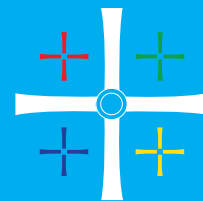


Free for All

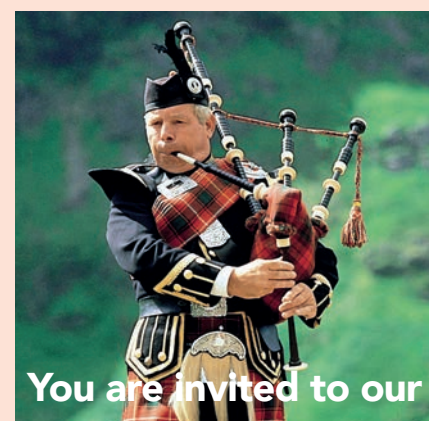


THE MAGAZINE OF THE VENTA GROUP

JANUARY 2018



See Rob's Special New Year article on page 3



You are invited to our

BURN'S NIGHT SUPPER CELEBRATION EVENING

Saturday January 27th
7.30pm

At Stoke Holy Cross
Church Hall

Tickets £10.00

includes traditional Scottish menu
with Haggis, Neeps and Tatties



(Please bring your own wine)

This is a chance to dress up
and please do try to wear
a wee piece o' tartan
i' ye can

To book your place please ring
Henry or Eostre on
01603 781239

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



**The homecare service where peace
of mind comes as standard.**

Whether you're looking for a little help with day to day activities or need more complex care at home, Prestige Nursing + Care has a range of homecare services to suit all needs and budgets.

We offer;

- Personal Care
- Companionship
- Respite Care
- Specialist Care
- Direct Payments & Personal Budgets
- Nursing Care
- Support with daily living

To find out more please contact your local Norwich team today.

Norwich 0160 3666 643

norwich@prestige-nursing.co.uk

www.prestige-nursing.co.uk

Prestige
Nursing + Care



Mill Farm Cat Hotel

*Small, Friendly, Family Run Cattery
Large Rooms with Outdoor Areas*

Mill Farm, Mill Lane, Brooke,
Norwich, NR15 1EX

Tel: 01508 550505

Text: 07561465310

Email: millfarmcathotel@gmail.com

www.facebook.com/millfarmcathotel



I wonder if you've made a New Year's resolution this year. I wonder if you have been thinking to yourself, '2018 is the year when...' Lots of people do – but can you guess which the most popular New Year's resolutions are?

One thing that all the 'experts' agree on, is that the key thing is to concentrate on one thing. Make that the main thing. We know it's hard, don't we, to try and do 100 different things at once. Often when I go on a training day, or learn something new, or talk with a group of people in our churches, I ask the question 'Is there one thing to take away from today, to do differently, to start doing?'

Recently I have been thinking about the idea of God doing new things. I've been chewing over bits of the bible talking about God doing new things, and most of all, I have been looking at some chapters in the book of Isaiah. These are words from 600-700 years before Jesus, when God's people Israel were stuck in exile in Babylon, and desperate for God to do a new thing. Things were no good as they were, so they really needed them to be made new. Do not dwell on the past, whether it was full of triumphs or disasters (and here it is pretty disastrous) – no, look for God doing something new.

But perhaps the reason that we have to be reminded to be thankful, and to look out for the new things in the first place, is that we might not necessarily notice what the new thing is which is happening. In Isaiah God says,

'See I am doing a new thing! Now it springs up; do you not perceive it?' It's an interesting thought, isn't it – that God could be doing something so amazing – the answer to the desperate plight of his stranded people, so wonderfully new, and yet they have to be asked if they can see what he is up to. 'Do you see?' he is asking them, isn't he? 'Do you see?'

We were talking, weren't we, about concentrating on one new thing, and God, of course, has one good new thing. The words of Isaiah help us to see that: 'Here is my servant... I uphold him... I choose him... I delight in him... I will make you to be a light... to open eyes that are blind... to set captives free...'

They are words about Jesus: a lot of them are like things Jesus says about himself in the gospels. At this time of year we think about Jesus coming as a brand new baby – it's easy to see that God is doing something new. But Jesus keeps being God's one new thing – it doesn't end with Christmas, because the Jesus of Christmas is the Jesus of Easter, and of eternity, as well.

In case you were wondering, the single most popular New Year's resolution is to do some exercise. And in that spirit, I'd like to suggest a little exercise for you for 2018. Why not take a little time to reflect on what it means that Jesus is God's new thing? Why not try asking him to do something new for you, or committing to do something new for him? Will he be your one new thing this year?

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 admin@venta-group.org
or call Rob on 01508 492305

CURATE

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

www.venta-group.org

 @venta-group

CHURCHWARDENS

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

Arminghall

Pat (492622) & Annie (495580)

Caistor St Edmund

Jani (493572) & Graham (493430)

ST GEORGE'S HALL BOOKINGS:

Joyce Williams 492143

STOKE CHURCH HALL BOOKINGS:

Viv Carrington 493438

STOKE HOLY CROSS PAVILION BOOKINGS:

Barbara Cattermole (Parish clerk)
530739

FROM THE REGISTERS INTERMENT OF ASHES

Edith Pulford

2nd December
Stoke Holy Cross

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.

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

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.



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

ALINE TURNER ACA

Chartered Accountant

HOWE, NORWICH

Tax Returns, Accounts, Bookkeeping, VAT,
Payroll & PAYE

Tel: 01508 550403

Mobile: 07785 528069

aline.turner@btinternet.com

SPRUCE LANDSCAPES

For all your Gardening Needs

Patios | Decking | Fencing
Walling | Driveways
Tree Lopping
Hedge & Grass Cutting
Aggregates Delivered

For a free no obligation
quotation contact:
trevorspruce@sky.com

07719 407351 | 01508 494038

8 ALSTON CLOSE, FRAMINGHAM EARL

TIME FOR YOU DOMESTIC CLEANING

- Affordable Rate
- Cleaners fully vetted & police checked
- Cleaners' work insured
- Weekly service and one offs available

01508 495520

E-mail: norwich@timeforyou.co.uk

The Hair Sanctuary

01603 666170 • 61 HAVELOCK ROAD, NORWICH NR2 3HQ

20% OFF
hairdressing services
to all new
customers
with this voucher



NOW STOCKING
NIOXIN
for thicker, fuller
looking hair
in 30 days

WELLA
PROFESSIONALS
MATRIX

Free Parking • Late Night Appointments

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

Maths and Science Tuition to G.C.S.E.

contact Storm Roberts

storm@8to8tuition.co.uk 07939 242 262

LG TREE SERVICES

All aspects of tree work and hedge care undertaken

07932 593320 01508 813525

AllStars Club

In the New Year we will be starting a brand new AllStars Club after school with loads more crafts and games, drinks and snacks and a little bit about God to think about too. All Foundation Year 6 children welcome, as well as older helpers!

Thursday evenings 4 - 5.30pm

25th Jan

22nd Feb

22nd March

26th April

24th May

28th June

We are so excited to be starting a brand new children's club after school on Thursdays from January. If you came along to our Light Party this October you'll have a good idea of what will go on, with loads of fun things to do for everyone of Primary School age.

We would also love to welcome anyone who is a bit older (or even a lot older) and would like to join in and help. If you're planning on coming along one way or the other, then it would be really helpful if you would let us know by emailing admin@venta-group.org, or calling 01508 482305. Please don't worry if you don't manage to get in touch beforehand: you can just come along on the day and we'll go from there.

We won't be making any charge for joining in, but you can give us a contribution toward costs if you would like. We are building towards an exciting event this summer, which we look forward to letting you know more about soon!

The Christmas Carol Service at Stoke Holy Cross Church



We were delighted to see so many local people enjoying singing carols and hearing the story of Jesus birth at Christmas over 2000 years ago told by our Vicar Rob in a new and interesting way. Everyone much appreciated having a group of children from Stoke Holy Cross Primary School come along with two teachers to sing some of Christmas songs they had learnt. They bravely gathered at the front of the church and sang absolutely brilliantly. Thank you so much children. Please do come again.



SERVICES FOR JANUARY IN THE VENTA GROUP OF CHURCHES

31st Dec 10.30 am	1st Sunday of Christmas Venta Group Morning Worship Stoke Holy Cross Church
7th Jan 9.00 am	Epiphany Traditional Holy Communion Caistor St Edmund Church
10.30 am	Informal Holy Communion Stoke Holy Cross Church
14th Jan 9.00 am	2nd Sunday of Epiphany Traditional Holy Communion Arminghall Church
9.30 am	Praise & Worship Caistor St Edmund Church
10.30 am	Café Church Stoke Holy Cross Church Hall
21st Jan 9.30 am	3rd Sunday of Epiphany 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
28th Jan 9.00 am	4th Sunday of Epiphany 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

We always do our best to come and say hello to new people moving into the villages where possible, and are happy to come and visit if you would like us to pray God's blessing over your new home, for example. Please be in touch with Rob or the churchwardens if you would like us to come and see you...

STOKE HOLY CROSS TUESDAY GROUP

On Wednesday January 17th 2018, we are holding a New Year's lunch in the church hall, (12 for 12 30) , at a cost of £12 per head. This will be a three-course meal with wine, and your place can be booked by phoning Barbara Thomas on 01508 493486. Any profits made will be given to our Charity for 2018, the Dementia Café at St. George's Hall, and if you're intrigued to know how we can make any profit when producing such lunches, you'll be very welcome to come on a fact-finding mission!

We wish you all the very best for a great New Year ahead.



CAISTOR ST EDMUND POPPY APPEAL

A total of £816.49 (£892.77 last year) has been sent to the RBL Poppy Appeal. This was made up of £163.85 from the offertory at the Remembrance Day Service, £356.43 from the House to House collection, £219.21 from static collecting points and £77.00 from donations and wreath.

Thank you to all who helped with the House to House collecting, Stoke Holy Cross Butchers, Stoke Holy Cross Stores, The Globe PH Shotesham and Richard Nash Cars who kindly had collecting trays on their premises. Graham Ford, Local Organiser.



Christmas Cafe Church at the church hall

On the first Saturday in December lots of adults and children had a great time, as you can see from these photos, with lots of activities to do and a short talk by Rob about Jesus being with us. We made different Christmas decorations to take home as well as painting the Baby Jesus stones that were then to be hidden around the village. Cafe Church will revert back to being on the 2nd Sunday in January. Why not come and experience this lovely gentle service for the whole family?

CAISTOR ST EDMUND CHURCH

Details of the January services are on page 5 and we wish all our members and readers a very Happy and Healthy New Year.



ALPINGTON & YELVERTON VILLAGE HALL TREASURER REQUIRED

Alpington & Yelverton Village Hall urgently need a voluntary Treasurer to commence in April next year; with an opportunity to 'learn the ropes' beforehand. We use on-line banking and have a well-developed system for collecting quarterly payments. Accounts are audited in March. Please contact P Barter 493570 (Secretary), B Hutchings 493023 (Treasurer).

We would love to feature your village organisation
IN A FUTURE MAGAZINE WITH AN ARTICLE OF THIS KIND
just get in touch and we will see what we can do!
Email: ventafree4all@outlook.com



Did you find a 'Baby Jesus' stone?

Many thanks to everybody who helped to make the 'Baby Jesus' stones at December's Café Church in Stoke Holy Cross Church Hall. They were hidden round Stoke Holy Cross mid-December and hopefully you either found one (or know of somebody who did). On the back there was an invitation to the Crib Service on Christmas Eve in Stoke Holy Cross Church. It was lovely to see everybody there (as well as some 'Baby Jesus' stones!) Of course, you didn't need to have found a stone to come to the service – a lovely celebration for children of all ages from the very young to the very old.

Christmas may seem to have passed far too quickly for many of us. In our churches across the group, we celebrate Epiphany (the time when we remember the Wise Men, or Magi, who visited baby Jesus in the stable in Bethlehem) in January. That is why we have based the word search in this month's magazine on that very special visit. It would be strange today to receive presents of gold, frankincense or myrrh, wouldn't it! (for most of us anyway)

St George's Hall Dementia Support Cafe

A comfortable, caring and supportive social setting for people living with dementia and their carers meeting on 2nd and 4th Mondays of each month (not Bank Holidays) from 10am till 12 noon at St George's Hall, Long Lane, Upper Stoke Holy Cross, NR14 8ND.



We run occasional subsidised excursions. Also included is a separate carers' meeting place providing an adjoining space to relax and useful for sharing of ideas, practical support and advice. The Café is run by a team of dedicated and caring volunteers, and funded entirely by donations, grants and fund-raising activities. For further details please ring 01508 493661 or 492938. Cafe members had a lovely time on November 27th with the children from Poringland Primary School singing carols and Christmas songs at the hall. Then they went off to The Feathers to enjoy an excellent lunch together. The dates for January are the 8th and 22nd.

Newcomers are always very welcome to simply drop in to the Café (or ring one of the above numbers before to learn more if you wish). And we are naturally delighted to welcome any new volunteers, even if you can't come every time.

www.stgeorges-dementia-support-group.btck.co.uk

STOKE HOLY CROSS PARISH COUNCIL ARE SEEKING A NEW PARISH CLERK AND FINANCE OFFICER

Due to the retirement of our current Clerk, Stoke Holy Cross Parish Council is seeking to appoint a new Parish Clerk and Responsible Finance Officer for an average of 10 hours a week, which includes attendance at all Parish Council meetings.

We are looking for an enthusiastic and self-motivated person with good interpersonal, verbal, written and IT skills. Ideally we are looking for someone with relevant experience, although a handover will be given by the current Clerk and training is available. Further details of the tasks involved can be found on the Parish Council website at: <http://www.stokeholycrosspc.co.uk/>

You will then need to send a covering letter together with a copy of your cv and the names of two referees to the Chair, Revd Lyn Marsh, 8 Mill Green, Stoke Holy Cross, Norfolk, NR14 8PB or email: marsh.stokehx@tiscali.co.uk with the subject 'Parish Clerk Vacancy'

Closing date: 22nd January 2018 and interviews will be held during the second week of February.

ALPINGTON & YELVERTON HISTORY SOCIETY

Village Hall, Church Road, Alington
NR14 7NU

Jason Raper's talk on the History of the Theatre Royal on Tuesday 14 November went down a storm, being attended by in excess of 46 people. Jason advised he is working on dividing the talk into periods with greater detail and is also to offer a guided tour of the Theatre along with refreshments plus a show to interested groups.

Our next offering on Tuesday 9 January 2018 entitled Kill or Cure - will be our Mardle evening at the Village Hall, when we will look at the medicines we remember from childhood or that have turned up in old records. Bring any remedies you remember.

Light refreshments will be served.

Guest fee £3.00.

For further details Contact Mary Fewster (Chairman) 01508 492059.

ALL HALLOWS
Healthcare Trust

www.all-hallows.org.uk

Daycare In Ditchingham



Free local transport

Subject to availability



Open Monday-Friday & Sunday
9.30am—3.30pm
For further information call Linda on
01986 891999

Music, activities
& days out

Bathing
facilities



Reduces isolation

Valuable break for carers



Ideal for the elderly, disabled & those with Dementia.
A range of activities along with good company and
home cooked meals creates a great experience for all.

Social Services and private funding accepted.



Community Hospital | Daycare | Homecare | Neurological Services | Nursing Home | Therapy Services

PORINGLAND FARMERS' MARKET

Your Local Farmers' Market

1st & 3rd Saturdays 9.30 am – 1pm
Poringland Community Centre

www.poringlandfarmersmarket.co.uk

01502 677214

New, guest & charity stallholders welcome

NORWICH FARMERS' MARKET AT COSTESSEY

Your Local Farmers' Market

2nd & 4th Sundays 9.30 am – 1pm
The Costessey Centre

www.norwichfarmersmarket.co.uk

01502 677214

New, guest & charity stallholders welcome

Darrin with an 'i' DARRIN SORE Singer

darrin.sore@gmail.com

07788 875 511

'Easy Listening for Easy Times'

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

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 Malcom 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

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.eaataxi.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

JUST LEGAL WILLS SERVICES

Jamie Walker

Your local, friendly advisor, providing free home visits to discuss:

Wills & Trusts, Lasting Powers of Attorney,
Funeral Plans & Probate Services

Tel: 07594275983

Email: jwalker@jwals.co.uk



www.justwillsandlegalservices.co.uk

“Here for you every
hour of every day”

Funeral
Services

East of
England
CCOP

**St Stephens Square
Norwich
01603 625495**

It's the little things that count

www.eastofengland.coop/funerals



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

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

01603 811350

01603 615106

07748572079

07854782286

Email - ecs.trees@gmail.com

THANK YOU

We need to say a big thank you to all those who have contributed articles and photos to our new larger Free for All magazine. We have enjoyed receiving and arranging the many items you have sent in. Our aim is always to inform readers of local events and activities as well as keeping you abreast of what our churches are up to. Please do continue to tell us about what you are involved in throughout our group of villages. We couldn't do the magazine without you. Thank you also to the many readers who are yourselves involved in faithfully delivering all the copies each month.

We also want to extend a big thank you to John and Heidi at Anglia Print for putting the issues together each month and printing the 1000 copies ready for them to be delivered.

Henry and Eostre

STOKE HOLY CROSS THURSDAY CLUB

HAPPY NEW YEAR to all readers and members of the Thursday Club.

Thank-you to everyone for their help and support at our November Fayre which was held on Saturday 11th November, 2017. This was another very successful event for the club and I would like to thank everyone who attended and supported it.

We will not be having a meeting or club day in January so the first one for 2018 will be on Thursday 1st February, 2018.

Our Bingo commences on Wednesday 17th January, 2018 - 1.45pm

Carpet Bowls commences on Wednesday 24th January, 2018 - 1.30pm - cost for this is £2.

I would like to thank all our advertisers and everyone on the Free for All team that has made 2017 and this magazine a great success.

All this would not be possible without the help and hard work from our staff and the continued support of our customers and very special people, like the team of volunteers who run this magazine.

I would like to take this opportunity to wish you all a merry Christmas and a very happy New Year.

Cheers
John Popely, Director
Anglia Print Ltd

Adam's Garden Tips for January

In the garden, January is a month of preparation for the coming spring. There are a host of jobs which can be undertaken, such as cleaning out water tanks and servicing mowers and rotavators, to make life easier for when there are more important tasks to be done.

If you have growbags left over from this summer you can shake out the roots from the plants and then distribute the earth onto your garden soil to be dug in as a soil improver. This is also a good time in the year to test the soil for acidity, so that corrective measures can be taken. You can buy kits for this at garden centres. If the soil is found to be acidic it can be corrected by cautiously adding lime or mushroom compost as this contains some lime. (Avoid too frequent use as it can lead to an excessive build-up of lime which can lock up plant nutrients.)

April, having failed to prune her fruit so far, will be completing this task before feeding the plants with either a mulch of muck or a general fertiliser.

Meanwhile Adam will be planting his garlic and shallots, both of which need an early growing season, because they have finished growing by the time the summer droughts hit home. He will then be going on to warm some ground with either cloches or sheeting in readiness for sowing early crops.

If a period of hard frost is forecast it is worth harvesting root crops such as parsnips and leeks in advance when the soil is still workable. You will still be able to harvest

cabbage, kale and Brussels sprouts and don't forget that when the sprouts are finished, you can still harvest the leafy 'sprout tops'.

Sweet Cicely is a plant which has a natural sweetness and can be used to cook with rhubarb and other fruits which can cut down sugar consumption. In order to germinate it requires a period of very cold temperature so can be sown now for harvesting later in the summer.

Finally a word of warning. Don't be lulled, on bright sunny days in late January, into thinking that spring has sprung – there is still February to go. There is still plenty of time for bad weather!

JANUARY'S RECIPE

Parmesan Coated Roast Parsnips

1Kg parsnips, peeled, woody core removed and cut into large chip sized pieces, 150 grams plain flour, 50 grams grated parmesan, Salt and pepper, Oil for roasting and a knob of butter. Pre heat the oven to 200° Gas Mark 6.

Mix the flour, grated parmesan, salt and pepper. Bring the parsnips to the boil in salted water and par boil for 3 minutes. Meanwhile heat a roasting tin in the oven with the oil and butter. Drain the parsnips and mix a few at a time in the flour mixture. Put them into the hot oil and baste well. Cook for about 35 minutes until they are crisp and golden. Serve promptly. (The coated parsnips can be stored in the fridge until required.) Adjust amounts if you have fewer parsnips to cook.

JOURNEY OF THE WISE MEN (OR MAGI)

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

BABY	TRAVELLED
BEGINNING	TRAVERSE
BETHLEHEM	WISEMEN
EAST	WORLD
EPIPHANY	WORSHIP
FAITH	
FRANKINCENSE	
GIFTS GOD	
GOLD HOPE	
JESUS	
JOSEPH	
JOURNEY LIGHT	
MAGI	
MARY MYRRH	
PRAYERS	
PROMISES	
SHINING	
STABLE STAR	
START	

YOUR WILL £49

Other services we offer

- Asset Preservation Trusts
- Probate and Executor Services
- Funeral Plans
- Deputyship

A TRUSTED MEMBER OF
THE SOCIETY OF WILL WRITERS

PROPERTY PROTECTION
TRUSTS FOR HOMEOWNERS
INC. SEVERANCE OF TENANCY

from
£99

For Office and Home visits call

01508 494315

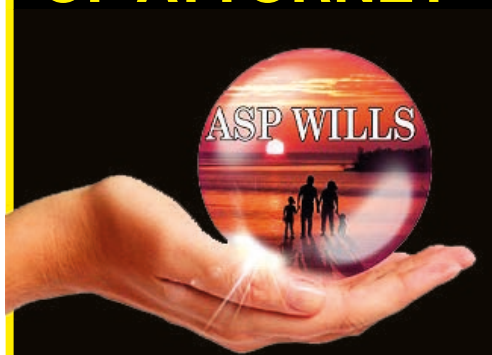
Email sales@aspwills.co.uk

www.aspwills.co.uk

ASP Wills Pentland, Marlbottom,
Tasburgh, Norwich, NR15 1NP

LASTING POWER OF ATTORNEY

from
£99



ASP Wills has Professional Indemnity Insurance (PII) which covers each will to 2.5 million



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

S.J Scarlett
Vehicle Engineer Ltd

Servicing : Repairs : MOT
24 Hour Recovery Service

Diagnostic Fault Code Reading
Exhausts & Towbars Supplied
& Fitted

Air Con re Gas
Courtesy Car Available

Windscreen Chip Repair
Number Plates Available
Batteries Supplied & Fitted

Tyres Repaired & Fitted
New Tyres in Stock



MEMBER OF THE GOOD GARAGE SCHEME

Call Stuart

01508 521886 or 07900 215787

Unit 10, Langley Road Trading Estate, Chedgrave, NR14 6HD

www.sjscarlett.co.uk



Personal lifeline alarm

for the elderly or vulnerable

A **Contact Care** lifeline provides you with help and reassurance at the touch of a button.

- Just £3.40 a week and installation fee of £30
- Your alarm fitted within 3 working days of contacting us (requires suitable plug sockets and 2 local contacts)



Get in touch with any questions:

0800 917 4680

or **contactcare@saffronhousing.co.uk**

Website: **www.contactcarelifeline.co.uk**



- Letting Agent
- Property Management
- Relocations

MOVING IN ■

Moving In, formerly Medics on the Move, is an award-winning independent family business specialising in residential lettings, property management, relocations and home searches throughout Norfolk.

We are part of SAFE Agent, members of the National Approved Letting Scheme and the Ombudsman for Estate Agents Scheme for Residential Lettings, so you can rest assured that we will provide the highest quality and compliant services at all times.

Please contact our team on **01508 493330** for friendly and professional advice about letting a property, portfolio management or relocations.



T: 01508 493330 | E: lettings@movinginnorfolk.co.uk

Boundary House, 9 Boundary Way, Poringland, Norwich NR14 7JD

www.movinginnorfolk.co.uk