



A directory of businesses
that are truly local to
NORFOLK

Summer 2017 edition
buylocalnorfolk.org.uk



*If you love
where you live,
Buy Local*

2017 MEETING DATES

3RD MAY

*AGM Monthly
Networking Meeting
at The Cottage,
Norwich*

17TH MAY

*Be Scam Aware
at The Space*

18TH MAY

*10th Birthday
Celebration*

7TH JUNE

*Monthly Networking
Meeting at
Darby's Freehouse,
Swanton Morley*

28TH - 29TH JUNE

Royal Norfolk Show

5TH JULY

*Monthly Networking
Meeting at The Olde
Windmill Inn,
Great Cressingham*

8TH JULY

*Lord Mayor's
Procession,
Norwich*

2ND AUGUST

*Monthly Networking
Meeting at The Heart
of Wymondham,
Wymondham*

6TH SEPTEMBER

*Monthly Networking
Meeting at
The George, Dereham*

4TH OCTOBER

*Monthly Networking
Meeting at
The Peddars Inn,
Spore*

1ST NOVEMBER

*Monthly Networking
Meeting at
The Dining Room,
Great Yarmouth*

6TH DECEMBER

*Monthly Networking
Meeting at Roundwood
Conference Centre,
Norwich*

WELCOME TO BUY LOCAL NORFOLK

Buy Local Norfolk is a not-for-profit Social Enterprise whose purpose is to raise the profile of businesses which are truly local to Norfolk. We believe that supporting local businesses is absolutely key to Norfolk's future success.

The locality of a business is extremely important because businesses that are truly local to Norfolk retain money within Norfolk. Money is the lifeblood of all economies, be that your home, your business or your county...the more money we (in Norfolk) have control of, the greater the choice we have over what to do with it. Economies of any scale which haemorrhage money have only limited options open to them.

Locally based businesses which sell goods and services to buyers who are based outside of Norfolk are actually adding to the total volume of money available within Norfolk, thus increasing opportunities for sustainable business growth within Norfolk, while at the same time protecting the unique characters and flavours which make this county such a great place to live, work and visit.

Buy Local Norfolk is unique! No other 'buy local' organisation has set a benchmark by which to easily assess the localness of a business, and then actively promote the importance of such to Local Authority leaders, MPs, MEPs and others in positions to effect change.

If you share our vision of increasing opportunity and choice for all in Norfolk by making better use of the money this county generates then please do get in touch, we will find a way to accommodate you.

Oh...and when you need goods or services please do offer the opportunity to quote to a genuinely Norfolk based business, because in doing so you will be directly contributing to Norfolk's future.

If you love where you live,
Buy Local.



@buylocalnorfolk



company/buy-local-norfolk

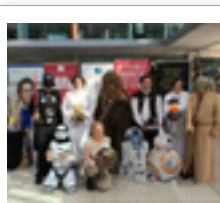


/BuyLocalNorfolk

BUY LOCAL NORFOLK EVENTS 2016



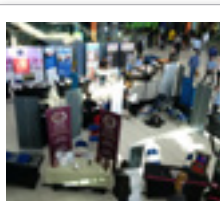
Crower Carnival



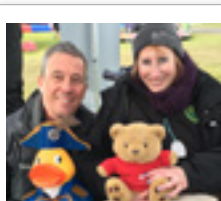
The Forum Expo 2016



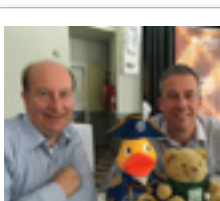
The Forum Expo 2016



The Forum Expo 2016



Game and Country Fair



The Inspired Youth Challenge



The Lord Mayor's Procession



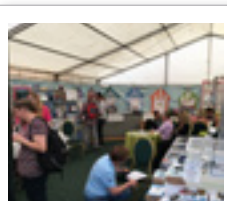
The Lord Mayor's Procession



The Lord Mayor's Procession



Mid Norfolk Business Show



The Norfolk Show 2016



The Norfolk Show 2016



The Norfolk Show 2016



The Norfolk Show 2016

THE BENEFITS OF BEING A MEMBER OF BUY LOCAL NORFOLK



By joining Buy Local Norfolk you are becoming part of something unique. For the ultra-low membership fee of just £72 per year, you get all this:

- **Free entry in this full colour directory:** over 10,000 copies printed and distributed twice a year and published on our website
- **Free listing on our website:** making your business details available to over 2,500 visits each month
- **Free entry in our online directory:** list your business in as many business categories as you like in this comprehensive spreadsheet available for the public to search
- **Free to attend monthly networking meetings:** really friendly, informal and mutually beneficial. Meet like-minded, supportive and well-connected members with businesses of all shapes and sizes who can understand and relate to you and your business. A problem shared...!
- **Free use of presentation equipment:** including digital projector, screen, flip-chart and tables
- **Free use of the Buy Local Norfolk brand:** setting your business apart from national and international competitors
- **Access to our followers on social media:** we have active accounts on Facebook, Twitter, LinkedIn and Google +; members are encouraged to use these accounts for raising your profile
- **Access to low-cost exhibitions and promotions:** Last Christmas, members could have a stand in the Forum for just £32
- **Own a share of the company:** as a not-for-profit social enterprise, every member owns an equal share of Buy Local Norfolk and is entitled to have a say and get involved as much as you choose
- **Free badge, door sticker and certificate:** to proudly display your support for local businesses.

As part of our long-term campaign promoting the huge benefits of using locally owned businesses with local authority leaders, MPs and MEPs, we're developing mutually beneficial relationships with Norwich City Council, Easton and Otley College and Norse to name but a few. Buy Local Norfolk is supported by Norfolk MPs Chloe Smith, Clive Lewis, Keith Simpson, Elizabeth Truss, George Freeman and Brandon Lewis. You'll find our logo on many of their websites.

To join, simply use the application form at the back of this Directory.

BUY LOCAL DIRECTORS



Glynn Burrows

Glynn Burrows is a true Norfolk Dumpling, with roots going back in this fine county, to the C16th. Having been fascinated with family and local history since childhood, it is one of his proudest boasts to say that all of his direct ancestors so far discovered, lived within 50 miles of where he lives today!

Having trained as a chef and after working in several places, including France, he married a Norfolk "gal" and settled in Gressenhall. He has two adult children.

Now he is self-employed as an historian and offers bespoke tours of East Anglia. Most of his guests are people wanting to find out more about their own family history but he has also taken several professors, lecturers and writers around to places for their researches. He writes for several magazines and online publications, "appears" on an American internet radio show as their English Correspondent and is in the process of writing several local history books.

Buy Local Norfolk is an obvious organisation for such a person. With a passion for his beloved county he hates to see how it is being decimated with the loss of individuality of the towns as well as the beautiful city of Norwich and he wants to step in and do something before it is too late. Buy Local Norfolk is a step in the right direction!



Martin Lake

"I was born in, and am deeply proud of, Norfolk as a place of great beauty and character and I wish to do all I can to protect our unique way of life from the efforts of European directives and national/global corporations to standardise us. If you, in any way, share my thinking I would very much welcome a chat.

I think Norfolk has done a great job of harvesting its land, but not such a great job in harvesting the money it generates. A very recent study by Federation of Small Businesses (FSB) and Centre for Local Economic Strategies (CLES) confirmed that small local firms generated over 58 per cent more economic benefit for local economies over two rounds of re-spending than large local firms did, so even a small increase in public, business and consumer spend with local small businesses would result in positive and sustainable growth for Norfolk."



Mark Barton

From HGV driver to a director of Buy Local Norfolk, Mark has had a varied career, including shiatsu practitioner and researcher. Mark and Jenny Wilding established Research Plus+ in 1993. They carry out business and social research across the UK. Research Plus+ helps the local business community find out what their customers think – what they really, really think.

Originally from Yorkshire, this northern lad moved to East Anglia in 1988, where many of Jenny's relatives have lived for generations. Sssh - some of them lived south of the border!

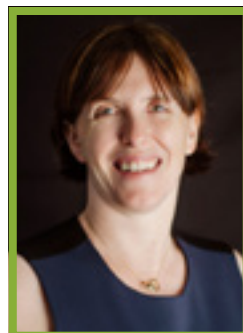
Mark is a keen user of social media for business, and has been asked to contribute as a guest blogger on a variety of blogs. He is an active contributor to the research and business community on Twitter, LinkedIn and Facebook. He also enjoys face to face networking and meeting people for real rather than just in cyber space.



Sarah Ellis

"It was whilst studying for my degree in Hospitality, Tourism and Leisure that I first became interested in the concept of sustainability and the notion that it doesn't just apply to environmental issues, but communities as well. When learning about the importance of tourists supporting local businesses, I realised this applies to our home communities as well. I've always appreciated the value of crafts people and small businesses; I understand the benefit and added value we get from a service provider or producer who takes a pride in their work and the place they live in."

"It was a great honour when I was invited to become a director of Buy Local Norfolk. I bring with me my own set of skills which are useful to a social enterprise. I confess I'm a huge geek so love all of the social media and internet stuff. I'm brilliant at getting out and talking to people and I have a fantastic sense of humour – an absolute essential in making sure we all get the most out of our meetings and friendships built on professional relationships."



Julie Hunt

"I was born in Norfolk, and grew up near Swaffham, before moving nearer to Norwich in 2001. I started my working life as a 'YT' working within a training provider office, before moving across to work in financial services, where I have been for the last 20 years.

I started my own local independent financial advisers firm 14 years ago, and the company has gone from strength to strength. Along with providing excellent service to local clients, we have been able to help many young people through the apprenticeship scheme and provide valuable work experience, something I feel very passionate about.

After joining Buy Local Norfolk three and a half years ago, I was inspired by the drive of and the work carried out by the other directors, and wanted to do more to help raise awareness and help Buy Local Norfolk grow."



Eddie Teddie

"Eddie Teddie joined the Buy Local Norfolk team as Director of Happiness in 2015, adding his own skill set to the team by raising awareness of Buying Local in Norfolk whilst spreading happiness :)

When not busy spreading joy across Norfolk, he is also Director of Happiness for Face to Face Finance. His aim in life is to help Deliver Happiness both amongst the team and everyone he meets. In his free time he enjoys travelling."

WHAT'S INSIDE

BUSINESS SERVICES

Business Consultancy	9
Business Support	10
Commercial Interior Design	10
Graphic Design	11
Marketing	11
Networking	15
Office Equipment	15
Printing	16
Recruitment	18
Research	18
Venues	20
Web Design	20

CHARITIES

CONSTRUCTION

Builders	23
Consultancy	23
Decorating	24
Joinery	24
Roofing	24

CREATIVE & ARTS

Jewellery	24
Photography	26
Seamstress	26

ENERGY

Electricians	27
Energy Consultants	27
Heating	27
Renewables	28

FOOD & DRINK

Catering	29
Food producers	30
Pubs	32
Retail	33
Training	33

HEALTH, BEAUTY & WELLBEING

Beauty	33
Chiropractor	34
Nursing	34
Opticians	34
Personal Training	34
Wellbeing	35

HOME & GARDEN

Aerials	35
Air Conditioning	35

Cabins & Garden Rooms	35
Cleaning	36
Florists	37
Furnishings	37
Home Technologies	40
Interior Design	41
Lighting	41
Maintenance	41
Pest Control	41
Pets	44
Plumbing	44
Spas	44

HOSPITALITY, LEISURE & TOURISM

Entertainment	44
Events	46
Theatres	46
Tourism	47
Venues	49

IT & TECHNOLOGY

Broadband	49
IT	49
Security	52
Traffic Technology	52
Weather Monitoring	52

MANUFACTURING

OTHER

Driving Schools	55
Fire Safety	55
Publishing	55
Vehicle Hire	55

PROFESSIONAL SERVICES

Accountants	56
Bookkeeping	61
Estate Agents	61
Finance	61
Insurance	62
Solicitors	64
Will Writing & Estate Planning	64

RETAIL

TRAINING, EDUCATION & DEVELOPMENT

BUSINESS SERVICES | Business Consultancy



ACTIVITY TEAM

activityteam.org | 01953 605434 | tony@valemil.eu
26 Sycamore Avenue, Wyndham, NR18 0HX

Community can be defined in a variety of ways. It consists of a number of different elements, all of which have their own aims and objectives. If you are a charity, community group, business or public service provider, wishing to connect with the local community, we're here to help.



ADEPT SUPPLY CHAIN SOLUTIONS LTD.

adeptscs.co.uk | 07890 657047 | enquiries@adeptscs.co.uk

Are you seeking increased profitability and organic growth? Whether a start-up or established business, a product manufacturer or service provider, Adept Supply Chain Solutions will utilise extensive experience in Supply Chain & Operations management to provide the tools and training to ensure your processes are as efficient as possible and achieve operational excellence.



FORETHOUGHT GROUP LTD.

forethoughtgroup.co.uk | 01603 231232 | info@forethoughtgroup.co.uk
Rouen House, Rouen Road, Norwich, NR1 1RB

Forethought Group provide Management Consulting, and Commercial Insurance Broking services. Forethought is built around our progressive, questioning and flexible approach which is well suited to most aspects of business consultancy, and insurance broking. We love the brainstorming and scoping of new solutions to meet your needs, and look forward to hearing from you.



NORFOLK BUSINESS CONSULTANTS LTD.

norfolkbusinessconsultants.co.uk | 01603 670906 | neil@neilfoley.co.uk

Norfolk Business Consultants help micro businesses attract more prospects, converting these into paying clients and finally ethically look after clients for the long term. We work either one on one, or join our acclaimed Small Business Growth Club and work alongside other business owners to work through structured session over the year.



PRESENTATION WORKS LTD.

presw.com | 01362 853595 | colin.mclean@presw.com

Training or rehearsal time for teams or individuals (business or private) – Public Speaking, Presentations, Interviews, Verbal and non-verbal communication. Also, Voice Over work undertaken for video, presentations, eLearning, audiobooks and all audio requirements.

BUSINESS SERVICES | Business Support



ALEX HOWE LEAFLET DISTRIBUTION

ahld.co.uk | 01362 354610 | alex@ahld.co.uk

Alex Howe Leaflet Distribution has been delivering leaflets and flyers over East Anglia since 2001. It's grown from strength to strength ever since. We offer fast, efficient and competitive leaflet delivery for all our clients within East Dereham and surrounding areas.



KENNY'S SHREDDING COMPANY

kennysshreddingco.com | 01603 484292 | info@kennysshreddingco.co.uk
Unit 11 Zobel Close, Sweetbriar Industrial Estate, Norwich, NR3 2BY

Kenny's Shredding Company (based in Norwich) are a local independent shredding company offering an efficient, competitively priced and trustworthy shredding service to both the public and private sectors throughout the Norfolk, Suffolk, Cambridgeshire and Lincolnshire regions. We also sell shredded paper which makes ideal animal bedding.



LIVELINK RESOURCE

livelinkresource.co.uk | 01603 513111 | message@livelinkresource.co.uk

LiveLink are award-winning professional, friendly virtual super-heroes. Providing virtual reception to health, hospitality, professional services with bespoke diary management. Callers will assume that we are your own personal P.A and not a scripted call-centre. We create a little bit of magic for you by managing your calls, talking to your callers just as you would, booking appointments and even taking payment via our secure card payment portal.



SERENA FORDHAM'S PA SERVICES

serenafordhamspaservices.com | 07794 542181
info@serenafordhamspaservices.com

Hello I'm Serena Fordham, "Norfolk's Admin Super Woman" (a.k.a. VA, PA, Writer & General Administration Whizz). I offer administrative and PA support to businesses across Norfolk and the surrounding areas, and lend a helping hand with all kinds of tasks; including general admin, telephone/email answering, bookkeeping, marketing, events, and copy-writing.

BUSINESS SERVICES | Commercial Interior Design



BLUESPACE LTD

bluespaceltd.co.uk | 01603 722123 | info@bluespaceltd.co.uk

Bluespace Ltd are an office design, fit out and furniture company based in Rackheath, Norfolk. We work with a number of local businesses to deliver bespoke office interior design for a wide range of customers across East Anglia. We can work with the smallest to the largest office fit out projects.



BURTON GREEN DESIGN

burtongreendesign.co.uk | 01603 461294 | emma@burtongreendesign.co.uk
3 Hillcrest Road, Thorpe St Andrew, Norwich, NR7 0JZ

Burton Green Design is a professional, commercial interior design company offering a comprehensive range of services throughout East Anglia. Incorporating all aspects of interior design, including office dilapidations, fit-outs, complete refurbishments and bespoke furniture, at Burton Green Design, we work hand-in-hand with clients to deliver anything from advice on your initial concept to complete design.

BUSINESS SERVICES | Graphic Design



PAUL KIRK DESIGN

paulkirkdesign.co.uk | 07787 195504 | hello@paulkirkdesign.co.uk

Paul Kirk Design covers all types of design – whether it's design for print (leaflets, flyers, brochures, banners, corporate identity and the like), web design, social media training & support or illustration you're in safe hands. With over 18 years design experience you're assured of great design, service and price.



TYPE AND IMAGE

typeandimage.co.uk | 01379 676713 | enquiries@typeandimage.co.uk
Rosario Cottage, Rectory Road, Tivetshall St Mary, Norfolk, NR15 2AL

Owned and run by Lynda Sullivan who has over 40 years' experience as a Graphic Designer and Typographer. Design of all printed matter specialising in logo design, stationery, brochures, leaflets, forms, books, booklets, posters and all promotional material.

BUSINESS SERVICES | Marketing



2UP LTD.

2upltd.co.uk | 01953 889401 | dh@2upltd.co.uk
The Old Chapel, Mill Lane, Carbrooke, Thetford, IP25 6TD

2up is a dynamic marketing consultancy based in the heart of rural Norfolk, offering a full range of marketing services: from snazzy graphic design through to punchy copy and fabulous photography. As a small business ourselves we know most clients don't have a crazy budget to spend on promoting their products or services.



BRIGHT YELLOW MARKETING

brightyellowmarketing.com | 01953 600534
sparkle@brightyellowmarketing.com

Social Media Training and Marketing. We train local businesses how to use social media effectively. We also help local businesses with their marketing, including social media and email marketing. We have published books on LinkedIn and Twitter and run Social Media Hub Norwich - monthly meetings plus online support.



DESIRE MARKETING

desiremarketing.co.uk | 01603 516562 | Jonathan@desiremarketing.co.uk

Desire Marketing help businesses grow through a range of online and traditional marketing solutions including; search engine optimisation (SEO), pay per click advertising (PPC), social media, email marketing alongside website development, marketing plans and support for branding and design. In addition it operates the unique search engine marketing platform www.tradednetwork.co.uk.



ENIGMEDIA MARKETING

enigmediamarketing.com | 07599 959007 | enigmedia@live.co.uk

Need help with social media? Looking for new web content? EnigMedia Marketing can help with our friendly and efficient business support service! We provide social media management, online marketing, proof reading, copy writing, editing and client support services to companies throughout the UK. Whether you're a small business, not for profit or large organisation, EnigMedia Marketing can help you find the best way to approach online marketing, whatever your budget.



EXAMPLE MARKETING AND WEB DESIGN

examplemarketing.co.uk | 01362 688183 | hello@examplemarketing.co.uk
1 Reeves Close, Bawdeswell, NR20 4UW

Our aim is to help local businesses grow by reaching the right people with the right messages at the right time. We can support you as much or as little as you need, from full management of all your marketing activity to designing a simple advert. We'll listen to what you want to achieve and make it happen.



HUBFIZZ

hubfizz.uk | 07557 006946 | hello@hubfizz.uk

You can have a website that looks great and delivers results – your HUB of attraction & conversion. You can have the FIZZ – online marketing strategy, training and support to grow your business. Let's meet and chat about how we can get people to notice, remember and buy from you!



INVOKE MARKETING LTD

invoke.marketing | 01603 294000 | office@invoke.marketing
The Union Building, 51-59 Rose Lane, Norwich, NR1 1BY

We're a full-service creative marketing agency based in the heart of Norwich. In addition to our flair for design and communications, we specialize in Digital Signage and interactive Ad Screens; offering a complete-service approach to the innovative world of dynamic moving-image. With a creative and tailored approach, we do all-we-can to fully understand your business needs.



LAMB SOCIAL MEDIA MANAGEMENT

lambsocialmedia.co.uk | 01553 886113 | andrew@lambsocialmedia.co.uk

Based near King's Lynn, LAMB Social Media Management provides social media management, in-house training and regular workshops for local businesses. We will get to know your business, your current client base and identify your potential clients, quickly building a working knowledge of you, your competitors and what engages your audience.



SMITHTURNER MARKETING

smithturnermarketing.co.uk | 07581 333980 | info@smithturnermarketing.co.uk

SmithTurner Marketing are based in Great Yarmouth, and provide leaflet design, print and distribution, social media management, market research, events, advertising and direct mail.



SOCIAL MONKEY LTD.

social-monkey.co.uk | 01328 442111 | info@social-monkey.co.uk
Wells-next-the-Sea, NR23 1AU

We provide micro, small and medium organisations with social media management, training, advice and support.



STEVENSON CONSULTING

stevensonconsulting.co.uk | 01603 403660 | anna@stevensonconsulting.co.uk

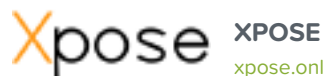
Stevenson Consulting specialises in offering professional PR and marketing support, working with clients across a broad range of market sectors to deliver an effective and successful PR and marketing strategy. Stevenson Consulting has an outstanding reputation for delivering a bespoke service with a personal touch, often lacking in larger organisations.



THIS BLOGGING BUSINESS

thisbloggingbusiness.co.uk | 01379 674696 | info@thisbloggingbusiness.co.uk

This Blogging Business offers small business owners a range of services connected with the written word. These include proofreading, copy-editing and content-writing – all designed to make your website, brochure or e-book appear polished and professional. We also help small businesses to attract customers by having a well-written, up-to-date blog on their website.



XPOSE

xpose.online | 07895 102804 | taylorgrantfordham@xpose.online

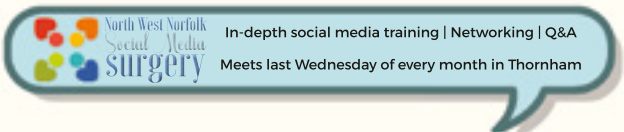
Xpose are a web design and digital marketing agency based in Norwich. We offer affordable websites and digital marketing solutions to suit any business and their ambitions.



IS SOCIAL MEDIA MARKETING LEAVING YOU CONFUSED? FEEL LIKE YOU'RE FUMBLING AROUND IN THE DARK?

We provide social media workshops as well as one-to-one social media training for beginners and improvers in Norfolk. This is in a very relaxed format where no question is a silly question and has the additional benefit of working specifically on your own social media accounts at your workplace or an independent venue.

We also provide social media management for Norfolk businesses in all industries that don't have the time, energy or expertise to manage their social media accounts themselves.



In-depth social media training | Networking | Q&A

Meets last Wednesday of every month in Thornham



lambsocialmedia.co.uk
01553 886113

BUSINESS SERVICES | Networking

360 DEGREE NETWORKING

360networking.co.uk | info@360networking.co.uk

Welcome to 360° Networking. A referral-based business network, meeting in Dereham and Watton, run by business people for business people. 360°Networking is a local business group that meets for breakfast twice a month. Meetings are held in local venues and attended by a broad spectrum of business people, all of whom are looking to meet new contacts.



NORFOLK TWEETUP

norfolktweetup.co.uk | info@norfolktweetup.co.uk

Norfolk Tweetup for free, informal, friendly networking. Our sessions give those who chat on #norfolkhour and #norwichhour a chance to meet and network face-to-face. We meet every third thursday of the month, please visit our website for more details.



NORWICH KITTY

norwichkitty.com | 07834 134726 | admin@norwichkitty.com

Norwich Kitty is a relaxed business networking group that meets every Thursday evening in Norwich at selected licensed premises. We're so confident you'll enjoy the experience that we're offering you a FREE taster session. Whether you simply sit back and observe the relaxed networking or you take an active part yourself is up to you.

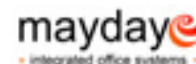
BUSINESS SERVICES | Office Equipment



COPYPRINT (EAST ANGLIA) LTD.

01603 700474 | mlake@copyprint.org.uk
23 Fiennes Road, Norwich, NR7 0YP

Copyprint (East Anglia) Ltd are suppliers of new and nearly new photocopiers and multi-function devices to businesses, clubs, charities and churches in and around Norwich. We have developed links all over the UK with leasing repossession companies, from whom we are able to source nearly new machines to our customer's exact requirements at a fraction of the cost of new.



MAYDAY OFFICE EQUIPMENT SERVICES LIMITED

maydaycopiers.co.uk | 01603 481995 | kaldred@mayday-online.co.uk
Sapphire Way, Rhombus Business Park, Norwich, NR6 6NN

Mayday Office Equipment Services are the only independent Ricoh supplier in Norfolk, supporting Colour Photocopiers, Printers and Scanners. Facilities and Print Management Solutions providers. Mayday IT Division, established over 30 years ago supports companies in Norfolk and beyond. Also a supplier of Office Products and Furniture, delivering the best value for our customers' needs.





OFFICE FURNITURE SCENE

officefurniturescene.co.uk | 01603 722483 | info@officefurniturescene.co.uk
Office Furniture Scene, 23a Mahoney Green, Rackheath, Norwich, NR13 6JY

Office Furniture Scene is a local retailer for leading office furniture brands including Herman Miller, Elite Office Furniture, Bestuhl, Aeris, Humanscale, Boss Design and Orangebox. We can provide all furniture solutions, including office chairs, desks, storage, reception and meeting room furniture and a range of office accessories. We offer free delivery on all orders over £500.



PHOTOSTATIC ANGLIA LTD

photostatic.com | 01603 613969 | sales@photostatic.com
39-41 West End Street, Norwich, NR2 4NA

Photostatic Anglia Ltd specialise in the sales and service of Network Photocopiers, Laser Printers and Duplicators. Offering a wide range of products with support from leading manufacturers we are able to compete on price as well as service. We offer a fast response to any breakdown emergency, average two hours and in Norwich one hour. Clients range from a single user to national corporate clients, in Norfolk, Suffolk, Cambridgeshire and across the UK.

BUSINESS SERVICES | Printing



DOTCOLOUR

dotcolour.co.uk | 01603 926390 | contact@dotcolour.co.uk

Dotcolour are a garment decoration company offering a wide range of clothing from fashion to work-wear. Our main services are logo embroidery and direct to garment printing. We offer low to no setup costs on embroidery orders and aim to provide the best advice we can when it comes to what clothing may suit your business, event or promotion.



KAISY

kaisy.co.uk | 01362 354601 | info@kaisy.co.uk

Kaisy offers print and design, signage in vinyl and digital print, mugs, t-shirt and hoodie printing, business cards, flyers etc.



NORWICH PRINT SOLUTIONS

norwichprintsolutions.co.uk | 01603 430730 | sales@norwichprintsolutions.co.uk
Sapphire House, Roundtree Way, NR7 8SQ

Norwich Print Solutions was established in 2005 and is owned and managed by husband and wife team, Pippa and Mark Redmond. Between them they boast over 50 years' experience in printing and pride themselves on offering a personalised service, combined with excellent quality and value for money.

buylocalnorfolk.org.uk



Helping you to look the business

Norwich Print Solutions offers a comprehensive range of products and services, including stationery, promotional material and design, all delivered with our trademark outstanding service and unbeatable turnaround.

**BUSINESS CARDS • INVITATIONS • PENS
BROCHURES • FOLDERS • STICKERS • POSTCARDS
PADS • POSTERS • ROLLER BANNERS • LEAFLETS**

EXHIBITIONS
24 Hour Working
Design
COPY WRITING
Promotional Gifts
WEB DESIGN
Print
Large Format



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BUSINESS SERVICES | Venues



HENDERSON TRUST

henderson-norwich.org | 01603 251700 | info@henderson-norwich.org
51 Ivy Road, Norwich, NR5 8BF

The Henderson Business Centre (HBC) offers modern purpose built meeting rooms, offices and industrial units. Its great position, ample free parking and flexible terms are unquestionable but, as all its profits support the Henderson Trust charity to help improve the lives of local people, it is also unique!



THE KING'S CENTRE

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63-75 King Street, Norwich, NR1 1PH

The King's Centre is a quality conference venue in the centre of Norwich, offering 14 different rooms available to hire to suit your event; from 6 people to 650.



THE SPACE NORWICH

thespacenorwich.co.uk | 01603 484630 | jillwatkinson@thespacenorwich.co.uk
Roundtree Way, Norwich, NR7 8SQ

The Space Norwich has three new rooms which can be hired By The Hour – They're perfect for business meetings, working without distractions, or brainstorming sessions. The rooms suit one to six people and cost £20 per hour. Space By The Hour rooms are part of The Space, a bespoke Business Centre with fast free Wi-Fi and free parking right outside the door.

BUSINESS SERVICES | Web Design



BUSINESS EQUIP

businessequip.co.uk | 01603 516323 | jim@businessequip.co.uk
The Kings Centre, King Street, Norwich, NR1 1PH

Our aim is to help you and your business succeed. We offer a personal and local service based in the centre of Norwich. We supply bespoke websites, social media platform, training and other bespoke solutions offering ongoing support where required.



EGGCUP WEB DESIGN

eggcupwebdesign.com | 01603 516377 | hello@eggcupweb.com
4b Guildhall Hill, Norwich, NR2 1JH

EggCup Web Design creates crisp websites that are easy to use and optimised for mobile screens. We keep clutter at bay, so your visitors can find the information they want quickly. Our websites come with a content management system as standard, making it easy to keep your content fresh and search engines happy.



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HORATIO CREATIVE

horatiocreative.com | 07792 874947 | dave@horatiocreative.com
30 Cattle Market Street, Norwich, NR1 3DY

Horatio Creative is a client focused creative agency, specialising in Website Design and Development, based in Norwich. Our work is both beautifully designed and technically brilliant – but we also realise that a website is an investment in your business which needs to produce a commercial return.



NU IMAGE DESIGN

nuimagedesign.co.uk | 01603 715671 | hello@nuimagedesign.co.uk

Nu Image Design specialise in Web Design, Online Marketing and Graphic Design. Working with a number of prestigious local clients, we have built a reputation for providing a platinum class service at affordable prices. From brand new websites, redesigns, brochures, signage and search engine optimisation, we can help get your brand seen.

CHARITIES



BREAK

break-charity.org | 01603 670100 | reception@break-charity.org
Schofield House, Spar Road, Norwich, NR6 6BX

Break is a Norfolk based charity working with vulnerable children, young people and families providing services for young people in care and moving on; children and young people with disabilities; families in need of support and children at risk. Break started in 1968 and we look forward to celebrating 50 years in 2018.



EAST ANGLIA ANCHORAGE TRUST

anchoragetrust.org | 01493 809989 | info@anchoragetrust.org
Shrublands Cottages, Magdalen Way, Gorleston On Sea, NR317BP

East Anglia Anchorage Trust is a new, innovative and unique charity supporting young people aged 18-30 who are homeless or at risk of homelessness. We facilitate good quality, affordable and sustainable housing and employability programmes for young people in Great Yarmouth.

Supporting young people who are homeless, at risk of homelessness, or vulnerably housed to achieve positive change.



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HALLSWOOD ANIMAL SANCTUARY

hallswood.co.uk | 01603 927465 | hasshoponline@gmail.com

Hallswood is a wildlife Sanctuary caring for all forms of wildlife; in special cases, we offer care and support to domesticated animals and birds. We will take domestic animals only in cases where the animal cannot go into rehoming centres. We have a no kill policy.



The Benjamin Foundation

THE BENJAMIN FOUNDATION

benjaminfoundation.co.uk | 01603 615670 | info@benjaminfoundation.co.uk
23-27 St Andrews St, Norwich, NR2 4TP

The Benjamin Foundation is a Norfolk based charity which is expanding to deliver services in neighbouring counties. We support 2,000 children, young people and families every year with issues like homelessness and helping to build stronger family relationships. Our work is delivered in King's Lynn, Great Yarmouth, North Walsham, Thetford, Norwich, Aylsham, Fakenham and over 80 schools. Everything we do provides hope, opportunity, stability and independence to the people we support.



THE MISSING KIND

missingkind.org/ | 01603 850309 | smile@missingkind.org
21 Castle Meadow, Norwich, NR1 3DD

The Missing Kind believes in a compassionate world where kindness has no boundaries. The charity supports kindness warriors, enabling them to make a difference globally; to people, planet and animals. Our HQ is home to an inspiring events space, therapy rooms, social enterprise support, kindness hub and ethical shop.

CONSTRUCTION | Builders



SHETA LTD.

shetaltd.co.uk | 01603 446300 | amy@shetaltd.co.uk

We are a small family company of builders based in Norwich, undertaking work throughout Norfolk. We pride ourselves on being honest, thorough, insured and competitive while completing work to a high standard. We are members of Norfolk County Council's Trusted Trader Scheme and The Considerate Constructor's Scheme.

CONSTRUCTION | Consultancy



CLEAR CONSULTING AND DESIGN LTD

ccandd.co.uk | 01603 555098 | office@ccandd.co.uk

Clear Consulting and Design Ltd offers Mechanical and Electrical Design Services and Project Management. Our mission is to deliver a consistently excellent standard of design and project management, whilst keeping our advice as clear and straightforward as possible.



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CONSTRUCTION | Decorating

IAN WARD - COVING & ARTEXING

01760 723902 | 07788 138729 | ianward55@gmail.com
3 Newfields, Sporle, Kings Lynn, PE32 2UA

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CONSTRUCTION | Joinery



THE JOINERY WORKSHOP NORTH NORFOLK

joineryworkshopnorfolk.co.uk | 01263 510033
katie@joineryworkshopnorfolk.co.uk
Unit 1B, Cromer Business Park, Middlebrook Way, Cromer, NR27 9JR

The Joinery Workshop North Norfolk is a family-run business. From renovations, restorations and barn conversions to listed properties and new builds, we employ the latest manufacturing methods and techniques to create a wide range of bespoke joinery items, all of which retain traditional details to comply with latest regulations.

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firefaeriedesigns.co.uk | 07826 517896 | michelle@firefaeriedesigns.co.uk
21 Davidson Rd, Norwich, NR7 0XN

I am Michelle Reece the owner of Fire Faerie Designs and I personally melt glass in a flame to create unique jewellery to make you feel special. Each jewellery piece is hand crafted using a centuries old technique which captures light and colour in glass. I also offer a design service, producing bespoke jewellery to match a specific outfit, or colour.



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lovespoonsjewellery.co.uk | 07730 454782 | lovespoonsjewellery@gmail.com

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stonedandhammered.com | lisa@stonedandhammered.com
32 Elm Hill, Norwich, NR3 1HG

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CREATIVE & ARTS | Photography



PAUL MACRO PHOTOGRAPHY

paulmacrolandscapes.com | 07727 644092 | info@paulmacro.com

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CREATIVE & ARTS | Seamstress



HEATHER FLINT – BESPOKE SEAMSTRESS & ARTISAN

07740 680966 | heather.flint.seamstress@gmail.com

Heather Flint is a Bespoke Seamstress for occasion & day wear for children and adults, including fabric embellishment, especially smocking. Bespoke seamstress creating special occasion – including christening, wedding, bridesmaid, flower girl and page boy attire – and day wear for both adults and children. Alteration service is also available.

ENERGY | Electricians



CONTRACT ELECTRICAL SERVICES LTD

norwich-electrician.co.uk | 07849 722974 | gavin@contractelec.com

Contract Electrical Services Ltd policies: - Achieve the highest level of customer service; - Knowledge of our products, we will always offer the customer the product which is right for them; - Design our installations to suit the environment and for longevity; - Design installations to provide ease of maintenance for the future; - Deliver a cost effective, on time service.

ENERGY | Energy Consultants



BIRCHWOOD ENERGY

birchwoodenergy.co.uk | 01603 754112 | warren@birchwoodenergy.co.uk
Birchwood, Shortthorn Road, Stratton Strawless, Norwich, NR10 5NX

Birchwood Energy Ltd is an Independent Energy Consultancy which provides energy contract management expertise to all sizes of companies looking to ensure that they are getting the utility contract that suits their needs. For almost 10 years, we have been working with companies ensuring that the utility contract that they have works for them and not the energy supplier.

ENERGY | Heating



ANGLIA HEATING LTD

theangliagroup.co.uk | 01603 860101 | info@theangliagroup.co.uk
Unit 14, Drayton Industrial Park, Taverham Road, Norwich, NR8 6RL

Anglia Heating still maintains its position at the heart of the Anglia Group - our core business. Anglia Heating Ltd originally founded Circa 1960 and is probably Norfolk's longest running Mechanical heating company. Independent and family owned we pride ourselves in the ability to utilise our in house knowledge and experience by providing full mechanical services, Air Conditioning, ventilation design.



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ORANGE HEATING SUPPLIES

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sales@orangeheatingsupplies.co.uk
Unit A8, Abbey Farm Commercial Park, Horsham St Faith, Norwich, NR10 3JU

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info@tankreplacementservices.co.uk

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ENERGY | Renewables




HEAT DIFFERENT

heatdifferent.co.uk | 01603 406052 | enquiries@heatdifferent.co.uk
Hethel Engineering Centre of Excellence, Chapman Way, Norwich NR14 8FB

Heat Different specialise in installing renewable heating solutions across East Anglia. We offer a range of products, including Ground Source Heat Pumps, Air Source Heat Pumps, Biomass Boilers and Solar Thermal Heating. Depending on your current heating fuel, you could save up to 50% on your heating bills by switching to renewable energy.



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INSPIRED RENEWABLES LTD.

inspiredrenewables.co.uk | 01493 751500 | info@inspiredrenewables.co.uk Unit 17 Damgate Lane Industrial Estate, Acle, Norwich, NR13 3DJ

We live by our commitment to renewable energy. We understand and can advise on all aspects of green energy, how it saves you money and how it helps save the environment for you grandchildren's, children. We specialise in the following technologies: Air Source & Ground Source Heat Pumps, Solar PV, Solar Thermal, Tesla Battery storage and EV charging stations.



POWER DIFFERENT

powerdifferent.co.uk | 01603 406052 | enquiries@powerdifferent.co.uk
Hethel Engineering Centre of Excellence, Chapman Way, Norwich NR14 8FB

Power Different specialise in installing, repairing and replacing Solar PV Panels across East Anglia. We also provide essential maintenance to ensure units run as efficiently as possible. Many businesses and households can save money by switching from grid electricity to Solar Energy, as well as reducing their impact on the environment.

FOOD & DRINK | Catering

COFFEE EXPRESS

01692 403176 | davidcoffeexpress@hotmail.co.uk
The Barn, Holgate Rd, North Walsham, NR28 9LP

Tea and coffee merchants to the catering industry, serving Norfolk and Suffolk.



COFFEE QUEST LTD

coffeequest.co.uk | 01603 871652 | info@coffeequest.co.uk
One Way House, Station Road Industrial Estate, Lenwade, NR9 5LY

Coffee Quest Ltd are a family run business based in Lenwade on the outskirts of Norwich. We offer coffee machines which we have selected to offer performance, durability and value for money. We also offer a bespoke range of espresso coffee beans and filter coffee, tea, hot chocolate and ancillary items to compliment our equipment.



PLAN TO COOK

plantocook.co.uk | 07795 361828 | plantocook@hotmail.co.uk

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QUAFF & SLOSS

quaffandsloss.co.uk | 07493 562685 | info@quaffandsloss.co.uk

Based on the stunning North Norfolk coast, we are a fully licensed vintage mobile bar available to hire for celebrations in and around Norfolk and beyond. Our handmade, shabby chic bar features gorgeous LED lighting which can be programmed with almost any colour to suit the theme of your wedding or event perfectly, fantastic decoration and of course the bar itself just looks wonderful in any setting!



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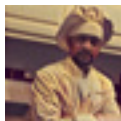
FOOD & DRINK | Food producers



ANGLIA FREE RANGE EGGS LTD.

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clair.bullen@angliafreerangeeggs.co.uk

Anglia Free Range Eggs Ltd. are producers and packers of free range eggs. We can supply delicious locally produced free range eggs into the food service, wholesale and retail sectors. Our goal is simple...to supply delicious free range eggs produced to the highest quality and welfare standards from our family of farms all located in Anglia.



ARTISAN PASTRY CHEF

My name is Joaquim Teles and I have been a Portuguese artisan pastry chef for nearly 26 years. I have been around Europe to learn and gain expertise in the most important and named patisserie. My aim now is to bring the best of the European patisserie to Norfolk but using fresh products from this part of England giving everything I produce a different twist and my signature.

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buxtonpotatoes.co.uk | 07770 928567 | Tim@dudwick.co.uk

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MIRIPIRI LTD.

miripiri.net | 07828 858384 | mandi@miripiri.net

Miripiri Ltd. is a small family run business based in North Norfolk. We specialize in chilli based products which include chilli jams, sauces, nuts and biltong.



NORFOLK BREWHOUSE

norfolkbrewhouse.co.uk | 01328 878495 | info@norfolkbrewhouse.co.uk
Moon Gazer Barn, Harvest Lane, Hindringham, NR21 0PW

Creating distinct ales and lagers, brewed with passion in North Norfolk using water from our own well and East Anglia's finest malting barley. Our lagers, StubbleStag and DewHopper, and our ales Moon Gazer are named after the majestic brown hare, StubbleStag being the Norfolk name for a hare!



NORFOLK VEG BOX

norfolkvegbox.co.uk | 01953 457393 | info@norfolkvegbox.co.uk
Rookery Farm, Great Ellingham, Attleborough, NR17 1LB

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NVCS LTD

nvcs.co.uk | 01603 720004 | joannei@nvcs.co.uk
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Established 33 years ago, NVCS has established an enviable reputation in providing premier quality machines and services tailored to each client's specific needs. Whether your requirement is for serving instant hot drinks, fresh brew coffee and tea or even coffee freshly ground from the bean, NVCS has the ideal solution.



OLD RECTORY PRESERVES LTD

oldrectorypreserves.com | 01953 789910 | aa@oldrectorypreserves.com

Made in Norfolk from Local Produce: Old Rectory Preserves comprises a range of multi-award-winning artisan-made preserves, jellies and marmalades. Our aim is to create products that are not only delicious but also use local ingredients and contain no artificial additives. Since November 2014, we have received two Great Taste awards and three Dalesmain Marmalade medals.



OLLANDS FARM FOODS

ollands-farm-foods.co.uk | 01692 652280 | mastuart@talk21.com
Ollands Farm, Short Lane, Happisburgh, NR12 0RR

At Ollands Farm Foods we take pride in making the highest quality preserves, chutneys and condiments. All our products are hand made in small batches in our own kitchen using local produce wherever possible; made with love and careful attention to detail. Why not try our World Championship-winning Pickled Quail's Eggs?

pudd'Eng

PUDD'ENG

puddeng.com | kate@puddeng.com

pudd'Eng are an artisan bakery specialising in traditional steamed puddings in classic flavours. You can purchase our puds at farmers markets, events and shops around Norfolk and Suffolk. Our puddings are now available online.



SEASON'S BOUNTY

seasons-bounty.co.uk | 07796 678490 | seasons.bounty@yahoo.com

Ali at Season's Bounty is now a proud holder of four gold, three silver and five bronze medals from the World Original Marmalade Awards for her marmalade's and two Great Taste Awards for other jams. 2015 finalist in the Norfolk Heroes Specialist Food and Drink Producer category. Ali uses only fruit when it is in season, and for her jams she uses as much locally produced fruit as possible.

FOOD & DRINK | Pubs

THE CELLAR HOUSE

thecellarhouse.co.uk | 01603 454 511 | thecellarhouse@gmail.com
2 Eaton Street, Norwich, NR4 7AB

The Cellar House is a great pub serving local beers and home cooked food, served with passion! This charming Grade II Listed building dates back to 1840 and has plenty of character with exposed beams on the ceilings, an open fire in an inglenook fireplace and the main bar being split into three areas by solid wood pillars.



THE MURDERERS

themurderers.co.uk | 01603 621447 | philip.a.cutter@gmail.com
2-8 Timber Hill, Norwich, NR1 3LB

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FOOD & DRINK | Retail



BLAKENEY DELICATESSEN

blakeneydeli.co.uk | 01263 740939 | info@blakeneydeli.co.uk
30 High Street, Blakeney, North Norfolk, NR25 7AL

Blakeney Delicatessen is a specialist, family-owned fine food and wine shop situated on the High Street of this charming North Norfolk coastal village. We offer the best of local goods as well as carefully sourced deli foods from around the world and a wonderful selection of wines. Hand-made foods are prepared daily from fresh, local produce.

FOOD & DRINK | Training



YOUR GLUTEN FREEDOM

yourglutenfreedom.co.uk | 07760 631074 | info@yourglutenfreedom.co.uk
12 Heath Close, Great Witchingham, Norwich, NR9 5QN

We pride ourselves on being one of the most informed resources relating to the free from industry in the area. In our wonderful team we have diagnosed Coeliac's and gluten free'ers, head chefs, accredited allergy management trainers, nutritionist, producers, caterers, allergy consultants and specialists, volunteer committee members for the local Coeliac support group and buyers for the free from industry.

HEALTH, BEAUTY & WELLBEING | Beauty



EMMA COOK SKINCARE

emmacookskincare.co.uk | 01603 279572
loveyourface@emmacookskincare.co.uk
The Clock House, Mill St, Buxton, NR10 5JE

Emma is a Facialist and Skincare Specialist who is passionate about offering natural and non-invasive treatments for more youthful and radiant skin. Her techniques include acupuncture, aromatherapy, relaxing drainage massage, Natural Face Lift Massage and LED Light Therapy.



NORWICH COSMETIC CLINIC

norwichcosmeticclinic.com | 01603 877470 | clinic@norwichcosmeticclinic.com
6 Exchange St, Norwich, NR2 1AT

Norwich Cosmetic Clinic has been established for over 10 years and specialises in non-surgical therapies and procedures, as well as surgical cosmetic procedures. The Clinic is run by highly reputable cosmetic surgeons who are specialists in treating all skin conditions and offer a wealth of knowledge on all cosmetic procedures, providing the latest and most effective treatments and techniques in a state-of-the-art purpose built clinic in Norwich City Centre.



PERFECT PAMPER

Perfectpamper.com | 07880 653076 | jane@perfectpamper.com

Perfect Pamper offers a salon-based and mobile beauty service. Offering a full range of beauty services and specialising in eyelash cosmetics and wedding services. In addition, our pamper parties are ideal for hen dos and birthday celebrations and we work with four and five star holiday lets, event venues and first-class caterers so we offer the whole package for your special occasion.

HEALTH, BEAUTY & WELLBEING | Chiropractor



AT YOUR CHIROPRACTORS

atyourchiropractors.co.uk | 01362 700550 | info@atyourchiropractors.co.uk
Signpost House, Ambassador Way, Greens Rd, Dereham, NR20 3TG

Chiropractic is a drug-less and non-invasive form of healthcare, designed to reduce pain and restore movement. We offer treatments to individuals in our clinic, but our mobile service means we can even treat you in the comfort of your own home. We also offer in-office treatments for corporate customers – healthy staff are more productive!

HEALTH, BEAUTY & WELLBEING | Nursing



VICTORIA CARE SERVICES LTD

victoriacareservices.com | 01603 926310 | info@victoriacareservices.com

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HEALTH, BEAUTY & WELLBEING | Opticians



COLEMAN OPTICIANS

colemanopticians.co.uk | 01603 624564 | info@colemanopticians.co.uk
7-11 Saint Augustines Street, Norwich, NR3 3DH

Coleman Opticians, Norwich are a family run independent opticians. We aim to be family focussed and have developed an area dedicated to children. Quality eye-care and affordable eye-wear has been the motto for this successful business celebrating very nearly 75 years in St Augustines Street, Norwich.

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preciouspetalsnorfolk.co.uk | 01328 700 529 | info@preciouspetalsnorfolk.co.uk
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norwichsunblinds.co.uk | 01603 615945 | l.webster@norwichsunblinds.co.uk
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- A greater choice for local businesses and individuals
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HOSPITALITY, LEISURE & TOURISM | Events



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Elizabeth Truss, Secretary of State for Justice

buylocalnorfolk.org.uk

HOSPITALITY, LEISURE & TOURISM | Tourism



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Belmont House, 20 King Street, Thetford, IP24 2AP

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- ... visit your local farmer's market to buy local produce – it can be a great family day out
- ... follow local businesses on social media for great offers
- ... tell friends and family about your favourite local businesses to spread the word
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- A greater choice for local businesses and individuals
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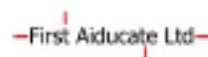
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"I would like to congratulate Buy Local Norfolk on their 10th anniversary and it is great to see the organisation going from strength to strength. Norwich City Council was a founding member and we work with Buy Local Norfolk via our procurement team and have regular meetings to discuss how we can work together to strengthen and retain our local businesses to ensure the long-term sustainability of this vital sector of our local economy. Wishing Buy Local Norfolk every success for the next 10 years."

Councillor Alan Waters,
Leader, Norwich City Council

APPLICATION FORM

To apply online visit www.buylocalnorfolk.org.uk/join/

I am proud of Norfolk and I want to help Buy Local Norfolk protect and grow our local economy, to that end I wish to apply for membership.

About your business (item a)

Business name:			
Address:			
		Postcode:	
Telephone:			
Mobile:			
Email:			
Twitter:			

Our requirements (item b)

To protect the integrity of our brand we must ensure that all members are genuinely local independent businesses based in Norfolk. Please answer the five questions below by inserting Y (for Yes) or N (for No) against each.

The main/head office of your business is based within Norfolk	
Your business already uses at least five other local (Norfolk-based) businesses as suppliers*	
Your business is privately owned, not publicly traded	
The owner(s) of the business are free to make decisions about the business at all levels	
More than 50% of the business ownership lives within 50 miles of the main place of business	
Your Business is NOT a franchise	

*You will be contacted by Buy Local Norfolk and asked for the names of 5 local businesses you already do business with.

Cost

Cost: £72 per year (1st January to 31st December)

When a new member joins part way through a year the membership fee is reduced by £6 for each month that has already passed.

The membership fee may be paid in full or monthly via Standing Order, BACS or PayPal. Buy Local Norfolk will send full payment details along with your invoice for membership.

Your pledge

Your business (item a) fully meets our requirements (item b) for membership of Buy Local Norfolk. Where relevant you will offer fellow Buy Local Norfolk members the opportunity to quote. You will act in a fair and reasonable manner with Buy Local Norfolk members and those associated with Buy Local Norfolk. You have a deep sense of pride in Norfolk.

Signed for and on behalf of your business

Signature:

Name:

Date:

Position:

Please complete and post this form to:

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or scan and email to:
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Buy Local Norfolk is a not-for-profit Social Enterprise. As such this means every paid up member owns an equal share of the company and has an equal say in what the company does.
Buy Local Norfolk exists to brand and promote businesses that are truly local to Norfolk.
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INDEX

2up Ltd.....	11	Edwards Bird Control	43
360 Degree Networking	15	EggCup Web Design	20
Abate Pest Management Ltd.....	41	Emma Cook Skincare	33
Activity Team	9	Emma Roache Co-active Coach.....	68
Adept IT Solutions.....	49	Empresa Ltd.....	21
Adept Supply Chain Solutions Ltd.	9	EnigMedia Marketing	12
Adrenalize Personal Training	34	Epic Chair Covers.....	46
Agate Designs	24	Example Marketing and Web Design.....	12
Alex Howe Leaflet Distribution	10	Face to Face Finance.....	61
Anglia Computer Solutions Ltd.....	49	Face to Face Finance Consulting Limited	64
Anglia Free Range Eggs Ltd.....	30	Fenland Fire Appliance LLP	55
Anglia Heating Ltd	27	Fire Faerie Designs.....	26
Anglian Bespoke Corrugated and Packaging Ltd.....	53	First Aiducate Ltd	68
Anglian Electrical – Plumbing And Heating	27	FlexiMed Training	68
Anglian Internet	50	Forethought Group Ltd.....	9
Anglia Oven Care	36	FreeCliX Ltd.....	50
Apex Signs and Engraving Ltd.....	53	Garden Room Designs.....	36
Artisan Pastry Chef	30	Gerald Giles	67
Aston Shaw Ltd.....	56	Grow Your Business (East Anglia) Ltd	56
At your chiropractors.....	34	Hallswood Animal Sanctuary	23
AVN Arena Accountants.....	56	Hangman Curtains and Blinds	37
Belmore Wood	62	Heat Different.....	28
B Guarded	52	Heather Flint – Bespoke Seamstress & Artisan	26
Birchwood Energy.....	27	Henderson Trust	20
Blakeney Delicatessen	33	Hilltop Outdoor Centre	49
Blooming Artificial	37	Hobbies Ltd.....	67
Bluespace Ltd.....	10	Horatio Creative	21
Bounce Back Castles Ltd	44	How-2-Drive.....	55
Bowles and Walker Ltd.....	55	HubFizz	12
Break	21	Hulbert West Ltd	62
Bright and Beautiful Flowers	37	Ian Ward - Coving & Artexing	24
Bright Maintenance Services Limited	41	Iceni Magazine	55
Bright Yellow Marketing.....	12	Infused Spirits.....	31
Broadland Aerials.....	35	Inspired Renewables Ltd.....	29
Burton Green Design	11	Inspired Youth Projects Ltd.....	70
Business Equip.....	20	Inspire Norfolk.....	68
Buxton Potato Company	30	Instromet Weather Systems Ltd.....	52
Cabins Unlimited	35	Inter-Logic	50
Catherine Gray Origami.....	67	Investing Ethically Ltd.	62
Clapham and Collinge.....	64	inVoke Marketing Ltd.....	13
Clarick Cleaning.....	36	J and P Decorators	24
Clean Tech Carpet & Oven Cleaning	36	Kaisy.....	16
Clear Consulting and Design Ltd	23	Karen Eason Certified Accountant LIMITED	56
Coffee Express.....	29	Kenny's Shredding Company.....	10
Coffee Quest Ltd	29	Kestrel Kitchens	41
Coleman Opticians.....	34	Lady Mole Catcher.....	43
Complete Building Care	36	LAMB Social Media Management.....	13
Contract Electrical Services Ltd.....	27	Larking Gowen	59
Contract Personnel Ltd.....	18	Leaping Hare CIC.....	47
Copyprint (East Anglia) Ltd.....	15	LEDience Ltd	41
Core Fire & Security Systems Ltd.....	52	LiveLink Resource	10
Crab Bookkeeping	61	Love Spoons Jewellery.....	26
Customised Ltd	40	Lovewell Blake LLP	59
Danica TCL.....	56	MAAC Air Conditioning.....	35
Dawsons Law	64	Mason Williams Ltd.	59
Desire Marketing	12	Mayday Office Equipment Services Limited	15
DMB Norwich Ltd.	44	Meditation Personal Trainers.....	35
Dotcolour.....	16	Miripiri Ltd.....	31
D.R.S Felt Roofing.....	24	MJR Events	46
East Anglia Anchorage Trust.....	21	Morton Reeves Estate Agents	61

NM Finance Ltd.....	62	Rock Solid Graphics & Print.....	18
Norfolk Brewhouse.....	31	R Todd Insurance Services Ltd	62
Norfolk Business Consultants Ltd.	9	Rural Broadband.....	49
Norfolk Gift Box.....	67	S2 Computers Ltd	50
Norfolk Tours.....	47	Season's Bounty.....	32
Norfolk TweetUp	15	Serena Fordham's PA Services.....	10
Norfolk Veg Box.....	31	Shaper Accountants	59
Norfolk Will Writing Services Ltd	64	Sheta Ltd.	23
Norwich Art School.....	70	Shower Power Booster Ltd	41
Norwich Cosmetic Clinic	33	Silverlight Disco	44
Norwich Kitty	15	Sim-Fly Norfolk (Simulator Flying Ltd).....	46
Norwich Print Solutions	16	Smith Turner Marketing	13
Norwich Sunblinds	40	Social Monkey Ltd.....	13
Norwich Theatre Royal	46	Spas Unlimited	44
Notary Express.....	64	Stevenson Consulting.....	13
Nu Image Design.....	21	Stoned and Hammered	26
NVCS Ltd.....	31	Tactile Solutions Limited.....	51
Office Furniture Scene.....	16	Tank Replacement Services Ltd	28
Old Rectory Preserves Ltd	31	Tax Solutions (East Anglia) Ltd.....	59
Ollands Farm Foods	32	TBS Norwich Limited.....	61
Orange Heating Supplies.....	27	The Benjamin Foundation.....	23
Osiris Technologies	50	The Cellar House.....	32
Paul Kirk Design.....	11	The Joinery Workshop North Norfolk	24
Paul Macro Photography.....	26	The King's Centre.....	20
Perfect Pamper	34	The Missing Kind	23
Photostatic Anglia Ltd	16	The Murderers	32
Plan to cook	29	The Space Norwich	20
Pooch's Treats Ltd	44	This Blogging Business	14
Power Different.....	29	Tresal Catering.....	30
Precious Petals	37	Trott Rentals.....	55
Presentation Works Ltd.	9	Trusted Wills & Probate Ltd	65
Printbox UK	18	Type and Image	11
Pro-Wills Ltd	65	Vala Systems	51
Pudd'Eng.....	32	Victoria Care Services Ltd.....	34
PWL Bookkeeping Services	61	Warrior Fight Wear	67
Quaff & Slosh.....	30	Westcotec Ltd.....	52
Research Plus+.....	18	Xpose	14
Resolve Carpet Care	37	Your Gluten Freedom.....	33
Robertson's Mole Control.....	43		

THANK YOU!

We would like to thank...

- **Paul Macro** for our stunning cover photo: www.paulmacrolandscapes.com
- **Emma Raines** at Example Marketing for our awesome new website and making our directory look so great!
- **Jill Watkinson** for all the fantastic work she does for people and communities in Norfolk
- **Norse Commercial Services** for all their help and support
- **Sara Matthews** from Your Gluten Freedom for letting us exhibit at all her events
- **Freightforce** for the loan of a lorry and a driver for the Lord Mayor's Procession
- **Dave Lincoln** at Horatio Creative for the excellent certificate artwork

Finally a gigantic thank you to all our members, friends and supporters who kindly wear our pin badge, attend our meetings, take time out to join us at various events, display our directories, volunteer to help, place an advert or make a suggestion...it really is appreciated.



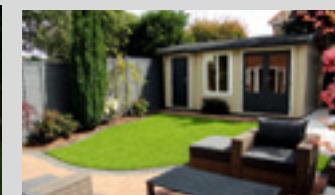
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