

# Free for All



THE MAGAZINE OF THE VENTA GROUP

SEPTEMBER 2023



**SOME PHOTOS OF OUR  
RESTORATION STATION  
HOLIDAY CLUB AT THE  
PRIMARY SCHOOL  
MORE ON PAGE 6**



OVER 600 CHURCHES AND CHAPELS OPEN TO VISIT NEAR YOU!

Help us to celebrate our **40th** Anniversary

WIN **£1,000** FOR YOUR CHURCH\*

**BIKE, WALK, DRIVE... IN THE NORFOLK COUNTRYSIDE**

A fun day out for all, stopping off at as many Churches and Chapels as you can!

**Saturday 9th September 2023**  
9.00 am - 5.00 pm

Sponsored by **savills**

The NORFOLK CHURCHES TRUST

## STOKE HOLY CROSS ALLOTMENT AND LEISURE GARDENERS' ANNUAL SHOW

The 2023 show is on  
**Sunday 3rd September**  
in the Stoke Holy  
Cross Church Hall.



It is open to all and the  
Show Schedule is available from  
Len Finch on 01508 492253.

The hall is open from 8am to 10.45am  
for entries at 25p each. Its not just fruit  
and vegetables. You can enter cakes,  
bread, homemade drink as well as flowers  
and pot plants. There are children's  
classes too. The doors reopen for the  
show at 2pm (free entry).  
Come and see what is grown locally  
and view the prize winners!  
Afternoon tea and cake available.

**DO COME!**

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](http://www.coppingfunerals.co.uk)

125 The Street, Poringland, Norwich NR14 7RP

01508 494434

56 Langley Road, Chedgrave, nr Loddon NR14 6HE

01508 521159



## YOUR WILL £99

Plus VAT

PROPERTY PROTECTION  
TRUSTS FOR HOMEOWNERS  
INC. SEVERANCE OF TENANCY

## LASTING POWER OF ATTORNEY

**Other services we offer**

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

A TRUSTED MEMBER OF  
THE SOCIETY OF WILL WRITERS

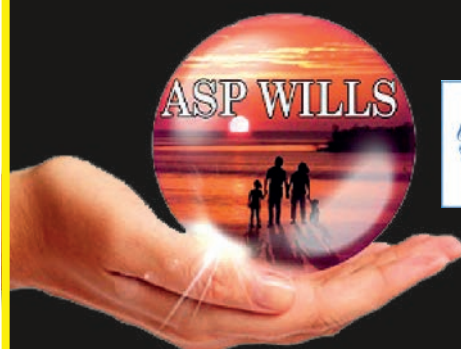
For Office and Home visits call

## 01508 494315

[sales@aspwills.co.uk](mailto:sales@aspwills.co.uk)

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

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



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



Recently I was away at a big Christian festival we go to most years with people from the church, and I heard one of the speakers, a vicar I have known for a long time, tell a story about someone who went to a vet he knew to get their Alsatian puppies immunised. They were very excited, having bought them for a discount price in a supermarket car park. The nurse had a first look at them, and felt she might need the vet to help with this one. He came in and peered in the box, and was quickly able to diagnose the problem as... being guinea pigs.

In our household we have recently got a pair of very cute guinea pigs. Apart from the fact that I find it almost impossible to imagine that anyone could mistake them for Alsatisans, of all things, I have already noticed the change they have made to our lives. First of all, they have worked out that the tasty vegetables are in the fridge, so every time I even go to get the milk to make a cup of tea, they shout and scream until I fish them out a bit of cabbage or whatever. But more than that, we've become friends with them, and I hear the sound of various voices as we say hello to them, or tell them not to argue, or whatever it may be.



Having not had pets before, or at least not since I was a child when I wasn't really responsible for them, I have been quite worried about them. Are they drinking enough water? Have I cleaned the cage out with the wrong chemicals? Is the run in part of the garden that contains deadly poisonous plants I'm unaware of (or even buttercups and daisies, which are both somewhere on a line from unsuitable in a large quantity to immediately deadly, depending on which website you look at).

It all reminds me a bit of the early days of parenthood, when you are given this baby and sent home with the expectation that you will know what to do with it. You are filled with this overwhelming love for this child, and don't want any harm to come to it.

God's love for us is better than the love of the best of parents. But God doesn't have to learn how to take care of us, and feel his way. He knows instinctively, and perfectly, what we need. He knows what is good for us, and bad for us, which is especially important at the times when we don't. He knows exactly who we are, is never confused or deceived, and he will never stop taking care of us. In Jesus he has given us everything we will ever need.

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

#### 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:

Joyce Williams (492143)

#### 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.

#### BURIAL OF ASHES

##### PAMELA SMITH

8<sup>th</sup> August

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.



# Improve, Don't Move!

## Maximise the value of your home.

It's time to upgrade your current garage door to a Garolla. They're strong, secure and thermally insulated. So if you're transforming your garage into a home gym, office space, garden bar or simply using it to house your pride and joy, Garolla has the perfect solution to transform your home.

- **SPACE-SAVING - MAXIMISE YOUR GARAGE HEADROOM**
- **SECURITY-ENABLED AUTO-LOCKING SYSTEM**
- **CHOICE OF 21 COLOURS TO MATCH YOUR HOME**
- **REMOVAL AND RECYCLING OF YOUR OLD DOOR**
- **DEDICATED AFTER-CARE TEAM**

**GAROLLA**  
ROLLER  
SHUTTER  
DOORS



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

**01508 320 045**  
**01603 905 276**

LINES OPEN 7 DAYS A WEEK

BESPOKE ELECTRIC DOORS  
MANUFACTURED  
IN THE UK



**FREE  
FITTING**  
PAYMENT ON  
INSTALLATION

**GAROLLA ★ PREMIUM**  
Increased Security • Double Insulation  
One-Touch Close

PRICED  
EXAMPLE **£1,990**  
PREMIUM • 3.4M • ANTHRACITE

PRICED  
EXAMPLE **£895**  
COMPACT • UP TO 2.4M

PRICED  
EXAMPLE **£2,740**  
PREMIUM • 5.1M • BLACK



### 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](mailto:info@anchoragepool.co.uk)

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

### 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](mailto:sandcwindows@gmail.com)

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



The White House, Mill Road,  
Ashby St Mary, Norfolk, NR14 7BN  
w: [www.woodlandstoves.co.uk](http://www.woodlandstoves.co.uk)  
e: [woodlandstoves@gmail.com](mailto:woodlandstoves@gmail.com)  
t: 01508 480351

AN EXTENSIVE AND COMPETITIVELY PRICED RANGE OF  
WOODBURNING AND MULTIFUEL STOVES ON SHOWROOM DISPLAY.

FULLY QUALIFIED HETAS REGISTERED INSTALLATION  
SERVICE AVAILABLE.

SUPPLIERS OF FLUE LINERS, FLUE PIPES,  
CHIMNEY COWLS AND ACCESSORIES

*Please Phone or check our website for opening times.*

### MATHS TUITION

**07905 916 685**

[www.greggbontly.wixsite.com/math](http://www.greggbontly.wixsite.com/math)

### Professional Website Design

Plus Computer Support, Help and Training Services  
[PSLWeb.co.uk](http://PSLWeb.co.uk) **01508 491622**

### PC ASSIST @ HOME

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

# Lyn muses

September; the nights are getting longer, the sunsets earlier and the sun rises later. The summer flowers are finishing and the baskets emptying and taken down for another year. Yet September is the month we can celebrate what has been gathered in. We can focus on what we have and not what we are losing, even in these challenging times with prices rising, we in the Venta Group of villages, have things to be thankful for.

This month will start with the Allotment Association (and other residents) showing off the fruit of their labours. Yes it takes people power to grow things, but as a well known harvest hymn says We plough the fields and scatter the good seed on the land, but it is fed and watered by God's almighty hand. I believe God is the creator, the one who brought plants into being and sustains them. May we celebrate what is shown and also what we can have from shops.

We will also this month have a service of remembrance and hope where we will have a time to remember and be thankful for the lives of family and friends who we see no more because they have died. Without other humans in our lives we are the poorer. I am so grateful for the conversations I have had with those who come along to Coffee and Chat, where honest conversations about the challenges we face in life can often finish by being grateful simply for the chance to meet others.

September is also the month where young people move on, having finished at schools and moving to new ones or further or higher education. The young people, and their parents, face the opportunity to focus on what is finishing, on what they have rather than what they are losing.

Several Christian denominations remember particular people or events in Jesus' life on days through the year.

On 14<sup>th</sup> September the Church of England has Holy Cross Day. A day when we can take time to think about what the cross means. Jesus gave up his life for us. His loss was our gain. The prayer for the day acknowledges the cross was painful but also what we have in Jesus, I invite you now to say/think about it:

Almighty God,  
who in the passion of your blessed Son  
made an instrument of painful death  
to be for us the means of life and peace:  
grant us so to glory in the cross of Christ  
that we may gladly suffer for his sake;  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever. Amen

## St George's Hall Dementia Support Group



On the second and fourth Monday of each month except bank holidays this is a great place to relax for the dementia and for their carers. Come and join us for fun activities and refreshments. There is always room for people living with dementia and their partners or carers whether on our subsidised outings or at our regular Café sessions from 10 am to 12 noon in St George's Hall at Upper Stoke Holy Cross. Referral not necessary.

We have had visits from the mobile Norfolk hearing van which members found very useful.

Dates for September: 11<sup>th</sup> when we have an outing to Bressingham gardens.

25<sup>th</sup> September normal Café session plant potting with Mary.

For more information ring 01508 494742, 01508 493661 or 01508 495580.

Our website is [st.george's-dementia-support-group.org](http://st.george's-dementia-support-group.org)

## STOKE HOLY CROSS THURSDAY CLUB

for the over 55's meets  
at St. Georges Hall  
the first Thursday each month  
**Thursday 7<sup>th</sup> September 2023**  
at 1.30pm

Outing to Southwold/Dunwich  
is on Wednesday 6<sup>th</sup>  
for members

Bingo 14<sup>th</sup> & 28<sup>th</sup>  
at 1.30pm  
(eyes down)  
(Raffle Prize please)

Bowls 21<sup>st</sup> - £2.00 at 1.30pm

## embers youth club

Thursdays  
7.30 - 9 pm  
Stoke Holy Cross  
Church Hall

SEPTEMBER  
7th  
Crazy Quiz  
14th  
Club Night + Reflective Space  
21st  
What Was I Made For?  
28th  
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



# Restoration Station Holiday Club

From 24<sup>th</sup>-26<sup>th</sup> July we were excited to welcome 38 children and some amazing helpers of all ages to the Restoration Station. Inspired by The Repair Shop, we spent three brilliant days thinking about the new things we can make out of old ones, and the ways that Jesus wants to remake and restore us.

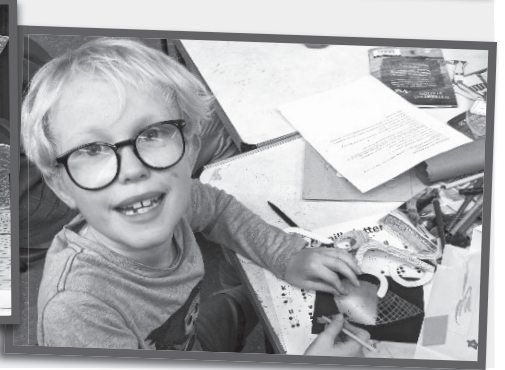
So we had a look at the many things we could make out of a Pringles tube. We also learnt about Japanese kintsugi pots where broken things are made new and even better than before. If a treasured piece of crockery is broken in Japan the owners sometimes repair the cracks with gold so they can continue to enjoy it and maybe treasure it even more. At Holiday Club the children were able to decorate pots using gold coloured paint to reflect the Japanese process of restoration.

We also heard from creative people like Henry about the bag he had made out of trousers (or maybe the other way round?) and Amanda from the Women's Shed in Poringland talked about the projects she had made.



We were extremely impressed about how good everyone was at learning this amazing verse in the bible, 2 Corinthians 5:17: "Anyone who belongs to Jesus has become a new person. The old life is gone; a new life has begun! Thank you to all the families and our fantastic team for being a part of the Restoration Station:

*Do look out for next year's Holiday Club details from 22<sup>nd</sup> -24<sup>th</sup> July 2024!*



# St. John Ambulance Stoke Holy Cross Unit

Jack Prior, Unit Leader welcomed everyone to Poringland Primary School for the Unit's Presentation evening. District Manager Alice Gray enrolled Everly Davies, Isabella Innes, Joey Loveridge, Freya Willimott and Indiana Wall as Badger members of St. John Ambulance. They received their Badger Bronze Paws certificates followed by their Badger subject certificates for Global, Performance and First Aid from Badger helper Alice Treby. Everly Davies was awarded the Badger Trophy for being a Friendly and Dedicated Badger.

County President Georgina Holloway enrolled Samantha Clare, Jasper Foan, Martha Lennie and Pallavi Shastri as Cadet members of St. John Ambulance. Bronze Award certificates were presented to Bethany Benson, Max Hill, Abby Lewis, Reuben Page, Ella Quadling, Phoebe Scriven, Pallavi Shastri and Ori Soumahoro. Silver Award certificates were presented to Isobel Adams, Ruby Crutchfield, Poppy Goodbody-Mason, Megan Norris and Alfie Robinson. The Gold Award certificate was presented to Millie Goodbody-Mason.

Youth leader Caitlin Mapes presented Proficiency Subject certificates which included subjects in Event Cover, Society, Power of Communication, Complex Care and Misuse and Addiction



District Voluntary H/R Lead Lynford Brunt presented the Grand Prior Award to Millie Goodbody-Mason this is the highest award achieved by cadets. Later Millie gave a talk and explanation about St. John and what happens at the weekly meetings, plus various courses and events the cadets are able to cover.

Divisional trophies were then presented. Poppy Goodbody-Mason was awarded the Shield for Best Uniform, Abby Lewis received the Ann Green trophy for Best Newcomer and Alfie Robinson was awarded the David Warren trophy for Cadet of the Year.

The evening came to a close with Jack thanking his team of Annika Abbott, Caitlin Mapes, Sam Neale and especially Millie Barnes who apart from helping with the cadets has also been running the Badger sessions.

**Margaret Peters**  
Unit H/R Lead

## Scones and cream at Caistor St Edmund Church

We had a great time serving cream teas at Caistor St Edmund Church on four Sunday afternoons in July and August. Our fame has obviously spread because we had people waiting to be let in before we were even open and there was a constant stream of visitors all afternoon. People enjoyed bringing their families or chatting to friends and neighbours. The stall with fresh produce, home baked cakes and plants also proved very popular.

In total we raised £2435, which is a record amount for four afternoons. We want to say a huge thank you to all the helpers for their hard work serving the teas, washing up, preparing the scones and cakes and bringing produce and plants. Half of the proceeds will go to our chosen charity, Hope into Action in Norwich, who provide homes, friendship and support for homeless people in collaboration with local churches. It was lovely to welcome some of their workers at the cream teas.

The other half will be used to support the upkeep and running of the church. We are so lucky to have such a beautiful church with its amazing history and setting in our village and it is wonderful to see events like this supported by the local community.



## Changing Seasons

By Pauline Montgomery

Changing seasons on Jubilee Meadow The seasons maybe changing But....

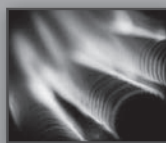
There's still music in the meadow Made by insects, birds and bees. There's still colour in the meadow From the flowers still in bloom. There's still excitement in the meadow When new species are being seen. There are changes in the meadow As plants release their seed Blowing in the wind. Untamed, wild and free. Tall grasses swaying and waving As if to say farewell. The meadow may be changing But..... There's still so much to see.





# 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)

# DUNTHORNE

DEVELOPMENTS



Garden Design  
 Turfing • Artificial Grass  
 Paving • Driveways  
 Fencing • Drainage  
 Groundwork • Brickwork  
 Decking • Roofing  
 Composite • Timber Structure  
 Electrical • Gates  
 Ponds & Water Features  
 Property Renovations  
 Kitchens • Maintenance  
 Bathrooms • Waste Removal  
 Doors & Windows  
 Fascia, Soffits & Gutters  
 Aggregate Deliveries

**01603 926990**

**07946 533691**

[www.dunthorne developments.co.uk](http://www.dunthorne developments.co.uk)



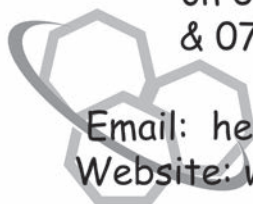
## Bailiwick IT Ltd.

**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)



Windows



**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**

Also available at Manor House Practice,  
Beccles, 01502 712505



# 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

**YOUR FRIENDLY CHIMNEY SWEEP**  
 PORINGLAND, NORWICH, NORFOLK

[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  
 01508 493219 OR 07835 757528

**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

**Surlingham Timeshare Swimming Pool**

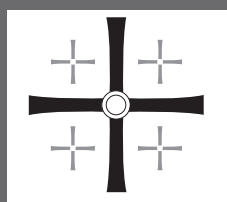
NR14 7AL

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](mailto:info@surlinghamtimesharepool.co.uk)  
 or go to  
[www.surlinghamtimesharepool.co.uk](http://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



# SEPTEMBER 2023

WORSHIP, PRAYER AND COMMUNITY IN OUR VILLAGE CHURCHES

## Tuesday to Saturday mornings from 5<sup>th</sup> September

9am Tue-Fri  
10am Sat

Zoom—contact us to join

**Prayer meeting  
with Bible reading**

## Sunday mornings at 9.30am

3<sup>rd</sup> September

Caistor St Edmund

**Praise & Worship**

## Morning Worship at Stoke Holy Cross at 10.30am

3<sup>rd</sup> September

**All age worship in the churchyard**

10<sup>th</sup> September

**Morning Worship with Holy Communion**

17<sup>th</sup> September

**Morning Worship with children's group**

24<sup>th</sup> September

**Morning Worship with Holy Communion**

## Sunday afternoons and evenings in September

10<sup>th</sup> September

**All Invited**— Food, Fun and Faith for all ages  
from 3.30pm-5pm at the Church Hall

10<sup>th</sup> September

**Listening to God** at 7.30pm. Join us to worship, pray and listen to  
God on Zoom for an hour—contact us for the joining details

17<sup>th</sup> September

**Service of Remembrance** and Hope for bereaved families,  
4pm at Caistor St Edmund

24<sup>th</sup> September

**All Invited for Harvest**, 3.30-5pm at Arminghall Church

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

### Coffee and Chat

10.30 - 11.30  
Church Hall, Stoke Holy Cross

7<sup>th</sup> Sept, 21<sup>st</sup> Sept  
5<sup>th</sup> Oct, 19<sup>th</sup> Oct  
2<sup>nd</sup> Nov, 16<sup>th</sup> Nov

### Sparklers

Craft, fun, singing and friendship for  
0-4s and their parents, grandparents  
and carers.

Email [cathryn.baker@gmail.com](mailto:cathryn.baker@gmail.com)  
or find us on Facebook

**BRAND NEW!** YEARS 5-11

**embers**  
youth club

Thursdays 7.30 - 9 pm  
Stoke Holy Cross Church Hall



Communion at 10am  
on first Thursdays

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

Sign up for email  
updates here



**CLEANLIVING**  
Specialising in delighted clients

**10% OFF**  
with this  
advert



## Carpet, Rug, Upholstery and leather cleaning

- Latest American Technology
- Superb Cleaning
- Speedy service
- Fast drying time
- Free quotation
- Eco friendly / Bio degradable

**01603 552062**

[www.cleanlivingnorfolk.co.uk](http://www.cleanlivingnorfolk.co.uk)  
[enquiries@cleanlivingnorfolk](mailto:enquiries@cleanlivingnorfolk)



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

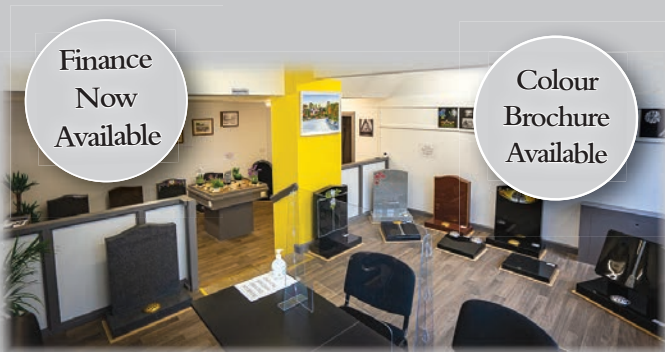
## Howsham Memorials

No.1 for high quality and affordability

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

Finance  
Now  
Available

Colour  
Brochure  
Available



**Beccles:**

11 Hungate, NR34 9TT

**01502 219300**

**Oulton Broad:**

Harbour Road, NR32 3LX

**01502 587770**



[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)

**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)

