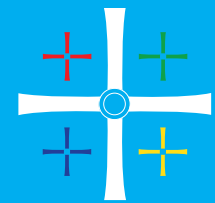


# Free for All



THE MAGAZINE OF THE VENTA GROUP

JANUARY 2025



## A great start to Christmas in the Venta group of churches

We had such fun on 8<sup>th</sup> and 15<sup>th</sup> December with our Christmas All Invited at the hall, with loads of great activities, a Christmas story, and yummy food for everyone, then our first 2 carol services at Stoke and Arminghall the week after, with superb reading and singing from the Stoke school singers in the morning, and our Venta group choir in the evening. Special thanks to C. from the primary school choir who even came and sang on her birthday. Look out on our Facebook for lots more pictures of other great Christmas things that haven't quite happened before our print deadline!



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**

**FREE** tiles from our tile range  
with every full installation

## COOPERS

Bathroom and Wetrooms Ltd

- En-suites
- Shower Rooms
- Bathrooms to Suit Your Needs
- Level Access Walk in Shower Rooms
- Crown Kitchens
- Supply Only or Full Installation
- Tiling, Plastering, Electrics, Plumbing
- Small Building Work
- All Work Guaranteed
- Grant Work Undertaken
- Less Abled Wet Room

# 01603 400134

**OPEN MONDAY-FRIDAY 9AM-3PM & SATURDAY 10AM-3PM  
OPEN SUNDAY BY APPOINTMENT ONLY**

**Crown  
Kitchen  
On Display**

**Wet Room  
Display in  
Our Showroom**

Independent  
Family  
Business



Visit our Showroom 1 Taverham Nursery Centre,  
Fir Covert Road, Taverham, Norwich NR8 6HT  
[www.coopersbathroomsandwetrooms.co.uk](http://www.coopersbathroomsandwetrooms.co.uk)





I get a bit confused at this time of year. I am writing this before Christmas, but you are reading it after Christmas, so I have to remember to talk about Christmas as if it has already happened. Also, you are probably reading it in January, so I have to remember to say Happy New Year and not Happy Christmas, even though most of our Christmas things in the churches, let alone Christmas Day, haven't even happened yet. It's probably a bit easier from your perspective, a few weeks down the line, when Christmas has definitely been and the New Year is just beginning.

All this trying to remember whether it has been Christmas or not has got me thinking about the fact that, of course, Christmas has come. It doesn't change from one year to the next, whether it is December, or January, or even June. As I was saying to a friend recently, we can't be sure when Jesus was born – Christmas is more like his "official birthday"

but we do know that he was. It happened, once and for all, and whatever we say every year about waiting for Christmas, or even looking forward to Jesus's birth, actually we are talking about something that has happened already. I'm writing this in the middle of December, but that's still after Christmas.

When I was preaching a couple of weeks ago, I was thinking out loud about how all the build-up to Christmas – which makes it difficult for different people for various reasons – can also cause us to lose sight of how suddenly Christmas appeared. Lots of people had expected it for a long time, but it was still such a surprise. You spot it in the appearance of the angels to the shepherds: "Suddenly" they are there. God had done this extraordinary thing, and it was up to everyone who saw and heard it to decide what to do about it.

And that's still where you and I all are today. We are suddenly confronted with the truth of what God has done, and we have to decide what to do about it. Often what happens is that God is already at work in people's lives, perhaps almost without being noticed, and then a moment comes where everything happens very suddenly. Like the new birth of Jesus to Mary and Joseph, people experience new birth into faith in Jesus by the Holy Spirit. A story that was once just for Christmastime becomes the thing that we live for, and by, every single day. The same Jesus who was born into the chaos of a busy Middle Eastern home comes to live in our hearts.

It's a moment in someone's life which changes everything, forever, and replaces any confusion about whether or not Christmas has happened yet with the glorious certainty that God has come near, and that everything has changed. It's an invitation which God makes constantly, from Christmas to New Year and at every time in between, as he shows us what Jesus has done for us, and invites us to believe.

*Happy New Year, everyone.*

*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](mailto:rob@venta-group.org) 01508 492305

#### ASSISTANT MINISTER

Lyn Marsh, 8 Mill Green, Stoke Holy Cross, NR14 8PB [Lyn@venta-group.org](mailto:Lyn@venta-group.org) 01508 493422

#### CURATE

Kirsty Long, 1 Ponsonby Way, Poringland, NR14 7FJ  
[kirstylong204@gmail.com](mailto:kirstylong204@gmail.com) 07878 047289, 01508 830368

For all administrative enquiries please contact [admin@venta-group.org](mailto:admin@venta-group.org)

Search Facebook and Youtube for "Venta group of churches"

[www.venta-group.org](http://www.venta-group.org)

 [@venta\\_group](https://twitter.com/venta_group)

#### CHURCHWARDENS

**Stoke Holy Cross & Dunston**  
Viv (493438) & Andy (07777 675193)

#### Arminghall

Rob (492305) or Lyn (493422)

#### Caistor St Edmund

Jani (493572) & Lia (494137)

#### ST GEORGE'S HALL BOOKINGS:

Rob Baker (492305)

#### STOKE CHURCH HALL BOOKINGS:

Karen (07761 076954)  
email: [karenp1963@hotmail.co.uk](mailto:karenp1963@hotmail.co.uk)

#### STOKE HOLY CROSS PAVILION BOOKINGS:

Dan Ward (Parish clerk) 07563 044849

We would love to feature  
your village organisation

#### IN A FUTURE MAGAZINE

*just get in touch and we will see  
what we can do!*

Email: [ventafree4all@outlook.com](mailto:ventafree4all@outlook.com)

#### FROM THE REGISTERS

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

#### FUNERAL

#### CECIL SIMPER

Monday 2<sup>nd</sup> December

at Stoke Holy Cross

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.

#### FOR ALL COPY PLEASE

send by email to

Henry and Eostre Caswell to  
[ventafree4all@outlook.com](mailto:ventafree4all@outlook.com)

By 10<sup>th</sup> of this month please.



## Louise Cartwright (M.Ost), Professional Osteopath

Registered with The General Osteopathic Council,  
Insured with the Institute of Osteopathy and  
Federation of Holistic Therapists.

**For the treatment of  
Neck, Back and Joint pain,  
Sports injuries and Rehabilitation**

Rookery Park Golf Club, Beccles Rd, Carlton Colville,  
NR33 8HJ. Wednesday and Friday

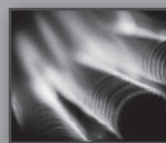
Please book online at  
[amyholmesosteopath.co.uk](http://amyholmesosteopath.co.uk)

**07876255168 | louisec214@msn.com**



# TOWNSEND LTD

OIL • GAS • HEATING SERVICES



- Boiler Replacement
- System Upgrade & Maintenance
  - Power Flushing
- Oil Tank Replacement
- OFTEC & Gas Safe Registered
- All at competitive prices

*Call today for more information  
and a free estimate*

Matthew Townsend: **07771 732397**

Office: **01508 550838**

[www.jandmtownsendltd.co.uk](http://www.jandmtownsendltd.co.uk)

## ANCHORAGE SWIMMING POOL AND TENNIS COURT

Indoor Swimming Pool 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

The Tennis Court is available to book by the hour.

Call 07519 507435  
For Details and To Book  
Email: [info@anchorage-pool.co.uk](mailto:info@anchorage-pool.co.uk)  
[www.anchorage-pool.com](http://www.anchorage-pool.com)



## S & C Window Repairs

**Free estimates, no call out charge  
Local independent business**

**Repairs to double glazed windows, doors and conservatories**  
Steamed up windows, broken handles, hinges, gasket,  
plus cat flaps, door panels and more...

**01603 520136 | 0800 1601932**

**sandcwindows@gmail.com**

**[www.sandcwindows.co.uk](http://www.sandcwindows.co.uk)**



[www.mrchimney4u.co.uk](http://www.mrchimney4u.co.uk)

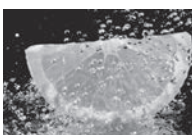
**GUILD OF MASTER CHIMNEY SWEEPS MEMBER**

I OFFER A PROFESSIONAL, CLEAN AND FRIENDLY  
SERVICE/ADVICE

**WOOD BURNERS • MULTI-FUEL STOVES • OPEN FIRES  
INSET STOVES • INGLENOOK FIRES • AGA/RAYBURN  
GAS/OIL • BIOMASS • CERTIFICATES ISSUED**



[info@mrchimney4u.co.uk](mailto:info@mrchimney4u.co.uk)  
**01508 493219 OR 07835 757528**



## Citrus

SHARP SECURITY SHREDDING  
[citrussecurityshredding.co.uk](http://citrussecurityshredding.co.uk)

**Please contact us on 01508 528477**

## Professional Website Design

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

## PC ASSIST @ HOME

QUALITY COMPUTER REPAIR SERVICE  
[www.pcassistonline.co.uk](http://www.pcassistonline.co.uk) **01508 471459**



# A hopeful New Year

"We wish you a merry Christmas and a happy New Year" we may have heard sung or even sung it ourselves recently. However, this year I seem to be more aware than most that it won't be a happy New Year for some of our residents. As we enter 2025, some of you may have health concerns – for yourself or loved ones; some of you may have financial worries – again that maybe you or a member of your wider family or neighbours; some may not be looking forward to returning to work because of the uncertainties and stress it brings to you and some of you may have had a different Christmas from previous happier ones and am finding it hard to think of 2025 as being a year you're looking forward to, never mind being happy in. Thinking about my circumstances can bring me down but what I am learning helps me in challenging times, is to be hopeful.

I have hope that although there are many things I can't do Jesus can and is with me. The Magi, wise men, who travelled from the east to visit Jesus must have wondered as they travelled along, "how much longer have we got". "That star is it going to stop"? What will we find when it does? A palace, fit for a king? The Magi first went to the capital city of the Jewish people, they were after all looking for the king of the Jews. Herod then directed them after consulting with the Jewish religious leaders, to another place, Bethlehem. The Magi kept going because they were hoping to find the King of the Jews. They must have been quite disappointed when he wasn't in a palace but a house where animals lived too. I wonder how they felt leaving expensive gifts to a family who were very poor. Were they hoping they had got it right? This child would be King of the Jews. This family's circumstances would change. The Jewish nation would be freer.

The circumstances I'm currently in may not give me much hope but just as the Magi found the strength and still carried on their journey from the first palace and found Jesus, so can I. Like the Magi I/we need to keep looking up, praying to God, to hold onto the hope, he can be found and he'll get us through it, and it won't last forever. Alternatively, the circumstances may look hopeful, like the Magi thought in entering King Herod's residence, but actually it didn't turn out to be the right place. This year may look promising but actually be a disappointment and not happy. I can still be hopeful however because Jesus was found in the middle of the mess of life. In a poor family. Not in a palace but a home shared with animals. The words of the carol O little town of Bethlehem still apply: where meek souls will receive Him, still the dear Christ enters in. I believe Jesus is my living hope and he can be yours too whether this year is looking or will be happy or not for you.

*I wish you a hopeful New Year.*

*Lyn*

*Praise be to the God and Father of our Lord Jesus Christ. In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade – kept in heaven for you, who through faith are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time.*

1 Peter 1 verses 3-5

## We're praying for your street

Did you know that whether you live in the Stoke, Dunston, Caistor or Arminghall, a group of people pray regularly for you and your street?

We also pray for other activities which take place during the week like Sparklers, Embers, the Dementia Support Group, and Thursday mornings

in the Church Hall; and for local organisations like the pre-school, school and parish councils, and other things close to home, as well as for global news and the wider church.

If you'd like us to pray for you, your family, or your village organisation, please get in touch.

You're also really welcome to join us to pray on Zoom – contact Rob, Lyn or Kirsty (p3)

**Tuesday to Friday at 9am & Saturdays at 10am (Celtic prayer)**

**We'll also be meeting in person to pray monthly in the Church Hall in the New Year, all at 7.30pm 8<sup>th</sup> Jan 5<sup>th</sup> Feb 5<sup>th</sup> March 2<sup>nd</sup> April**

We're so encouraged by all the ways God has been answering our prayers over the 4 years we've been doing this.

Years 5-11

**embers**  
youth club

**Thursdays**  
**7.30 - 9 pm**  
**Stoke Holy Cross**  
**Church Hall**

**January**  
**9th: Club Night**  
**16th: Theme Evening**  
**23rd: Movie Night**  
**30th: Cardboard Adventures**  
**31st: Encounter @ NYFC**

**February**  
**6th: Taskmaster**  
**13th: Theme Evening**  
**20th: HALF TERM**  
**27th: Club Night + TRACKS**

For more details contact:

Gary Watson on  
[gwatson@norwichyfc.co.uk](mailto:gwatson@norwichyfc.co.uk)



Venta Group  
of Churches

@stoke.embers

## CAISTOR ST EDMUND Poppy Appeal 2024

Thank you to the two people, who did the house to house poppy collection in Caistor in 2024, your help again is greatly appreciated. The total was £231.90.

The total amount for this area which has been sent to the RBL was £930.64 plus a donation for the wreath on the Caistor War Memorial.

Last year the total was £1,272.01. None of the above amounts include any money which has been donated using the QR reader, unfortunately there is no individual total for each collecting box. The RBL will inform me at a later date of the total from the QR code for the Caistor area, so this will increase the total amount donated.

Graham Ford Area Organiser

# St George's Hall Dementia Support Group



We have an 'open door' policy and are always pleased for anyone living with dementia and their carers to come and join us. There are no pre-requirements or fees, simply come to one of our twice-monthly sessions held on the 2<sup>nd</sup> and 4<sup>th</sup> Mondays (except public holidays) at St George's Hall in Upper Stoke from 10am until 12pm midday. Refreshments are available at low cost.

We offer a variable range of different activities designed to stimulate, support and entertain, including games, puzzles, crafts, live music, reminiscence and more. Additionally, there are usually two subsidised coach outings and an annual Christmas lunch every year. During most sessions, we also run Carer's Meetings to offer some helpful support to carers, occasionally including specialist guest speakers, while our volunteers undertake separate supervision, care and entertainment of those living with dementia.

On the 25<sup>th</sup> November, the St George's Group was kindly presented with a generous donation of £500 by local District Councillor John Overton from the proceeds of social activities run at Poringland Community Centre.

On the 2<sup>nd</sup> December, we held our Annual Christmas Lunch at the Old Feathers Restaurant in Framingham Pigot. The choice and quality of food, plus standards of service, were excellent as always. It was very well attended with over 50 folk and run exclusively for St George's Dementia Support Group. The hubbub of lively conversation and laughter confirmed an enjoyable event.



Cllr John Overton (right)  
with Malcolm Cutts, St George's Chairman



Our initial dates for 2025 are: January - Monday 13<sup>th</sup> and Monday 27<sup>th</sup> & February - Monday 10<sup>th</sup> and Monday 24<sup>th</sup>

A full list of 2025 diary dates is available. The programme of planned activities and events will be added as the year progresses.

If St George's Support Group is of interest to you, please feel free to walk in to one of our sessions to sample what goes on - we'll do the rest.

We also welcome new volunteers, both male and female, if you are interested in giving some of your time in support of this thoroughly worthwhile and enjoyable activity.

For further details, please call: 01508 493661, 01508 494742 or 01508 495580 Website: <http://www.st-georges-dementia-support-group.uk>

St George's Support Group held its End-of-Year Party as the customary final event for 2024 on 9<sup>th</sup> December.

The Hall rocked and reverberated, with plenty of dancing and singalong to the excellent live music provided as usual by local entertainer Stewart Hull. After which committee members and other helpers kindly served everyone with a great selection of tasty savouries, cakes and drink. Safe to say that a genuinely good time was had by all!



Our next dates are Mondays 13<sup>th</sup> and 27<sup>th</sup> January 2025 and we look forward to welcoming existing and new folk to our cafe sessions.



We wish you all a very  
Happy Christmas...



# Vintage Church



**3rd Thursday of the month at 10.30 am**  
**At Stoke Holy Cross church Hall**  
**16th Jan 20th Feb 20th March**  
**All welcome**

# Coffee and chat

Want to meet others?

Come and join us and chat over a drink every Thursday morning except Vintage Church weeks (below)

10.30-11.30am at Stoke Church Hall

2nd, 9th, 23rd & 30th January

6th, 13th & 27th February

6th, 13th & 27th March

Short communion service at 10am right before  
 Coffee & Chat on 2nd Jan, 6th Feb, 6th March

Join us for Vintage Church:

16th Jan, 20th Feb, 20th Mar—see separate posters etc

[www.venta-group.org](http://www.venta-group.org) | Facebook/YouTube "Venta Group of Churches" | [lyn@venta-group.org](mailto:lyn@venta-group.org) | 01508 493422



# All Invited in 2025: everyone's welcome

**Sundays from 3.30-5pm**

**12th & 16th Jan, 9th & 23rd Feb, 9th & 23rd March**

**all at Stoke Church Hall**

**Activities, crafts and games for all ages      Space to reflect and time to chat**

**Community Pantry: help yourself or contribute**

**Pop in for cakes, drinks and chat, or stay and eat together**



Venta Group of Churches: Stoke Holy Cross, Caistor and Arminghall | [rob@venta-group.org](mailto:rob@venta-group.org)

# RESKILL, RETRAIN, GAIN A QUALIFICATION



Looking to progress in your current role or seek a new career?

Norfolk Adult Learning offer a wide range of opportunities including:-

**Skills for Work | ESOL | English and Maths**  
**Personal Finance | Early Years | Apprenticeships**  
**Digital & IT | GCSE | Access to Higher Education**  
**Health & Social Care | Support with Wellbeing**  
**Accounting | Teaching Assistant | Construction**

Build confidence in your abilities and realise your potential!

Many of these courses are **FREE** with options to learn online or in a local venue.

Visit the website or scan the QR code to find out more

Find out more:  
[www.norfolk.gov.uk/adultlearning](http://www.norfolk.gov.uk/adultlearning)  
 0344 800 8020 (option 5)



f @norfolkadultlearning  
 t @norfolklearn  
 i @norfolk\_adult\_learning

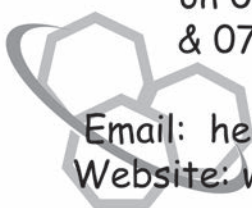


**Bailiwick IT Ltd.**

**PC or Mac Running Slow?**  
**Got A Virus? Wi-Fi help?**

For a friendly, professional  
 & prompt IT service,  
 please call Joe Richards  
 on 01953 718421  
 & 07928 326008

Email: [help@bailiwickit.com](mailto:help@bailiwickit.com)  
 Website: [www.bailiwickit.com](http://www.bailiwickit.com)



Redwings  
Horse  
Sanctuary

Visit  
our café &  
gift shop

Dog  
friendly!



SCAN ME

Meet friendly rescued horses  
 and donkeys. Visit us near  
 Great Yarmouth and Aylsham.

[redwings.org.uk/visit](http://redwings.org.uk/visit)

Est. 1984  
**REDWINGS**  
 HORSE SANCTUARY

Open 10am to 4pm every Friday, Saturday, Sunday  
 and Monday – paddock walks close at 3pm





THE DOVE INN  
*Poringland*

01508 218586

## Speciality Nights



Curry Night • Fish & Steak Night • From the Grill Night • Sunday Carvery

*Meals on wheels, Takeaway Service, Parties*

Bungay Road, Poringland, Norwich, NR14 7NB



## 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 contact

**Tim Mack (01508) 538206**

**info@surlinghamtimesharepool.co.uk**

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

## WAVENEY

STOVES, FIREPLACES  
& RANGE COOKERS

Range Cookers; Oil, Electric, Gas & Woodfired.  
Multifuel, Woodburning & Electric Stoves,  
Electric Fires, Fireplace Surrounds

**01508 518863**

Opening Hours: Tues - Sat 9.30 - 4.30

123a Old Yarmouth Road, Ellingham, NR35 2PG

[www.waveneystoves.co.uk](http://www.waveneystoves.co.uk)

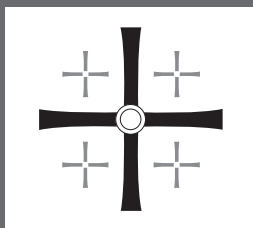


## COOPER HOME IMPROVEMENTS

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

[www.cooperhome.com](http://www.cooperhome.com)

**01508 480551 07982 711499**



# JANUARY 2025

WORSHIP, PRAYER AND COMMUNITY IN OUR VILLAGE CHURCHES

## *Tuesday to Saturday mornings from 7<sup>th</sup> January*

9am Tue-Fri  
10am Sat

Zoom—contact us to join

**Prayer meeting**  
with Bible reading

## *Sunday mornings at Caistor St Edmund*

5<sup>th</sup> January 9.30am  
19<sup>th</sup> January 10.30am

**Praise & Worship**  
**All Age Communion Service with Hope into Action**

## *Morning Worship at Stoke Holy Cross at 10.30am*

5<sup>th</sup> January  
12<sup>th</sup>, 26<sup>th</sup> Jan

**Morning Worship** with children's group  
**Morning Worship** with communion and children's group

## *Sunday afternoons in January*

12<sup>th</sup>, 26<sup>th</sup> Jan

**All invited** at the Church Hall from 3.30-5pm—  
Food, fun and faith for all ages

## *Midweek gatherings in November*

2<sup>nd</sup> January 10am at the Hall  
followed at 10.30am by  
8<sup>th</sup> January 7.30pm at the Hall  
9<sup>th</sup>, 23<sup>rd</sup> Jan 10am at the Hall  
16<sup>th</sup> January 10.30am at the Hall

**Communion**  
**Coffee and Chat**  
**Evening Prayer meeting—new for 2025!**  
**Coffee and Chat**  
**Vintage Church**

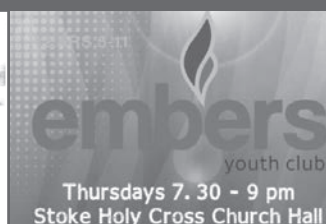
*Caistor church building is open about 10-4 daily –  
space to reflect, and to pray*



## Sparklers

Craft, fun, singing and friendship for 0-4s and their parents, grandparents and carers.  
Email [cathrynbaker@gmail.com](mailto:cathrynbaker@gmail.com) or find us on Facebook

Every week in school term—just drop in and join us



Sign up for email updates here



For all your DIY and gardening tasks

## J's Maintenance Services

- ◆ Painting internally / externally
- ◆ Gutter clearing and repairs
- ◆ Fence repairs
- ◆ Roof repairs
- ◆ Door repairs
- ◆ Garden tidy

FULLY  
INSURED

**07746 375349**

**51najacques@gmail.com**



Ofsted: 254295 Charity: 1033659

High quality local  
childcare for  
2 1/2 to 4 year olds

## PLACES AVAILABLE

For this current school year and next

**Contact us:**

email: [manager@shxpreschool.co.uk](mailto:manager@shxpreschool.co.uk)

tel: 07305 617153

[www: shxpreschool.co.uk](http://www.shxpreschool.co.uk)



The Pavilion, Long Lane, Stoke Holy Cross, NR14 8LY

Made with PosterMyWall.com

Howsham  
Memorials  
East



Colour  
Brochure  
Available

No.1 for high quality and affordability

*Local independent memorial specialist to  
Beccles & surrounding areas...*

11 Hungate, Beccles, NR34 9TT

**01502 219300**

**howshameast@gmail.com**

**FUNERAL  
SAFE**

★ Trustpilot  
★★★★★

Funeral Safe customers consistently rate the service as 'excellent' on Trustpilot

**[www.howshammemorials.co.uk](http://www.howshammemorials.co.uk)**

**HEARING  
CARE CENTRE**

**For quality of life,  
get quality hearing advice**



We also  
provide a unique  
ENT nurse led  
wax removal  
service

**Visit our expert team for professional advice  
on how we can improve your hearing**

**Book your free hearing assessment today by calling 01473 230 330**

We have clinics throughout Suffolk & Norfolk  
[hearingcarecentre.co.uk](http://hearingcarecentre.co.uk)





**£50 OFF**

**ALL ORDERS  
OVER £250**

**norwich  
sunblinds**

T&Cs apply.

Units 11-14  
Haverscroft Industrial Estate  
New Road Attleborough, NR17 1YE

01508 828010

[www.norwichsunblinds.co.uk](http://www.norwichsunblinds.co.uk)



# Garden Landscape Services Limited

- Fencing
- Paving
- Turfing
- Hedge cutting
- Decking
- Clearances
- Planting
- Groundwork
- Garden design



**(01508) 807567**  
**07749 130 872**

[enquiries@glsonline.co.uk](mailto:enquiries@glsonline.co.uk)

 [/gardenlandscapeservicesltd](https://www.facebook.com/gardenlandscapeservicesltd)

**[www.GLSOnline.co.uk](http://www.GLSOnline.co.uk)**