

Free for All



THE MAGAZINE OF THE VENTA GROUP

NOVEMBER 2019



7PM

**SATURDAY 9TH
NOVEMBER**

at

STOKE CHURCH HALL

Come along and enjoy a fun evening in support of poor families around Mount Kilimanjaro in Tanzania.

"See full details on page 10"

ANOTHER SUCCESSFUL STOKE GARDEN SHOW

"see page 5 for the article by Fenella"



Join us at 2pm
Sunday 8th December
Stoke Holy Cross Church Hall
Festive Sing-Along,
mulled wine, mince pies, raffle,
a visit from Father Christmas and
much more....

**Suitable
for all.**

Stoke Holy Cross
Pre-school

Stoke Holy Cross Primary School
Christmas Fair 2019
Saturday 30th November
2 pm - 4:30 pm
Everyone welcome - Santa's grotto, raffle,
tombola, games, crafts, stalls
and much more

ARMINGHALL, CAISTOR ST EDMUND, STOKE HOLY CROSS with DUNSTON

R.B. COPPING

FUNERAL SERVICE

Independent Family Funerals Directors Since 1935

*For Personal Attention
with Dignity and Respect*

Private Chapels of Rest

*Memorials & floral tributes
supplied*

*Pre-paid funeral plans
available*



www.coppingfunerals.co.uk

125 The Street, Poringland, Norwich NR14 7RP

01508 494434

56 Langley Road, Chedgrave, nr Loddon NR14 6HE

01508 521159



Ivan Fisher

Independent Funeral Homes Ltd

*We are a family run business
with three funeral homes
based in Aylsham, Hethersett
& Hingham
All serving the whole of
Norwich and Norfolk.*



Aylsham
01263 735161

Hethersett
01603 810022

Hingham
01953 850330

www.ivanfisher.co.uk

info@ivanfisher.co.uk



Do you know any good lightbulb jokes? They go something like "How many Donald Trumps does it take to change a lightbulb?" "One – he just has to hold it still while everything else revolves around him." They are all the same, really. They all have the same structure, and most of them are not really that funny.

I have to admit to having a problem with lightbulbs. I don't mean I eat them or anything, but you know, they blow up, and then I have to go to a shop and buy some more, except there isn't a shop, and I will probably be going to Tesco tomorrow but I will forget them then, so really when I do remember I should buy loads at once, except that since they made them all snazzy they got really expensive and I don't want to spend £15 on lightbulbs, so anyway now I have one missing in my living room, because I had one missing on the landing already and then the other one went so I had to swap one of them over.

We are about 3 lightbulbs away from total darkness at the moment. I can't change lightbulbs. I can't change the way I manage lightbulbs. Maybe I should try and change someone else. Maybe I should put my wife in charge of lightbulbs, and make her understand that it is her responsibility to change our circumstances. Maybe there is a way my children are switching the switches on and off that is making the bulbs go.

Why was I talking about lightbulbs? Oh, yes. Change. I have been reading a lot of bible passages recently about how God changes people, and getting really excited by them. One of them is about a meeting between Peter and Cornelius. Peter is a man who has spent years being changed by Jesus, from the first time Jesus called him and his brother and their friends from their fishing boats to be the first disciples. But Jesus never stops changing him. The fact that Peter preached in such a powerful way on the day of Pentecost that 3000 people decided to follow Jesus doesn't mean he is the finished article. Because now, Jesus wants Peter to understand that the good news of Jesus is not just for Jewish people like him, but anyone, and so he shows Peter an amazing vision to help him understand that he is not to call anything (or anyone) unclean any more.

At the same time, Cornelius, a Roman soldier, a man who knows about God, and gives to the poor, and prays, and does lots of good things, is going to be changed. God appears to him as well, and gets him to send for Peter. Peter, now convinced he can enter anyone's house, and meet with anyone, and eat with anyone, does as God asks, and goes with Cornelius's servant back to his home. The two of them tell their stories of how God appeared to them, and Peter shares the good news of Jesus, and immediately the Holy Spirit is poured out on Cornelius's household. They are all changed in a moment as they believe in Jesus, and Peter and his Jewish friends are changed as they realise, for the first time, that the good news truly is for anyone.

Peter is changed yet again, and Cornelius and his household perhaps for the first time. But that's what Jesus is like. It makes no difference to him if we have followed him, and allowed him to change us, for years, or we are just starting out now, just coming to believe in the good news of eternal life that he offers us. And we can start today. A little prayer, asking for God's help and forgiveness, is all it takes. But it makes all the difference. I know something that small can make all the difference, from my own experience of following Jesus, and because the other day, I finally bought some lightbulbs.

Rob

CHURCHWARDENS

Stoke Holy Cross & Dunston
Viv (493438) & Roy (493595)

Arminghall
Annie (495580)

Caistor St Edmund
Jani (493572) & Lia (494137)

ST GEORGE'S HALL BOOKINGS:

Joyce Williams 492143

STOKE CHURCH HALL BOOKINGS:

Viv Carrington 493438

STOKE HOLY CROSS PAVILION BOOKINGS:

Anita Rose (Parish clerk) 491709

FROM THE REGISTERS

WEDDING

Robert Hopwood & Katherine Cann

5th October

Caistor St Edmund

FUNERAL

May Taylor

8th October

Stoke Holy Cross

&

Peter Basham

10th October

Earlham Crematorium

We continue to pray for all those who have lost loved ones recently, or are remembering someone particularly at this time of year.

We are always happy to record the names of anyone from the villages whose funeral has been held recently, even if it wasn't taken by a member of our ministry team.

VICAR OF THE VENTA GROUP

Stoke Holy Cross with Dunston, Arminghall and Caistor St Edmund
Rob Baker, The Vicarage, Mill Road, Stoke Holy Cross, NR14 8PA
rob@venta-group.org 01508 492305


CHURCH ADMINISTRATOR

For any admin inquiries please email Freyja Mardell admin@venta-group.org

CURATE

Lyn Marsh, 8 Mill Green, Stoke Holy Cross, NR14 8PB
Lyn@venta-group.org 01508 493422

www.venta-group.org

 [@venta-group](https://twitter.com/venta-group)

NEXT EDITION

Items for the next month's magazine please send by email to Henry and Eostre Caswell by email to

ventafree4all@outlook.com

By 10th of this month please.

The 10th of the month will be the deadline for all copy for the next magazine for the time being.

Don't hesitate, decorate!



- Domestic & Commercial Decorating
- Small Maintenance Works

CALL FOR A NO OBLIGATION QUOTATION

James **07834 612463** Peter **07834 612769**

01603 418953

info@jandpdecorators.co.uk

www.jandpdecorators.co.uk



Easton Countryside Services

Tree Surgery / Maintenance
Tree felling / Stump Removal
Hedgelaying / Planting
Woodland Management

Fully insured and NPTC qualified
Free estimates and advice

Chris Shelton and Jamie Matthews

01953 558907

01603 615106

07748572079

07854782286

ecs.trees@gmail.com

MATHS TUITION

Exam preparation for
GCSE, IGCSE and A-Level

Gregg Bontly
MBA, B.Sc.(Hons)

13 Webster Close
Stoke Holy Cross
Norwich NR14 8LU

07905 916 685
greggbontly@hotmail.com

*"Everyone can grow their
maths ability"*



*"There are only two
lasting things we give
our children....one
is roots, the other is
wings"*

S&C Window Repairs
taking the pane out of damaged windows

Repairs to double glazed windows, doors & conservatories
Local independent business
Free estimates, No call out charge

Steamed up windows, broken handles, hinges, replacement gasket,
plus cat flaps, door panels and more

01603 520136 or 0800 1601932



sandcwindows@gmail.com
www.sandcwindows.co.uk



PC ASSIST @ HOME
QUALITY COMPUTER REPAIR SERVICE
www.pcassistonline.co.uk **01508 471459**

ASP WILLS

Wills, Lasting Powers, Probate, Trusts

01508 494315

www.aspwills.co.uk sales@aspwills.co.uk

Professional Website Design
Plus Computer Support, Help and Training Services
PSLWeb.co.uk **01508 491622**

Stoke Holy Cross Flower and Produce Show

The Flower and Produce Show on the 8th September was the culmination of another year's growing, albeit under difficult conditions. Things started slowly at 8am in the school hall, but soon became busy as competitors fiddled with the blooms to get them looking just so! It was lovely to see people exhibiting for the first time.

The cream gladioli looked perfect and won best in show. They came from one bulb and had opened to the perfect degree by the day of the show. The Anthurium Andreanum commonly known as Painter's Palette was magnificent and the rose exhibits were very beautiful. One of the classes is 'A Hedgerow Arrangement' which require no growing but a good eye for autumn colour.

My personal favourites for entries are all the vegetable classes. Some are won simply because they are a single entry, but other meet fierce competition, especially, onions, potatoes and tomatoes. The 'Black Tomatoes' were both unusual and very attractive. The heaviest potato and heaviest onion are also popular. The latter weighed in at 1lb 11oz.

In the home baking section, jams and chutneys were very well represented but it would be lovely to see more entries in the bread and cookery sections. The homemade drink section is always hotly contested with very imaginative brews being entered,

We were yet again very impressed with the art entries from the school this year. The theme was 'Design your own Bug House' and some of the entries were very original. Indeed, Cole McLean transformed his ideas into reality, building his design, which was very impressive. Louisa Himpleman won biggest pumpkin and tallest sunflower. We would love to see more entries into the children's classes which include potato printing and garden on a tray.

We would like to thank Peter Hunt who is a very experienced (produce section) judge and offers his advice freely. Thanks also to Mrs Baker (home baking), Gillian Martin (Children's art) and Ron Wright (drinks). Jim Hopper was the Overall Points Winner having excelled in many classes and Mim Clarke won Best in Show and Heaviest Potato.

It was a very good day and we would love to encourage more people to enter in the show, which is open to all and usually takes place on the first Sunday in September. The Association is also open to all and we are affiliated to the Norfolk and Norwich Horticultural Society. Do enter your prize blooms and plants next year. We would love to see you. If not just come and look round.

Fenella



SERVICES FOR NOVEMBER IN THE VENTA GROUP OF CHURCHES

3rd November	All Saints' Day
10.30 am	Informal Holy Communion Stoke Holy Cross Church
10th November	3rd Sunday before Advent Remembrance Sunday
9.00 am	Traditional Holy Communion with Act of Remembrance Arminghall
10.30am	Café Church Stoke Holy Cross Church Hall
10.45am	Remembrance Service Caistor St Edmund
17th November	2nd Sunday before Advent
9.30 am	Family Service Caistor St Edmund Church
11.00 am	Traditional Holy Communion Stoke Holy Cross Church
6.30 pm	The Gathering Stoke Holy Cross Church
24th November	Christ the King
9.00 am	Traditional Holy Communion Caistor St Edmund Church
10.30 am	Sunday 4 Everyone Stoke Holy Cross Church Hall
4.00 pm	Evening Service Arminghall Church

St George's Hall Dementia Support Café



On the 2nd and 4th Monday morning of each month this is a great place to relax for those with dementia and for their carers. Come along and join us for fun activities and refreshments. There's always room for more people living with dementia and their partners or carers to join us, whether on our subsidised outings or at our regular cafe sessions from 10am till 12 noon in St George's Hall, Upper Stoke.

For more information please ring 01508 493661 or 492938, visit our website at <http://stgeorges-dementiasupport-group.btck.co.uk/>

If you would like to come along but have transport problems in reaching the cafe one solution might be to contact the voluntary organisation 5+ Good Neighbours on 07934195724 or maybe one of a regular members can offer the occasional lift.

Our meeting dates for November are Monday 11th when we have Hayley from the U E A talking about research and Monday 25th November when we hope to have Poringland Primary School children singing to us."



STOKE HOLY CROSS TUESDAY GROUP

For our November meeting, we accept that winter is truly upon us, and move the time that we meet to 2 o'clock in the afternoon of November 19th.

The usual time of 7.30 pm for such meetings will be resumed in March, 2020. The afternoon session allows members and visitors to reach home before it becomes fully dark. To be held at the Church Hall, the November meeting includes a talk by Kate Smith, who returns to her first love of things architectural, speaking on the subject of Church Curiosities. Interesting things to be addressed are why the bells at East Bergholt are in a cage at ground level, rather than in the tower, how the Georgian incumbent of Wingfield kept his wig dry during interments, why the artist who illustrated 'Alice in Wonderland' for Lewis Carroll looked at the glass of Long Melford for inspiration, and who has her wax effigy placed in what appears to be a wardrobe, in a west Norfolk mausoleum. Intrigued?

Everyone is invited!

A date which you may wish to write in your diaries is that of the Annual Carol

Service, to be held at

Stoke Parish Church on

Tuesday December 17th, at 7.30 pm

A traditional service of lessons and carols, with all the old favourites, and it is open to everybody.

allstars club

after school for 4-11s

Games Crafts Snacks
Bible Stories, Videos & Songs

All Foundation-Year 6 children are welcome to join us at our after-school club, as well as any older helpers who would like to join in!

If you would like to come along or find out more, contact us on
admin@venta-group.org,
or 01508 492305

Light Party

Thursday 31st October, 4.30pm

(RSVP required on email/number above)

Then Thursdays 3.30-4.45

at Stoke Church Hall

28th Nov 23rd Jan 27th Feb

26th March

SAVE THE DATE FOR
SUMMER CLUB 2020!

27th - 29th July

The Venta group of churches

www.venta-group.org

Looking after your Stoke and Dunston Village Graveyards

As two small churches our members do struggle to find the money, time and energy to look after the churchyards for the villages. We do get a grant from the parish council, for which we are very grateful, but these are substantial areas and the grass, and weeds, do keep growing. Because of the humpty bumpy nature of graveyards and all the grave stones and monuments in them they are difficult just to keep mown. Substantial mowers and strimmers need to be purchased and maintained, as well as paying for labour.

We are thankful for the work done in both Dunston and Stoke Holy Cross churchyards by the Community Payback Team who did a great job in the summer cutting and strimming the grass and cutting back overgrown bushes at both Stoke Holy Cross and Dunston churchyards. They were managed and greatly assisted by one of our faithful churchwardens, Roy, to whom we must also give our thanks.



These village resources are naturally full of wild flowers and we are pleased to say that the Norfolk Wildlife Trust will be surveying both churchyards next year to help us best manage the areas so local wildlife and wild flowers can best thrive. We do propose, therefore, that less of the areas will in future be closely mown whilst still seeking to allow easy access for those visiting the churchyards and remembering loved ones buried or scattered there. We ask you to bear with us as we seek to find the right management regime.

Any help in terms of time or money is always very welcome.

If you feel you can help at all with a donation or by doing a bit of mowing or tidying sometimes please do contact one of the churchwardens on page 3.

Poringland Men's Shed

We want to say a big thank you to these lovely men of who do such good restoration work in their spare time. They have recently expertly restored a seat in Dunston Churchyard dedicated to the memory of Mrs Elizabeth Lacey.

The family has kindly sent them a donation.

The Poringland Men's Shed is a user led organisation which seeks to relieve isolation and depression amongst men in our community whilst engaging in valuable works for the locality. They will undertake electrical repairs and restoration projects.

For further information please contact Henry Bowman
07906 701891 Or visit
www.pdmensshed.org.uk



Dealing with spam emails



Welcome to the third instalment of our mini-series "helping you to stay safe in the internet era". Things move so fast and those that would seek to steal and destroy become ever more

sophisticated. Wondering how to cope? Well let's put practical advice to one side for a minute and remember that our God cares passionately about our wellbeing. Proverbs 3 says "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight".

I'd paraphrase it in this context like this: Got a problem with your computer? Before you reach for the earthly helpline, call the divine helpline! Pray for guidance and wisdom. You'll find prayer changes things!

Now, having prayed about it, we can get down to some practical things. There are different types of spam emails and I put them in five categories as follows..

1. Irritant emails are usually harmless and simply fill your inbox (or preferably your spam filter!). These come from all those companies you've given your email address to – supermarkets, price comparison websites, insurance companies etc.... The good news is that there is a new European law (called GDPR – General Data Protection Regulations) which requires companies to offer an easy un-subscribe function.. This is usually offered in the footer at the end of an email. Click the button, confirm your request and you should hear from them no more.
2. Nigerian emails are one of the oldest forms of spam. They are so called because many of them originated from Nigeria in the early days of email spam.. The form of the email is well known: My dear friend, I am UmbabaBurunda, 3rd in line to the kingdom of Burundi. Since the death of my uncle I stand to inherit \$17.3M but I cannot access the money directly and need..... What will surely follow is a request for you to send some money to cover the set up costs....and having received your financial help, they will disappear faster than you can say "cloud"! They rely on our innate desire for money. But the old adage applies here: If it sounds too good to be true, it probably will be (too good to be true)! How to deal with these emails? Don't open them, just delete them.
3. Attachment emails – those from an unknown sender inviting you to open an attachment. Don't open the file – it will almost certainly contain a virus. Delete the email, preferably holding the shift key down at the same time to make the deletion permanent.
4. Imitation emails – now we are getting into serious danger territory. The fraudsters will sometimes imitate legitimate companies. And ask for personal information to recover their service. For example: "Dear Bob, There has been a fraudulent attempt to access your bank account. Please immediately update your bank security details here. Thanks, HSBC Security Centre." Click the link and it will take you to a form that looks legitimate. You will be asked to input sensitive personal information. Either in one visit, or over several, the fraudsters will gather enough information to steal your identity and possibly empty out your bank account. And banks will not refund you if you have given out your personal security information voluntarily. The action here? Just delete such emails. If there is a call to action, open your browser and visit the vendor's website. You will soon find if there is a legitimate programme in place.
5. Extortion emails....are really nasty. They suggest that they are in possession of compromising videos captured from your PC's or tablet's camera. And offer to email them to all your online contacts. They are simply blackmailing you. Ignore them – to date we never heard of any of these threats turning into any concrete action.

These articles are written by Andy, as an amateur, based on a good deal of research and advice on the subject to provide useful hints. We hope they prove helpful. As before Andy suggests if you need further advice, you could ask an IT savvy friend. A future article may include some live experience....

STOKE HOLY CROSS THURSDAY GROUP

First off all I would like to thank everyone who came along and supported our jumble sale on Saturday 21st September, 2019.

Our next meeting will be in St. Georges Hall on Thursday 7th November, 2019 1.30pm. Please come along and join us, you will be made to feel very welcome. We received some very sad news this week of a long serving member of the club passing away, Nancy Shearing. She will be greatly missed by us all. She supported the club immensely with all the various donations she made. Our deepest sympathy goes to all her family.

Saturday November 9th 2019 - Make a note in your diaries. This is when we will be holding our annual November Fayre 1pm-3pm. Come along and get your Christmas bargains. We have lovely knitted items, nearly new, tombola stalls, grand draw, puzzles, books etc... Plus Margaret's famous marmalade and pickled onions.

Our dates for November Bingo's are - 13th and 27th - eyes down 1.30pm
The 27th November will be our Christmas bingo

Our dates for November Carpet Bowls are - 6th and the 20th - we commence at 1.30pm and cost for this is £2

STOKE HOLY CROSS FUEL ALLOTMENT TRUST GRANTS

The Trustees of the charity invite anyone living in the Parish of Stoke Holy Cross who is suffering from "need, hardship, or distress" to apply to the charity for a fuel grant or other assistance.

Application forms are available in 'Lower Stoke' from either the Post Office at Stoke Church Hall (opening hours Mondays 9am – 1pm or Wednesdays 9:15am – 12:15pm)

or Mrs Margaret Nudds, 77 Norwich Road, NR14 8NX and in 'Upper Stoke' from David Dobson, 25 Carol Close, NR14 8NN.

Please note: applications must be received by Saturday 30th November 2019



POST OFFICE

Stoke Church Hall,
Mondays 9am-1pm,
Weds 9:15am - 12:15am

LAND ROVER, MERCEDES BENZ, HONDA,
VAUXHALL AND VW GROUP
SPECIALIST



Class 4 & 7
MOT Tester

*Save money on your Car Repairs,
Servicing & MOTS with*

DJ'S MOBILE MECHANIC

Fully qualified with over 17 years in the trade
Free Quotes for any work

David Joyce

01986 948967 / 07717 767079

Prince-09@hotmail.co.uk



Surlingham Timeshare Swimming Pool

NR14 7AL

Are you interested in having an indoor heated
swimming pool exclusively for yourself,
family and friends?

If so please ring

Tim Mack (01508) 538206

or go to

www.surlinghamtimesharepool.co.uk

3, 6 or 12 monthly bookings for weekly slots
available, "also one offs"

Open seven days a week 6.30am-10.00pm

We are 6 miles SE of Norwich between
Surlingham and Rockland St. Mary

EAAT

EAST ANGLIAN AIRPORT TRANSFERS
CORPORATE TRAVEL AND WEDDING HIRE

LUXURY TAXIS FROM 4,7, 8 SEATERS
ANYWHERE ANYTIME 24/7 365

*Airport transfers from all major airports and seaports
from Norwich, Yarmouth, Lowestoft, Ipswich,
Colchester, Clacton-on-Sea*

All drivers CRB'd & Police Checked. **FREE QUOTES**

Call us now! **01508 520257 or 07788 375440**

eastangliaairporttransfers@mail.com

www.eataxi.co.uk



S.W. Contractors

Groundworks & Gardening Services

Patios, Paths, Shedbases, Block Paving, Pipe Work, Fencing,
Gates, Hedge Trimming, Tree Lopping & Pressure Washing,
All other work considered

Simon Wells

Joynt House, Hallback Lane, Arminghall, NR14 8FE

Tel: 01508 495528 Mobile: 07974 303729

CARAVAN AND TRAILER services

Servicing on your door step

MOBILE SERVICING AND REPAIRS FOR
CARAVANS MOTORHOMES TRAILERS
HORSE BOXES



E-mail caravanandtrailerservices@hotmail.co.uk

www.caravanandtrailerservicesnorfolk.co.uk

07949855380

COOPER HOME IMPROVEMENTS

Double Glazing Repairs
Replacement Sealed Units
Window Hinges, Handles
Door locks • Cat flaps

www.cooperhome.com

01508 480551 07982 711499



Yare Valley FARM SHOP

NR14 7AL

We sell local products including:

- Our Cold Rapeseed Oil and Dressings
- Our own farm produced beef and locally produced Texel lamb
- Everyday Essentials (Flour, Sugar, Butter and Eggs)
- Jams, honey and Chutneys, Cheeses, Chocolates and Ice Creams, Coffee, Teas and Chocolate
- Fresh Seasonal Veg And much more....

Our Self Service Farm Shop is now OPEN EVERYDAY From 8am - 9pm



Tel: 01508 538206
www.yarevalleyoils.co.uk



THE FEATHERS RESTAURANT

Homestyle Comfort Food

LODDON ROAD, FRAMINGHAM PIGOT, NR14 7QB

The Old Feathers family run restaurant is located in the beautiful surroundings of Framingham Pigot, with the sole objective is to serve simple great British cuisine using locally sourced ingredients with a warm welcoming smile.

The menu is comprised of many delicious greats such as rich and creamy chicken in white wine, homemade caramelised red onion and brie tart, seasoned steaks, Home cooked ribs and our popular fresh fish in homemade Woodforde's real ale batter. Accompanied with a good selection of wines, beers, Aspal Cyder or Woodforde's real ale.

OPENING TIMES

Tuesday – Sunday lunch; 12pm – 3pm
Evenings from 6

01508 495611 www.theoldfeathers.com



NORFOLK WOODBURNERS

SUPPLY & INSTALLATION OF WOODBURNERS

Norfolk's agent for Aga, Hunter & Parkray Stoves

AGA **Hunter** **PARKRAY**
CAST IRON STOVES THE FIRST NAME IN SOLID FUEL

01508 498393
www.norfolkwoodburners.co.uk

Qualified Foot Health Professional



Lisa Marshall-Nichols MCFHP, MAFHP

Member of the British Association of Foot Health Professionals

HOME VISITS AND TREATMENTS

Tel: 07505131760

Email: lmarshnic9@gmail.com

Toe & finger nail cutting, treatment of corns, callus, verrucas & more

ANCHORAGE SWIMMING POOL, FITNESS CENTRE AND TENNIS COURT

Indoor Swimming Pool, Fitness Centre and Tennis Court
In Upper Stoke Holy Cross
For your health, fitness and leisure

The indoor pool is lovely and warm at a constant 31 degrees
With fully private half hour slots
Available everyday from 6am until 10pm

Our resident Personal Trainer invites you to our private gym
to get fit and healthy and to improve your quality of life.

Contact Malcolm Guymer on 07986 325282

Call 01508 494032 or 07519 507435

For Details and to book Pool and Tennis Court

Email: info@anchoragepool.co.uk

www.anchoragepool.co.uk

Here for you
every hour
of every day

Funeral
Services

East of
England
CCOP

St Stephens Square, Norwich
01603 851560

www.eastofengland.coop/funerals





THE BIG QUIZ NIGHT

Saturday 9th November
7pm at Stoke church hall

In support our adopted overseas charity
The Mount Kilimanjaro Project

Please note we are asking you to bring your own drinks and picnic which we can eat together at 'half time'.

We are fund raising for a specific project run by the international **TEARFUND** charity and the money will go towards helping many poor and struggling families in rural Tanzania living in real poverty and reliant on subsistence farming. The project helps the local people make more use of the land they have by using better farming methods and also encouraging and training people to use what skills they have to support their families.

An actual example: For many years a woman, we shall call Beatrice, had worked doing casual labour at a local plantation. It was a job that earned her very little money. Then last year, things began to change. During a workshop Beatrice, and a group from her church, began considering the resources they had access to, and how they could be used. Beatrice realised she had something close by. On her one acre plot of land, she had seventeen orange trees. But whilst she'd worked hard for other people, she had left her own trees untended. Using techniques they had been discussing at church, Beatrice added fertiliser to the soil around each plant. She created a small ditch around each tree, helping pool rain water near the plant's roots. Soon, the trees began to flourish - all seventeen of them. To Beatrice' surprise they are producing so much fruit that she does not expect to go back to the plantations for work. The trees were an opportunity she did not yet see, but taking part in the workshops had helped open her eyes to the opportunity they held.



We are inviting donations and suggest around £5 per head which also can be gift aided to the charity.



Please support the
Community Food Bank
To give or take away!

You should now be able to find these boxes at Stoke at the church, the church hall and the primary school; at Caistor church; and at Arminghall church.

Please donate tinned and dry foods, toiletries and nappies —
or if you are struggling,
you are invited take what you need from the box.

If you know someone locally in need of this kind of support, please let them know about this box and suggest that they contact us (details below) so we can help them out.

Your donations will go to people in need in
Stoke, Caistor, Arminghall and Dunston.

Every few weeks we will give any surplus to Norwich Food Bank, so they can help others in the city.

Organised by the Venta Group of Churches—Stoke Holy Cross, Dunston, Caistor St Edmund and Arminghall parish churches

www.venta-group.org | rob@venta-group.org | admin@venta-group.org | 01508 492305

Biblical people and places beginning with
U or Y

F	O	Y	M	A	B	U	P	L	L	T	P	J	I	S
Y	T	I	X	D	L	A	J	E	R	V	P	A	G	V
U	R	H	V	A	B	T	K	S	C	L	U	A	Z	V
U	C	P	M	Y	D	Z	U	P	H	A	R	S	I	N
F	A	A	D	O	E	T	W	L	U	V	K	Y	H	N
A	E	B	L	H	T	A	C	Z	P	U	I	L	Y	H
P	G	S	E	E	M	Y	Z	P	H	Y	S	M	A	E
U	E	Y	O	Y	O	I	A	V	A	U	H	M	T	U
X	T	V	U	Y	A	R	M	H	Z	P	M	I	R	T
K	V	H	L	H	V	A	O	Y	W	U	R	I	A	H
C	U	K	A	B	O	K	A	Y	A	E	E	S	L	N
J	X	R	I	I	U	N	N	I	B	L	H	T	L	Z
L	E	U	U	L	T	D	V	B	N	C	E	L	U	M
H	T	P	N	R	B	J	I	G	U	Z	F	R	O	Y
S	H	V	G	Y	L	B	S	O	A	G	O	U	C	R

UCAL	UMMAH	URIEL	UZZIAH	YOAV
UEL	UNNI	URIM	YAHWEH	YOSEF
ULAI	UPHARSIN	URKISH	YAKOB	YUVAL
ULAM	UPHAZ	URUK	YEHEZKEL	
ULLA	URIAH	UTHAI	YEHODA	

M.Gaze & Co Ltd **Local FAST** Septic Waste Removal

Covering all of Norfolk and Suffolk

Emergency 24 hours a day / 7 days a week

Tel : (01508) 548 543

Email: mgaze@mgaze.co.uk

www.mgaze.co.uk



Citrus

Security Shredding

£15
per bag
or box



Accredited & Award Collection
& Security Shredding Service

Citrus Collect Locally
& Provide Certification

Call Jules on

01508 528 477



jules@citrussecurityshredding.co.uk



Edith Cavell Day Centre

Main Road, Swardeston, NR14 8DU

Providing quality care for older people in and
around Mulbarton and the surrounding villages

We are open from 10.00am until 3.00pm
on Monday / Wednesday / Thursday
and we would be delighted to welcome you
for a free day visit to see what we do
(by appointment please).

For more information call the Day Centre on

01508 578826
or visit www.ecav.co.uk

FREE tiles from our tile range with every full installation

NEW Kitchen Display Area
Wet Room Display in Our Showroom

Independent Family Business

COOPERS

Bathrooms and Wetrooms Ltd



- En-suites & Shower Rooms
- Bathroom to Suit Your Needs
- Level Access Walk in Shower Rooms
- Boiler & Gas Central Heating
- Supply Only or Full Installation

- Tiling, Plastering, Electrics, Plumbing
- Small Building Work
- All Work Guaranteed
- Grant Work undertaken
- Less Abled Wet Room Specialists



01603 400134

Visit Our Showroom



1 Taverham Nursery Field, Fir Covert Road, Norwich, NR8 6HT

www.coopersbathroomsandwetrooms.co.uk

Cleaners *R* Us

Affordable • Professional • Reliable

Want a pristine, clean home but don't want to spend all weekend doing it?

We Can Help You!

Trusted in local homes since 2003
Same reliable, police checked, vetted and insured cleaner on a regular basis.

Affordable Rates

Please call Karen on

01508 490808

norwich@cleanersrus.co.uk

or visit the website and complete the form

www.cleanersrus.co.uk/domestic-home-cleaning-norwich/

LC INSTALLATIONS

Plumbing & Heating



GAS SAFE REGISTERED BUSINESS CARRYING OUT
ALL FORMS OF PLUMBING AND HEATING WORK
TO A HIGH STANDARD

BOILER SERVICING
HEATING
NEW BUILDS
BATHROOMS

BOILER REPLACEMENT
GAS INSTALLATION
EXTENSIONS
GENERAL PLUMBING

ALL WORK GUARANTEED

CONTACT NOW FOR A FREE QUOTATION

07920 260278

01508 480575

LCINSTALLATIONS.CO.UK

