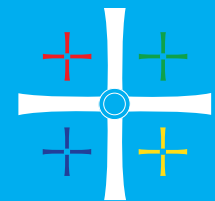


Free for All



THE MAGAZINE OF THE VENTA GROUP

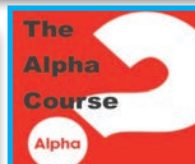
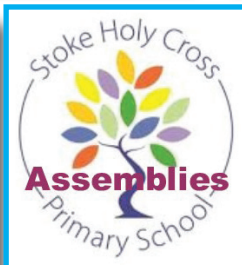
AUGUST 2019

WE WOULD LOVE TO WELCOME YOU!

As well as our regular Family, Traditional and Holy Communion Services below are just some of the things we love to do to serve our community.



allstars Club
after school for 4-11s



Children's and Adult's Baptisms



"SHOWING THIS MONTH AT DEMENTIA CAFE"



Stoke Holy Cross Allotment and Leisure Gardens Association Early Autumn Show

Sunday 8th September 2019

Lots of classes for children too

Entries to school between 8.00 am and 11.00 am

Sunday 8th Sept

Doors open for show at 2.00pm

For Further Information
Len Finch 01508 492253



"THE VICARAGE BBQ WAS A GREAT SUCCESS"

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

Free for All



Sometimes things happen that you will probably never forget, and will become moments in the future where you will always be able to remember where you were at the time. One of those, for me, came on 14th July when, at the fourth time of asking, and after six fairly disappointing tournaments in a row, England at last won the most exciting cricket World Cup final ever. I know there are many of you who aren't anything like as interested in cricket as I am, and lots of people all around the world who have never even heard of cricket, but our win came very near the 50th anniversary of something almost everyone has heard of, even if we can't all quite remember – the first successful moon landing in July 1969. I bet a lot of you could tell me exactly where you were when you heard about it.

I have been reading about it again over the last week or so, and I was reminded of something that I had seen before but had forgotten since, which was that Buzz Aldrin, who was an elder in his local church near Houston, took communion on the moon. The bread was carried in a food packet like everything else they took with them to eat, but his church had given him a silver cup that was small enough to carry with him. Did you know there is just about enough gravity on the moon to pour wine?

Aldrin celebrated the moment quietly and personally so as to avoid controversy: Neil Armstrong watched on to one side. He read from a scrap of paper Jesus's words in John 15:5: "I am the vine, you are the branches. Whoever remains in me, and I in him, will bear much fruit, for you can do nothing without me."

Then, in Aldrin's own words, "I poured the wine into the chalice our church had given me. In the one-sixth gravity of the moon the wine curled slowly and gracefully up the side of the cup. It was interesting to think that the very first liquid ever poured on the moon, and the first food eaten there, were communion elements." After taking the elements, Aldrin says he "sensed especially strongly my unity with our church back home, and with the church everywhere."

Aldrin remembered Jesus's sacrifice for all of us, and in reading those words of Jesus he touched on a very powerful truth. It is amazing to think that Aldrin had reached the pinnacle of human achievement to that moment, but didn't think he could do anything on his own. It's a lesson I often need to remember. This is also such an encouragement to those of us who feel we struggle to manage on our own: "Whoever remains in me, and I in them, will bear much fruit." Because we aren't meant to. Jesus wants us to know that he is for us, and he is with us, always.

In the end, Buzz Aldrin was just remembering some words a man spoke to God long ago, that found their fulfilment in Jesus: "Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there..." So next time you talk to someone about where they were when the first men landed on the moon, you will know where God was, too. He was there. He was there in the simple, beautiful act of a man who had achieved everything he had dreamed of, but couldn't do anything on his own.

Rob

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://www.facebook.com/venta-group)

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

FUNERALS

Monday 10th June
Barbara Ann White
Caistor St Edmund

Wednesday 10th July
Tarina Cordy
Stoke Holy Cross

Monday 15th July
Rodney Martins
Caistor St Edmund

INTERMENT OF ASHES

Sunday 14th July
Marjorie Austin
Arminghall

Monday 15th July
Roy Playford
Stoke Holy Cross

Monday 22nd July
David Wright
Arminghall

WEDDING

Friday 5th July
Gregory Keeble and Melodie Mclean
Caistor St Edmund

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"*

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

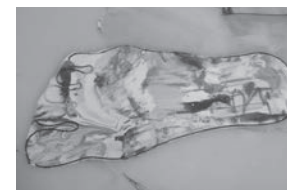
Professional Website Design
Plus Computer Support, Help and Training Services
PSLWeb.co.uk 01508 491622

Café Church at Stoke Holy Cross

Café Church is a great place for all the family on the 2nd Sunday morning of the month. We meet at 10.30 at Stoke Holy Cross Church Hall and we have breakfast items like toast and croissants available as well as good coffee, cups of tea and fruit too. Rob and Cathryn or Lyn lead usually and we enjoy some songs plus a short bible based talk and often a helpful video. Ages can vary from new-borns to great grandparents and there are lots of relevant activities for the children and adults to get stuck (literally sometimes) into. This is a simple but serious relaxed form of church that might appeal if you are not a regular church goer. These are a few photos from recent 2nd Sundays.



The first set of photos are from the June Café Church which was moved to the Holy Cross church building itself as the hall was in use for the Open Gardens weekend. Rob spoke about the Holy Spirit and how important it is to understand how the Holy Spirit is so relevant to our everyday lives. We did various related activities with some of the children enjoying decorating balloons with doves as one of the ways the Holy Spirit is represented in the bible is as a dove bringing us peace and affirmation. You may also have noticed the colourful loop with doves hanging from it in the porch as a visual reminder of the Holy Spirit as we entered the church.



The July café Church moved back to its usual venue of the church hall and the focus was on being a follower of Jesus now. We had a great time doing marbled effect colouring of cut out paper feet using shaving foam, paint and a squeegee to spread the paint. These help to illustrate for us how we are all different but we can all be called by Jesus to be his children and step out to follow him. Rob also illustrated how perhaps we carry around with us a lot of things we don't really need and some of which we could drop to allow us more time with Jesus, learning to love our neighbours and putting others first. You can see Henry, helped by Grace, trying to hang onto lots of his stuff.

Why not come and give Café Church a try? You can be sure of a warm welcome. But, if the idea of Café Church does not appeal to you, details of all the other services held within the Venta Group are shown on this page.

Free for All



SERVICES FOR AUGUST IN THE VENTA GROUP OF CHURCHES

4th August 7th Sunday after Trinity

10.30 am Informal Holy Communion
Stoke Holy Cross Church

11th August 8th Sunday after Trinity

9.00 am Traditional Holy Communion
Arminghall Church

9.30 am Praise and Worship
Caistor St Edmund Church

10.30 am Café Church
Stoke Holy Cross Church Hall

18th August 9th Sunday after Trinity

9.30 am Family Service
Caistor St Edmund Church

11.00 am Traditional Holy Communion
Stoke Holy Cross Church

4.00 pm Holy Communion Service
Dunston Church

25th August 10th Sunday after Trinity

9.00 am Traditional Holy Communion
Caistor St Edmund Church

10.30 am Sunday 4 Everyone
Stoke Holy Cross Church Hall

29th August Thursday

10.00 am Morning Prayers
Dunston Church

**CHURCH
IS NOT
something
you go to,
IT'S
A FAMILY
YOU BELONG TO**

ST MARY'S CHURCH ARMINGHALL



There is just the one service at Arminghall this month being the 9.00 am Holy Communion on 11th August.

CREAM TEAS AT CAISTOR CHURCH



We will be serving cream teas at Caistor again this summer - each Sunday from 2-5pm in August and the 1st Sunday in September.

If you would like to help by serving at tables, washing up or getting the church ready any of the Sundays please let Jani Wymer know (01508 493572)

We will also be having a garden produce, plant and cake stall each week so any contributions for that will be much appreciated - contact Jani as above for more details.

Re our church services - please be aware there will not be a service at Caistor St Edmund church on Sunday 4th August this year.

POST OFFICE
Stoke Church Hall,
Mondays 9am-1pm,
Weds 1.15-4.15pm



Bishop Jonathan visits Stoke Holy Cross

We felt very privileged to have the Bishop of Lynn join us for breakfast at Stoke Holy Cross church at the start of his pilgrimage through the Loddon deanery.

He was able to see the new kitchen area and disabled toilet in the church and to give his blessing to the work we have done to make the

church more user friendly for the community. Bishop Jonathan left us then to stop off at Poringland Community Centre and Green Pastures cafe before going on to Chedgrave and Loddon where he joined a senior's Lunch Club before going on to Clinks Care Farm and the Waveney River Centre in the afternoon. For part of the journey the bishop even enjoyed a ride in a 1928 Chevrolet. The pilgrimage finished with Evening Prayer at Loddon church. The aim of the pilgrimage was to pray along the way for this area and to hand out prayer leaflets based on the Lord's Prayer.



Vicarage Barbeque

Many people of all ages came along to enjoy a really great BBQ evening on July 6th in the vicarage garden which was certainly a great success.

Rob and Cathryn had ensured there were ample things for the many children to enjoy while adults chatted. We all enjoyed the burgers, buns and bangers all excellently cooked again by Roy. Drinks, puddings and salads a plenty were brought and shared by everyone and thankfully the rain held off for the whole evening.



Safety & Security in your Home

Over the next few editions of the Free for All we are going proposing to run a series of occasional articles on safety and security in the home, with simple hints and tips on how to stay safe on the internet, the telephone, at the front door, with your bank and more. Please let us know if you have any suggestions you can contribute. And thank you to Andy for his major input in writing this article.

This month we focus on fire safety. 80% of deaths resulting from fire occur in the home and in a third of those cases, no smoke alarm was present. In one fifth there were smoke alarms but they were not working. The major hazard is not so much the burning fire, but rather the toxic fumes that a smouldering fire gives off. Smoke Alarms give you invaluable early warning, especially during the night and give you more time to exit the building safely before a fire really takes hold.



So the advice this month is simple - fit smoke alarms - ideally, get the experts in the Norfolk Fire & Rescue Service to come and assess your home. If you have mobility problems or are aged over 60, they will make a personal "In Home Safety Assessment" free of charge. Call them on 0300 123 1669, select option 2.

You should make sure to fit smoke alarms:

- In every room used for sleeping purposes
 - In the corridor or area giving access to each sleeping area
 - On every level of the home including basements
- Make sure you follow the manufacturer's instructions on location because this can have a big impact on how quickly they detect smoke.

If money is an issue and you cannot afford more than one detector, the best place for this would be on the upper landing above the main stairwell in the house. But we would encourage you to follow the advice above if at all possible. Even if you have detectors installed, there is still work for you...

- Test your smoke alarm when the clocks are changed and vacuum it gently using the soft brush attachment to remove dust from the sensors
- Once a year change the battery (unless it's a ten-year alarm with built in batteries)
- After 10 years it's best to get a whole new alarm.

Carbon monoxide alarms are also recommended and will alert you if invisible and potentially lethal gas is in your home. Gas heaters that are not correctly adjusted are the most common cause.

Purchase an inexpensive CO alarm and install per manufacturer's instruction on the wall in the hall outside your sleeping areas.

Also think about your escape if there is a fire. Can your windows be opened, if necessary, in bedrooms - if locked are the keys nearby? Similarly you will have locked your doors at night, so are those keys where you all know where to find them?

These articles are written by an amateur based on a good deal of research and advice on the subject to provide useful hints. We hope they prove helpful. For further advice try the helpline above.

Look out for the next article in the series in a future magazine - Keeping Safe on the Internet.



St George's Hall Dementia Support Cafe



Come along and join us on the 2nd and 4th Monday of each month for fun activities and refreshments for those suffering from dementia and for their carers.

We meet regularly from 10am to 12 noon at St George's Hall and also have subsidised outings.

We have an extra Cafe on 5th of August which is when we will be showing the award winning classic film "Driving Miss Daisy" Starring Morgan Freeman, Jessica Tandy and Dan Ackroyd - not one to miss. There will be our normal Cafe 12th August but no Cafe on 26th August because it is the bank Holiday.

For more details or information please ring 01508 493661 or 492938.



COMMUNITY HUB CAFÉ STOKE HOLY CROSS CHURCH HALL

Our vision is for the church hall to become thriving community meeting place for Stoke Holy Cross and beyond



WEDNESDAYS
(In school term time)
9.30 - 11 AM
Please come and join us.

ALL ages are welcome!

Tea, coffee and cake served with a smile. Voluntary donations welcome but not necessary.

NEW MUMS

There will also be a dedicated area for infant feeding with information and breastfeeding peer support will be available, plus also advice from qualified healthcare professionals.



For more information:

admin@venta-group.org
01508 492305 www.venta-group.org
Facebook:
Infant Feeding Café-Stoke Holy Cross

STOKE HOLY CROSS THURSDAY CLUB

Our next meeting will be held on Thursday 1st August, 2019 at 1.30pm in St. Georges Hall Upper Stoke Holy Cross. Why not come along and meet new friends and enjoy a cup of tea and a chat. You will be made to feel very welcome.

We will be holding a Jumble Sale in the hall on Saturday 21st September, 2019 - 1pm-3pm

Our dates for bingo in August are the 7th and 21st - eyes down at 1.30pm

Our dates for carpet bowls in August are the 14th and 28th - we commence at 1.30pm - cost for this is £2

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



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

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

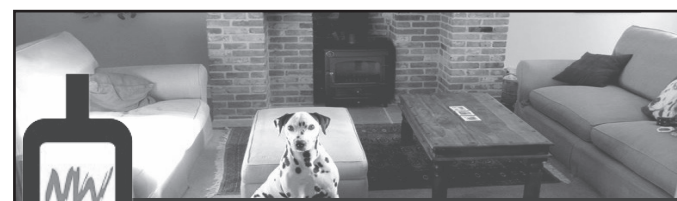
Groundworks & Gardening Services

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



**SUPPLY & INSTALLATION
OF WOODBURNERS**
Norfolk's agent for Aga, Hunter & Parkray Stoves



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: lmashnic9@gmail.com

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

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.cooperhomeimprovements.co.uk

01508 480551 07982 711499

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
COOP

St Stephens Square, Norwich
01603 851560

www.eastofengland.coop/funerals



St. John Ambulance Stoke Holy Cross Cadet and Badger Division



Unit Cadet Leader Calum Hardy welcomed District Volunteer H/R Lead Lynford Brunt and District Youth Lead Alice Stenner along with parents and friends to the Annual Presentation Evening on 8th July at Framingham Earl High School.

Eva Foy and Megan Norris were enrolled as Badgers by Lynford Brunt. Eva Slowther and Breanna Leaberry were awarded their Super Badger Certificates and Pottery Badgers. Badger subject certificates for St. John Family and All About Me were also presented.

Alice Stenner enrolled Millie Goodbody-Mason, Olivia Culley, Livy Thurston, Alice Leeder, Neha Shammy, Willow Norton, Callum Blair and Millie Barnes as Cadet Members. Cadet Member Neha Shammy received her Bronze Award for completing 16 proficiency subjects and Travis Parker received a certificate for Outstanding Achievement in recognition of his skiing skills for Team GB. Many certificates were presented for First Aid and numerous Proficiency subjects. Neha Shammy and Willow Norton were promoted to Cadet Corporals.

The Badger Trophy for a dedicated and enthusiastic Badger was awarded to Breanna Leaberry. For the Cadets Millie Goodbody-Mason received the Uniform Shield. The Cadet of The Year Trophy in memory of David Warren was awarded to Neha Shammy and the Ann Green Trophy for Best Newcomer was presented to Callum Blair.

Sadly our Badger Leader Hannah Mace will be leaving at the end of the Summer term and as yet we have been unable to find a replacement. We sincerely hope to be able to continue with the Badger section of our Unit in September. Calum will also be stepping aside, but as joint District Youth Lead he will be able to keep in touch with us. In his place we welcome Jack Prior a student from the UEA.

If you are interested in joining us in any capacity please contact Margaret Peters on 01508 492360. We meet on Tuesday evenings at St. Georges Hall, Upper Stoke.

Margaret Peters, Unit H/R Lead

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

ACACIA	BEAN	CASSIA	
ALMOND	BRAMBLE	CEDAR	DILL
ALOE	BROOM	CINNAMON	FIG
APPLE	CANE	COTTON	FLAX
BALM	CAPER	CUMIN	FRANKINCENSE
BARLEY	CAROB	CYPRESS	MULBERRY

Thank you Adam and Fenella for all the amazing gardening tips!

I am sure that readers of the Free for All magazine will have missed Adam's gardening tips last month.

Unfortunately, due to pressure of work, Adam no longer has the time to put together his helpful column full of useful gardening advice. Many thanks for all the time he spent putting together all the gardening tips. We are sure we all learnt a lot from his column.

Another set of thanks goes to Fenella for her delicious recipes which accompanied Adam's gardening tips. We tried out some of them and are sure some of our readers did to.

Adam and Fenella offered to write the Gardening piece at the start of the new-look Free for All.

We really appreciated their input and would love to hear from anybody else who feels they have something which would interest the communities of Arminghall, Caistor St Edmund, Dunston and Stoke Holy Cross.

Henry and Eostre

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

Working Showers On display
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



Unit 8, Elvin Way, Sweetbriar Industrial Estate, Norwich NR3 2BB

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

