally manned fire and ambulance station. The island has two voluntary first-responders. The small church and churchyard are cared for and in the summer there are Sunday services on alternate weeks served by visiting priests. Villagers care for the public toilets, they empty the rubbish bins where day trippers can leave their wrappings. Parts of the island are nature reserves and volunteers keep them tidy – and clear up any mess left by careless visitors.

Pauline and I have visited for a number of years and we know several locals by their first names. We have become aware of the issues that concern them and can empathise with them. We can feel, rather than define, the sense of worth that the islanders have and their self-reliance.

The communities within the Scarrowbeck benefice mirror the community on the island although without the insularity that pervades island communities. The village hall, the local school, the pub and the church are kept alive by real people working in teams who interact in personal contact; not the soulless supermarkets or the second hand social media with so much misinformation as well as fact.

The football manager Arsene Wenger said, "The act of playing for the team makes every individual stronger". I go along with that.

Ian Andrews

Harvest Choral Evensong at Thwaite



Join us for traditional harvest hymns with the choir on Sunday 6th October at 3pm followed by refreshments

All evening services at Thwaite will be held at 3pm throughout the winter season

Can You Help?

**There is a Harvest Festival and Harvest
Supper at
St Mary's church, Erpingham
on Sunday 13th October**



**We need cooks to make shepherds' pies or
puddings**

**.....and from 9am on Saturday 12th October could you
help to decorate the church for the Harvest?**

If you can help please call

Helen 01263 768209 or Linda 01263 833323

**HARVEST FESTIVAL
St. Mary's Church, Erpingham
SUNDAY 13th OCTOBER
Service at 6.30pm**



**Harvest Supper at 7.30
Tickets £10 under 16s free
Contact Ros 761702 or Helen 768209**



**Pre Advent study group led by Rev Philip Butcher
“ Protests of an Angry Liberal”**

Thursday 7th, 14th, 21st and 28th November

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

Everyone is welcome to come to join in the discussion

Dear Foodbank Supporter



Harvest Festival 2024

We would like to thank you for supporting the North Norfolk Foodbank by collecting much needed food items. We are very grateful for your partnership, allowing us to help individuals in our community who are in crisis.

Last year, the North Norfolk Foodbank provided food to 5990 people in our local community. This figure included 2295 children. Your help and assistance has been most valuable in providing continued support to people who need it.

We would like to ask if you can help again this year.

We could provide transport if you are unable to deliver the food to us. I have attached our wish list of most needed items. Long dated food items are particularly welcome.

You may like to organise a collection. We could help by providing leaflets, collections buckets and posters.

For financial donations, we are happy to accept cheques payable to North Norfolk Foodbank or BACS payments to North Norfolk Foodbank, 53-50-73, account 59565888 reference Harvest.

We are extremely grateful for your time and support.

Yours sincerely,

J Hunter Jennings

Julie Hunter Jennings

Foodbank Manager

North Norfolk Foodbank

A poster for the Harvest Appeal. At the top, it says "HARVEST APPEAL" in large, bold, white letters on a dark background. To the right is the logo for "the trussell trust" with the tagline "Stop UK Hunger". Below this, the text reads "HELP SUPPORT YOUR FOODBANK WITH FOOD AND FUNDS THIS HARVEST". There are two main sections: "DONATE FOOD" which includes an image of various food items and text about donating items from a shopping list; and "DONATE MONEY" which includes an image of a foodbank container and text about covering costs. To the right of these sections is a "SHOPPING LIST TOP TEN ITEMS" form with a handwritten note: "Don't forget... You can help transform more lives with a financial donation too." At the bottom of the poster is a photograph of a field of wheat.

HARVEST APPEAL

the trussell trust
Stop UK Hunger

**HELP SUPPORT YOUR FOODBANK
WITH FOOD AND FUNDS THIS HARVEST**

DONATE FOOD
Help by donating an item or two from our shopping list to ensure we can provide food to help people in crisis.

DONATE MONEY
Help to cover the costs of storing and distributing food, as well as developing sustainable projects.

foodbank
by trussell trust
thank you!

**SHOPPING LIST
TOP TEN ITEMS**

Don't forget...
You can help transform
more lives with a financial
donation too.



Erpingham with Calthorpe Macmillan Coffee Morning

In association with Coffee & Cake & Erpingham & Calthorpe Village Hall
Management Committee

Wednesday 2nd October 2024 at Erpingham
Village Hall NR11 7QB
10am - 12noon, raising vital funds for
MACMILLAN CANCER SUPPORT

Please come along and enjoy a cuppa and slice of cake, we would
love to see you...

If you would like to donate a
cake,
please contact
Ros on 01263 761702



Every slice of cake and a cuppa helps make a difference to supporting
people living with cancer.

The Erpingham Art Group will be exhibiting some of their work.
There will be a stall with Art & crafts books and needlework materials -
all proceeds to go to Macmillan Cancer Support

Hanworth with Gunton Memorial Hall

NR11 7HP

What3Words: ///courts.love.deprive

www.hanworthmemorialhall.org.uk/

Saturday 5 October

Light lunch, afternoon tea and pop-up pub to support
Weavers Way Ultra Marathon organised by Boghopper. Races

1.00PM onwards

Cheer on the runners as they start the final five miles of their 50-mile run

Thursday 31 October

Halloween Quiz and Pop-up Pub
Scare the ghosts away with good company and a warm meal

6.30PM for 7.00PM dinner

£10 for entry ticket + delicious meal (£3 for under-12s)

Standard team of four (handicap system for larger teams)

Bring friends and family to maximise your chances of winning a prize



Sunday 10 November

Remembrance Day Service

10.40AM with Rev. Tom Harris

Friday 6 December

Candlelit carols in Hanworth Church followed by candlelit procession to the Memorial Hall for warm mince pies, sausage rolls and mulled wine

Christmas Raffle with prizes worth winning (proceeds to Hanworth Church)

6.30PM with Rev. Heather Butcher



Thursday 12 December

Christmas table decoration workshop with Julie Geere-Wright

1.30-3.30PM Price tbc

Thinking ahead!

Thwaite church Epiphany/12th Night
Wind up Christmas with simple lunch and music
in aid of Cromer Food Bank.





October is Sock Month!



Hooked on Stitching's **Sock Workshop**

**At the Pavilion, Recreation Ground, Sir Williams Lane, Aylsham NR11
6AW**

Saturday 5th October, 10.00am – 1.00pm

Saturday 12th October, 10.00am – 1.00pm

Saturday 19th October, 10.00am – 1.00pm

Our regular sock workshops are popular events. Come along and make your first pair of socks, sort out that tricky heel, find out how to close the toe with Kitchener stitch or perhaps you would like to learn how to knit socks two at-a-time.



Book one, two or all three sessions.

£10 per session with the purchase of one ball of sock yarn.

Complimentary refreshments. We can supply needles at additional cost

Contact Jilly to book your place: jilly.hookedonstitching@gmail.com
Tel: 07970016961

What is happening to our coastline? Come and listen to someone who knows

Rob Goodliffe, Coastal Transition Manger from NNDC will be in Erpingham church to talk and answer questions on
7th November at 7pm

No ticket required but donations will be welcome at the door

Light refreshments available during the interval





THE SPREAD EAGLE EAGLE ROAD

ERPINGHAM
NORFOLK. NR11 7QA

TEL 01263 761938 / FACEBOOK : The Spread Eagle
INSTAGRAM: thespreadeagleerpingham
WEBSITE: WWW.thespreadeagle.pub
FACEBOOK: pig at the pub

OPEN 6 DAYS A WEEK 12-11 PM
CLOSED TUESDAYS
LUNCHTIME MENU: WED, THURS, FRI, and SAT 12-2.30PM
SUNDAY 12 – 3pm
EVENING MENU: WED, THURS, FRI and SAT 5-9PM

At the heart of the village is our Dog friendly pub with a friendly atmosphere, a great selection of drinks and Real Ales.

We are also very proud to say that we are in The Good Beer Guide .

We are very much a traditional pub serving delicious food by ***pig at the pub.***

Pre-booking is advised to avoid disappointment

Beautiful large beer garden, with patios and large car park.

Please look online or on our blackboards outside the pub, for special events and Live music.

Next special event is our annual BEER FESTIVAL with food and Live music 24th and 25th AUGUST.

We also have a function room available to hire.

EVERYBODY IS WELCOME

Erpingham with Calthorpe Village Hall 200 Club

July monthly draw winners

The draw took place at “Cake & Coffee” in the Village Hall on Wednesday 31st July 2024.

The winning numbers were:

£30 prize: Number 180

£20 prize: Number 119

August monthly draw winners

The draw took place at “Cake & Coffee” in the Village Hall on Wednesday 28th August 2024.

The winning numbers were:

£30 prize: Number 161

£20 prize: Number 99

***You too could be a winner.** Some spare numbers are now available. 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 the chance of winning up to **£610!** All profits go towards the upkeep and maintenance of the Village Hall.*

Peter Gidman has taken over as Administrator of the 200 Club.

If you are interested in joining the Club contact him at:

peterjgidman@gmail.com

Tel: 07425 219292

A big **Thank You!** from The **Friends of Calthorpe Churchyard** to everyone who kindly donated their **Preloved Toys and Games** to raise funds for urgent refurbishment work to the fabric of our beautiful church. Two pop-up Toy stalls at recent events - Erpingham Country Fayre in June, and Mannington Hall's Charity Day on 1 September - realised an impressive total of **£206** and hopefully a lot of satisfied customers! In the true spirit of recycling, we should add that prices were kept intentionally affordable to give every toy its best chance of a new life. If you've visited the church lately - whether to attend a service, use the **Book Swap**, or simply to take time out for quiet reflection, you will have seen that work to repair the crumbling plaster is now almost complete, this problem having been taken up and progressed by the Diocesan Churches Trust last year in order to prevent further deterioration. We are grateful for their input, which has come as a direct response to evidence of local interest in using and preserving the building for future generations, and would not have happened without YOUR help!

Funds raised from Toy Sales are being redirected to the next project on our 'To Do' list ... replacing the ancient, heavyweight trapdoor on the tower roof with an updated version which will facilitate future inspections of the building at roof level. Although we are no longer collecting toys, please do continue to bring your surplus, complete **books and jigsaws** for the newly refurbished **Book Swap**, and feel free to browse the shelves for a new title to take away in exchange.

The building continues to be **Open Every Day** during daylight hours, and we're always keen to hear new and innovative ideas to ensure it is kept in perpetual use for the benefit of the whole community. Just add a note to the Visitors Book, contact Canon Heather direct, or email calthorpenow@gmail.com with your ideas!

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

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



Search and Rescue helicopters are a familiar sight in the skies above Norfolk – and their brave crews have saved hundreds of lives over the years. But what's it like to be part of one of their missions? Former Sea King pilot Jim Bellingall will give an illustrated talk about his experiences at the Aldborough Church Room, on 24th October 2024 at 2.45pm for 3.00 pm, in aid of Hospice Ethiopia UK.

In 1953 the first East Anglian Search and Rescue helicopters were introduced at RAF Horsham St Faith, now Norwich Airport, and in 1963 they were transferred to RAF Coltishall. The bright yellow helicopters have been involved with many rescues of both military and civilian personnel, sometimes in the most challenging of conditions.

Tickets, including refreshments, are £10 from info@hospiceethiopia.org.uk or, if there are places remaining, £12 on the door. There will also be a raffle so bring some change!

SUMMARY OF PARISH COUNCIL MEETING HELD ON 29TH AUGUST 2024

Councillors met for their third quarterly meeting of the year recently and among other things they discussed the need for a replacement Councillor following the resignation of Gill Chambers at the May meeting – thanks to Gill for her valuable contribution over the years. If anyone is interested in knowing more about what being a Parish Councillor involves contact the Clerk or speak to one of the existing Councillors – Belinda Northey, Annmarie Gibbons, Ian Sims or Tracey Yardley.

Following the success of the social event which followed the Annual Parish Meeting in May it was agreed to hold another social event for parishioners at Christmas - details to be announced. It was also agreed that a tree with Christmas lights should be erected on the Village Green this year – something that you won't be able to miss! And staying with the Village Green, spring bulbs will be planted this autumn to give a splash of colour early next year.

Councillors also considered a perennial problem for the village – speeding – and agreed to approach the County Council with the view to getting a 20-mph speed limit imposed. This will likely be a long process but hopefully data from the Speed Awareness Monitor in the village will help our case. Councillors also discussed the next inspection of the road bridge – due next year; the on-going work to install the cable from the windfarm which will pass close to the village; liaison with the National Trust and fundraising by the Friends of Ingworth Church.

Councillors also approved the purchase of a replacement “Springy Bee” for the playground along with a goalpost to improve the facilities for the young and young at heart! So, look out for those and give them a go.

Finally, the Council is fortunate in having some funds in reserves which it would like to spend on improving the village – and would like to hear FROM YOU! What projects or facilities would you like to see the Parish Council provide? If you have any ideas speak to a local councillor or contact the Clerk:

Colin Studholme at ingworthclerk@gmail.com 01263 587952

Diary Dates 2024

McMillan Coffee Morning Erpingham with Calthorpe village hall	10am – 12pm	2 nd October
Harvest Service and Supper Erpingham church	6.30pm	13 th October
Hospice Ethiopia – Search & Rescue talk Aldborough Church Room	2.45pm	24 th October
Hallowe'en Quiz & Pub Hanworth with Gunton village hall	6.30pm	31 st October
Coastal Erosion talk by Rob Goodliffe – Erpingham church	7pm	7 th November
Pre-Advent bible study led by Rev Philip Butcher Paigles, The Street, Erpingham	3pm	7 th , 14 th , 21 st , 28 th November

Report of the Annual meeting of Erpingham with Calthorpe Parish Council held on Wednesday 11th September 2024

In the chair Rob Goodliffe welcomed all those present; apologies from one member and the County Councillor were received. There were no Declarations of interest. Before adjourning the Chairman took Item 5 (Planning) and asked Cllr J Toye to give the Council an update; he advised that he had written a response to the agents for the mast proposal, which the Clerk would circulate for members; also that the application had now been registered so the Council may expect to be consulted in due course. He pointed out that the application, as amended, was now 'permitted development'. The Clerk would respond to the agent offering an opportunity for dialogue. Cllr J Toye then gave brief report about North Norfolk District Council matters. The meeting resumed. The Council approved the minutes of the Ordinary Meeting of the Parish Council on July 10th 2024. Under matters arising on verge cutting Norfolk County Council had advised that the Eagle Road section had been missed off the routine cutting and the contractor would be advised; the Council's grounds contractor had agreed to undertake additional work there so the Clerk would ask him to undertake one cut before the winter. The schedule itself had been circulated to members. The Clerk would ask Norfolk County Council what action was intended following the damage to the milestone on the A140.

On paths (Village Hall to Eagle Road) the Chairman was arranging a meeting at North Norfolk District Council to further the project by asking for a vegetation cutback along the route; he was starting to prepare a grant application. Following the enquiry about the footbridge over the Bure, Norfolk County Council had repeated their advice that the route is closed By Order. On the bus shelter bike rack, the Clerk had now received 3 quotations and applied for a grant from Norfolk Community Foundation; the work would probably be completed in October. The Council decided their preferred builder, so the Clerk can progress. On the parish website a council member had been added to the system as an administrator to review non-parish council content.

Under finance the Clerk had arranged the transfer of current account monies to the Council's interest-bearing account. Members would continue to seek a better return. The Clerk would arrange the next HMRC PAYE payment in early October when the amount is due. The Council approved payments due for Erpingham Village Hall, hall hire, North Norfolk District Council, bin collections charge, the Clerk's expenses [March-August], and grass cutting.

There were no safety issues in the play area and the Chairman signed the weekly inspection book. The waste bin is now being emptied regularly, but the Clerk was asked to follow up with NNDC to see if a rebate can be obtained since the collections have only recently started. One item of equipment had been removed and a second repaired.

In members' Reports the Council heard an update on the SAM sign, SNAP, the defibrillator and the MUGA cleaning. There is a plan to have a seat + information sign at the end of the carpark. The next meeting is on Wednesday November 13th 2024, to include a budget review and setting of next year's Precept. In open meeting the Village Hall steps/slope renewal was discussed and the Council advised that the project was at 'builder discussion' stage. With no other business the meeting closed at 20.50.

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:

Liz Ashness, Beech Cottage, Chapel Road, Erpingham,

Norwich NR11 7QJ

Tel: 01263 761224 liz.ashness@btinternet.com

(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

THE NEXT ISSUE:

Please send copy for the **NOVEMBER 2024** edition by **14th October 2024**
to the editor: Linda Howard 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>ROPER HEATING SERVICES Oftec Registered Engineer covering local Oil Boiler Servicing and Breakdowns. Small heating maintenance calls and warranty calls. Grant boiler G1 engineer covering every make and model of oil boiler. Oil boiler changes and upgrades available with plenty of notice. Fully Registered and Fully Insured. Call Steve on 07788414514</p>	<p>MANNINGTON ESTATE Mannington Estate NR11 7BB Autumn/Winter Walks open every day with Boardwalks, Bird Hide and Arboretum Car park (£4.00) and lavatories Gardens, Tearooms and Hall Bookings only October 4th to 6th BOOK Bash see www.manningtonbookbash.co.uk admin@walpoleestate 01263 584175 www.manningtonestate.co.uk</p>
<p>BICYCLE REPAIR MAN Punctures, Repairs and Servicing Rose Cottage, Thwaite Common, Erpingham Phone Paul 01263 768082</p>	<p>A and M CARPETS Established 1979 Carpets, vinyl, blinds Email: Info@aandmcarpets.co.uk 01263 732066</p>
<p>M. NEWLAND, BUILDERS All building work undertaken. Over 30 years experience. 077 8090 3694 or 01263 768323</p>	<p>ANDY DANIELS YEW TURN Timber framed buildings, carpentry, wood turning, landscaping, repairs, restoration. 30, Silvergate, Blickling yewturndaniels@aol.co.uk 07768680926 01263 734413</p>
<p>PEGG ELECTRICAL SERVICES (NICEIC approved/Domestic installer) Domestic, commercial, industrial wiring, test and reports. 46 years experience. Please call Andy on 01263 768564. Mobile 07799 264370.</p>	<p>JONES THE SWEEP Stoves, open fires & solid fuel appliances swept. Member of Guild of Master Sweeps. Fully insured. 07799 484012 www.jonesthesweep.co.uk</p>
<p>TRULY SCRUMPTIOUS 5* HYGIENE RATED BY NNDC We specialise in Wakes, Celebration Parties, Christenings, Baby Showers, and Afternoon Teas Home-made produce. All dietary requirements catered for. We also hire out Crockery (Plain or Vintage), glasses etc. Plus Wedding Items. For personal service please ring 01263 768076</p>	<p>CHESTNUT BARN, THURGARTON Spacious self-catering holiday accommodation. Sleeps 10-12 plus cots in 4 bedrooms (3 are ensuites). Open plan living area. Enclosed garden with private hot tub. Pets welcome. 01263 761169 07918 673716 www.chestnutbarnnorfolk.co.uk</p>
<p>JEMCO for all your signage needs! Off the shelf health and safety signs or bespoke. Professional friendly service for over thirty years. No minimum order. Your one-stop safety shop. Jemco 01263 761798 marion@jemcosigns.com</p>	<p>NORFOLK CHILDREN'S BOOK CENTRE 60,000 wonderful books for children. Come and have a look! Parents, children, teachers, everybody welcome! Open Mon-Fri 9-5, Sat 10-5. Church Lane, Alby NR11 7HB Tel. 01263 761402 ncbc.co.uk</p>
<p>ERPINGHAM WITH CALTHORPE VILLAGE HALL is available to hire throughout the year. It provides excellent facilities for clubs, children's parties, wedding receptions, anniversary celebrations, theatre, dances, exhibitions, and much more. For further information and enquiries please contact Tony Amies at 07979381277 or email: amiesanthony@gmail.com</p>	<p>EASTLAKE DECORATING SERVICES Local independent lady decorator specialising in interior painting and decorating. Friendly, reliable and high-quality service. Not sure about colour or finish? Why not try my colour consultancy service. Call or email me today for a no obligation quote on 07984 086496 or amanda@eastlakedecorating.co.uk. www.eastlakedecorating.co.uk</p>