



A directory of businesses that are truly local to **NORFOLK**

Winter 2017 - Spring 2018 edition
buylocalnorfolk.org.uk



*If you love
where you live,
Buy Local*



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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

2017/2018 EVENTS & MEETING DATES

5TH NOVEMBER

*Snetterton Firework
Display*

1ST DECEMBER

*Swaffham
Christmas Lights
Switch On*

19TH DECEMBER

*Buy Local
Christmas
Expo*

3RD JANUARY

*Monthly Networking
Meeting at
The Oak Tree, Norwich*

7TH FEBRUARY

*Monthly Networking
Meeting at The
George and Dragon,
Thurton*

7TH MARCH

*Monthly Networking
Meeting at The
Pheasant, Holt*

4TH APRIL

*Monthly Networking
Meeting, location tbc*

9TH APRIL

*Buy Local
Easter Expo*

2ND MAY

*Monthly Networking
Meeting & AGM at
The Cottage, Norwich*

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 £40
- **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.



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 four 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."



Judith Glanville

"A born and bred Geordie from Newcastle, I'm proud to be considered an 'honorary local' having set up home in Norfolk with my two kids back in 1997. I do still miss the hills in the north East but I've never looked back – home is where the heart is, and mine's right here."

Passionate about protecting our planet for future generations, I run Inspired Renewables, a successful renewable energy company, alongside my husband, Andy. Supported by our growing team of like-minded locals, we're keen to promote and contribute to a healthy, thriving, sustainable economy for Norfolk.

As you would expect, I enjoy the great outdoors and am often seen pedalling the back lanes of south Norfolk or taking a brisk walk around the Broads, then back home for some of home-baked cakes...using locally sourced produce of course!

I've been 'doing my bit' with Buy Local Norfolk for several years and am thrilled to now be one of its Directors. These are exciting times and there's so much more we can do together to promote and support local businesses – I'm delighted to be part of that."



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."

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BUSINESS SERVICES | Business Consultancy



Activity Team

ACTIVITY TEAM

activityteam.org | 01953 605434/07851 370666 | 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.



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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.



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ALEX HOWE LEAFLET DISTRIBUTION

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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.



GLOW VIRTUAL ASSISTANTS

glowva.co.uk | 07794 542181 | info@glowva.co.uk

Supporting your business to shine

Glow Virtual Assistants (part of Serena Fordham Enterprises Limited) is a forward-thinking agency of skilled and qualified Virtual Assistants, specialising in supporting entrepreneurs and businesses to succeed, grow and shine!



KENNY'S SHREDDING COMPANY

kennysshreddingco.co.uk | 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
Holland Court, The Close, Norwich, NR1 4DY

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.



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.



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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**

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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.

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Beacon Innovation Centre, Beacon Park, Gorleston-on-Sea, NR31 7RA

We provide graphic design, web design, printing services, web hosting throughout the UK. Here at Perfect Pixel Media we provide your business with the services you need to get noticed. From branding and logo design to digital print, signage and more.

**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 | karen@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!



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

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Wells-next-the-Sea, NR23 1AU

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



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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.

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



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Office Furniture Scene is a local retailer for leading office furniture brands including Herman Miller, Elite Office Furniture, Bestuhl, Aerus, 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.



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BUSINESS SERVICES | Photography



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If you want your business to stand out and be noticed in our visual age then you need eye-catching images. Joe is a multiple international award-winning photographer whose work has featured in local, national & international media and exhibitions. He specialises in commercial photography and photography training.

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

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Formed in 2005, North Walsham Signs is a family run business providing a range of printed products from embroidered workwear to vinyl banners, vehicle graphics and sign boards for small to medium sized businesses in and around Norfolk.



NORWICH PRINT SOLUTIONS

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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.



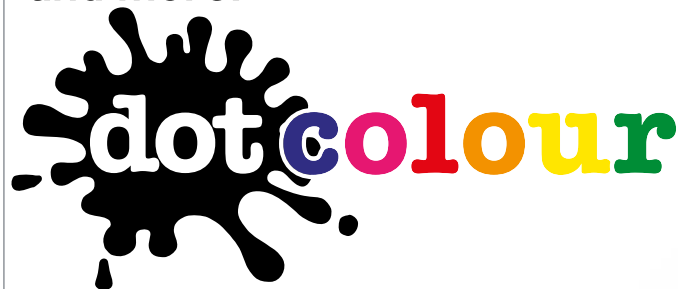
PRINTBOX UK

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Printbox UK is a Norwich based print management company, specialising in digital, litho, large format and screen printing.

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BUSINESS SERVICES | Recruitment



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1&2 Saints Court, All Saints Green, Norwich, NR1 3LP

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RESEARCH PLUS+

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96 St Clements Hill, Norwich, NR3 4BY

Research Plus+ delivers professional research with practical results that can help improve your organisation. For businesses we offer customer satisfaction, staff surveys and staff stress audits. For statutory, voluntary and charitable organisations we offer research, evaluation and related services across a wide range of social issues. We will be pleased to discuss your individual requirements.

BUSINESS SERVICES | Venues



HEMPNALL MILL CENTRE

hempnallmillcentre.co.uk | 01508 499061 | info@hempnallmillcentre.co.uk
Mill Road, Hempnall, Norwich, NR15 2LP

Hempnall Mill Centre is a modern well equipped, fully accessible, meeting/training facility, located in the South Norfolk village of Hempnall, within easy reach of Norwich, Wymondham, Long Stratton and Bungay and only three miles from the A140 Ipswich road.



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!



@buylocalnorfolk



company/buy-local-norfolk



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THE KING'S CENTRE

kings-centre.com | 01603 285260 | bookings@kings-centre.com
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 is a flexible venue with lots of space for hire. We offer free parking for all our guests. We have space for 5 – 500. 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.



EMPRESA LTD.

empresa.co.uk | 01603 623030 | sales@empresa.co.uk
Gateway, 83-87 Pottergate, Norwich, NR2 1DZ

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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 859007 | 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

anchorgetrust.org | 01493 809989 | info@anchorgetrust.org
Studio 3, 133 King Street, Great Yarmouth, NR30 2PQ

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.



HALLSWOOD ANIMAL SANCTUARY

hallswood.co.uk | 01603 927465 | hassshoponline@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.

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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 | missingkindteam@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

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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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CREATIVE & ARTS | Crafts



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— ORIGAMI —

CATHERINE GRAY ORIGAMI

catherinegrayorigami.co.uk | catherinegrayorigami@outlook.com

Catherine Gray Origami creates origami gifts and homeware from fair-trade and sustainable paper. The lokta paper used supports Tibetan refugees in Nepal by providing employment and schooling. Catherine won Theo Paphitis' Small Business Sunday award in October 2016 and is stocked in shops and galleries in Norfolk and around the UK.

CREATIVE & ARTS | Jewellery



AGATE DESIGNS

agatedesigns.yolasite.com | 07758 486270 | agatedesignsuk@gmail.com

13 Tower Hill, Norwich, NR7 0EL

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FIRE FAERIE DESIGNS

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 | lisabambridge@yahoo.co.uk

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ENERGY | Electricians



CONTRACT ELECTRICAL SERVICES LTD

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

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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

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sales@orangeheatingsupplies.co.uk

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tankreplacementservices.co.uk | 01362 687144

info@tankreplacementservices.co.uk

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HEAT DIFFERENT

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Hethel Engineering Centre of Excellence, Chapman Way, Norwich NR14 8FB

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inspiredrenewables.co.uk | 01493 751500 | info@inspiredrenewables.co.uk Unit
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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.



DRINKLINK VENDING SERVICES LTD

drinklinkvending.co.uk | 0800 3166920 | sales@drinklinkvending.co.uk
120 The Street, Kettleston, Fakenham, NR21 0AU

Drinklink Vending Services is a local business providing commercial coffee machines to businesses and caterers across Norfolk. We offer a wide variety of machines and a large selection of hot drinks to suit business and events of any size. Our in-house engineers provide support for all of our machines.



PLAN TO COOK

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

Plan to Cook provides bespoke catering for small events, both private and corporate. Dietary requirements such as gluten free can easily be accommodated. Are you lacking confidence in the kitchen? If so, why not try our one to one or group cookery lessons in authentic Indian, Italian, gluten free and French patisserie.



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THE DURBAN GRILL

facebook.com/thedurbangrill | 07799 686267 | thedurbangrill@hotmail.com
3 Church Farm Close, Weybourne, NR25 7HP

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FOOD & DRINK | Food Producers



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angliafreerangeeggs.co.uk | 07788 445293
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.

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- A greater choice for local businesses and individuals
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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.



GREEN FARM

nvcs.co.uk | 01603 720004 | sales@nvcs.co.uk
Green Farm Industrial Units, Wendover Rd, Rackheath, Norwich, NR13 6LQ

NVCS is home to Green Farm Coffee, their very own brand of coffee beans roasted on site in Norwich. NVCS are one of the leading wholesale suppliers of coffee-related services in East Anglia. From fresh brew coffee and tea to snack and can vending NVCS covers all solutions.

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infusedspirits.co.uk | 07496 478481 | infusedsales@outlook.com

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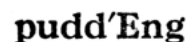
Made in Norfolk from Local Produce: Old Rectory Preserves comprises a range of multi-award-winning artisan-made preserves, jellies and marmalades. Our aim is to create products that are not only delicious but also use local ingredients and contain no artificial additives. Since November 2014, we have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

puddeng.com | kate@puddeng.com

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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.



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sisserou.com | 01603 517021 | julia@sisserou.com

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07493 716 803 | lis.walker@sky.com
Chapel Cottage, The Street, Caston, NR17 1DD

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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



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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



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HEALTH, BEAUTY & WELLBEING | Beauty



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.

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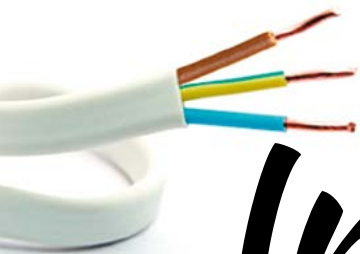
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INSPIRE NORFOLK

inspirenorfolk.co.uk | 01603 670909 | jan@inspirenorfolk.co.uk

Here at Inspire Norfolk we support businesses to recruit apprentices and entry level staff. We take the hard work out of the process so that business owners can get on with their day to day activities. We then liaise with the training provider to ensure you get the most appropriate course to complement the role. We also work with young people to support them in finding employment.



INSPIRED YOUTH PROJECTS LTD

inspired-youth.co.uk | 01603 251556 | admin@inspired-youth.co.uk

Inspired Youth connects business and education through events in schools, outside of schools and on behalf of schools. Inspired youth is committed in focusing on three main areas Inspiration, aspiration and destination working with young people from junior school to post 16. All Inspired youths work involves businesses coming to support our projects to give the students a real insight in to opportunities that are out there for young people. We are always looking for new businesses to come and get involved and so if you would like to find out how then please do not hesitate to contact us for a chat.

Save your business money - train your staff to be Volunteer Tenancy Mentors

What's the cost of losing great employees? How do you recruit the best, hold onto them, keep them motivated and save your business money at the same time?

By #buyingsocial, that's how.

Why not spend the same amount you already spend on recruitment, staff training and development and buy it from a local social enterprise instead? Businesses such as Santander, PwC, Johnson & Johnson and Amey are already doing this.

That way you make a difference to a young person's life AND save your business money. It's what we call a win-win situation.

Your Own Place will provide a two-day high quality staff-training package. It will prepare your employees to become life-changing Volunteer Tenancy Mentors.

We will support and develop them to mentor young people making the transition to adult life and independence. As if this amazing staff opportunity wasn't enough, it will also prevent youth homelessness in your community.

You will get motivated staff, job satisfaction, new skills and local social impact that makes your business stand out from the crowd.

For more information visit:

www.yourownplace.org.uk/our-services/volunteer-tenancy-mentoring/

Email: rebecca@yourownplace.org.uk





NORWICH ART SCHOOL

norwichart.co.uk | 07938 955385 | welcome@norwichart.co.uk

Norwich Art School is founded for the purpose of supplementary education in Fine Art, which promotes creative, aesthetic and intellectual development of children and young people aged 7 to 16 years old. The school offers students an opportunity to embrace Fine Art from an early age, nurturing their potential in preparation for higher education, and a prospective career in Fine Art, architecture, engineering, design, fashion and advertising to name only a few.



YOUR OWN PLACE CIC

yourownplace.org.uk | 07530 028446 | rebecca@yourownplace.org.uk

Your Own Place CIC equips young people with the skills, confidence and knowledge to live safely and securely. We achieve this by continually developing innovative and entrepreneurial solutions as well as collaborating for the benefit of our young people. By working restoratively & delivering high quality interventions we create a culture of empowered, independent young people.

Art 4 Youth CIC

www.norwichart.co.uk

NATIONAL LOTTERY FUNDED

Art 4 Less Project

Free fine art tuition

welcome@norwichart.co.uk

We help all children and young people reach their creative potential

APPLICATION FORM

To apply online visit www.buylocalnorfolk.org.uk

My business, organisation, club or charity is proudly local and independent to Norfolk and as such I would like to apply to join this like-minded group.

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:

Buy Local Norfolk
23 Fiennes Road
Norwich
NR7 0YP

or scan and email to:
admin@BuyLocalNorfolk.org.uk

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.

The Directors of Buy Local Norfolk give their time completely FOC, and they pay for membership too.



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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.

"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

"Buy Local Norfolk is a fantastic organisation that celebrates the great producers and suppliers we have in the country."

Elizabeth Truss,
Chief Secretary to the Treasury

"As the MP for a large rural constituency I have always taken the view that people making conscious effort to Buy Local can make a difference to small business and wealth creation."

There are many excellent local products on offer. Many of these are far superior to alternatives that are made elsewhere in the country or imported."

Sir Henry Bellingham MP
Member of Parliament for North West Norfolk

BUY LOCAL NORFOLK EVENTS 2017



BLN Christmas Expo 2016



BLN 10th Anniversary



Costessey Fete



The Norfolk Show 2017



The Norfolk Show 2017



The Lord Mayor's Procession



The Lord Mayor's Procession



Norwich Laues Festival



Lunch on the Green



Old Buckenham AirShow



BLN Challenge!



#NorfolkRocks!



Crower Carnival



South Norfolk on Show


cabinsunlimited

OPENING TIMES

WEEKDAYS: 8.30am - 5pm
SAT & SUN: 10am - 4pm



£50

Members
Discount

MEMBERSHIP ONLY OFFER

All Buy Local Norfolk members get a £50 discount off any shed, summerhouse, Log Cabin or Timber Building when you visit our display site in East Dereham!

To claim this discount simply pop into our display site with proof of your membership and a member of staff will be happy to help.



Aldiss Park, Norwich Road, Dereham, Norfolk, NR20 3PX

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