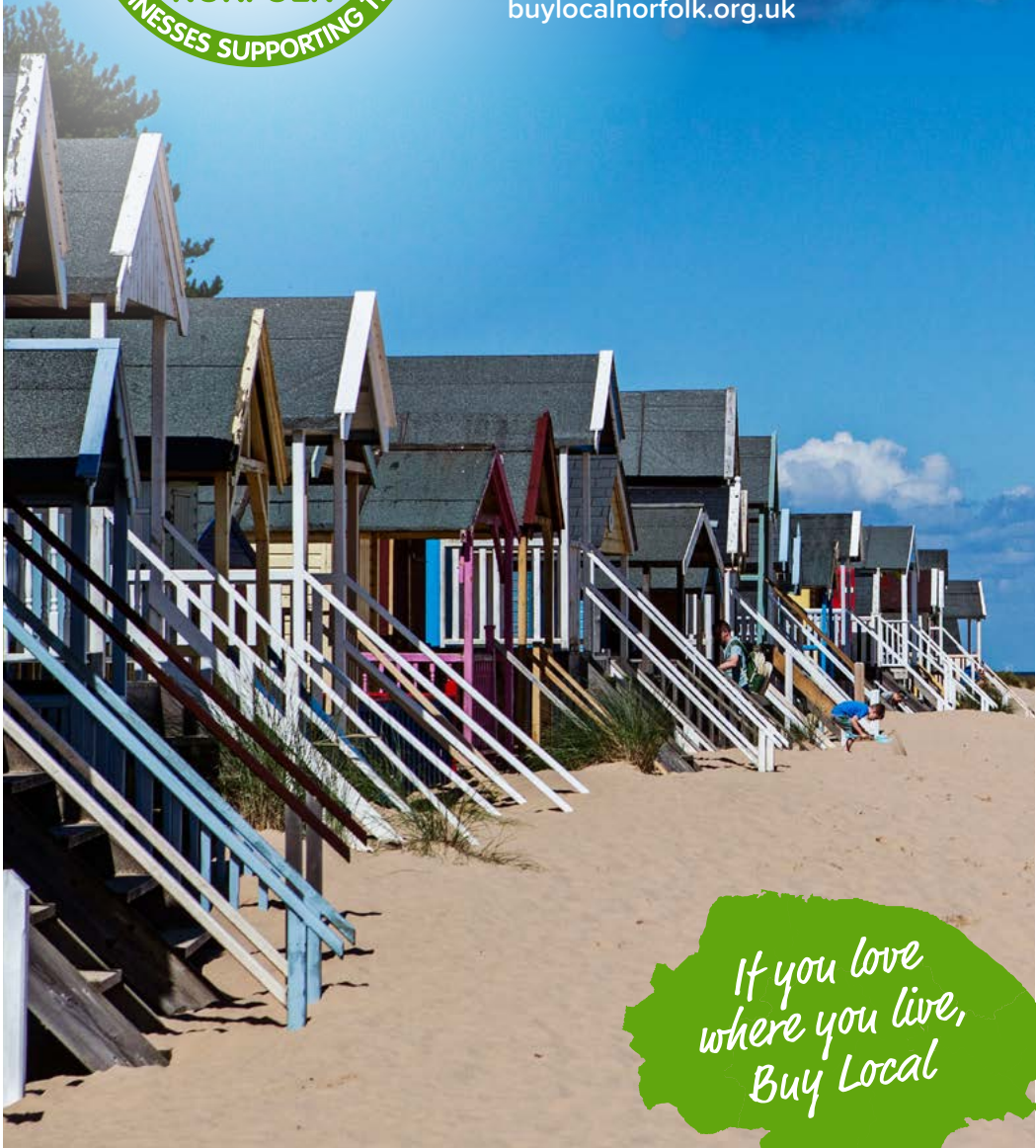




A directory of businesses
that are truly local to
NORFOLK

Summer - Autumn 2018 edition
buylocalnorfolk.org.uk



*If you love
where you live,
Buy Local*

PURVEYORS *of FINE*

WEBSITES

& CRAFTERS *of QUALITY*

PRINTING

for discerning
BUSINESSES *like YOURS*

For more information
please call **01362 688183** or email **hello@examplemarketing.co.uk**
examplemarketing.co.uk



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.

2018 EVENTS

27-28TH JUNE

Royal Norfolk Show

1ST JULY

*South Norfolk
on Show*

7TH JULY

*Lord Mayor's
Procession*

11TH JULY

*Lunch on the
Green*

28-29TH JULY

*Old Buckenham
Airshow*

5TH AUGUST

Wayland Show

15TH AUGUST

*Crower
Carnival*

27TH AUGUST

Aylsham Show

8-9TH SEPTEMBER

Greenbuild

Join us for our free monthly networking events on the 1st Wednesday of each month - visit buylocalnorfolk.org.uk for details.

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 and flip-chart
- **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."

COME AND JOIN US AT THE ROYAL NORFOLK SHOW 2018 27-28 JUNE 2017

The Buy Local Norfolk marquee will be our biggest and best yet. Our aim is to showcase the heart and soul of the Norfolk business community.

Come and meet some of our members and find out more about how you can support the Norfolk economy by "Buying Local".

- Local services
- Local products
- Competitions
- Something for everyone!



A big thank you to all of our sponsors:

Evening Celebration
Sponsor



Panel
Sponsor



Member Area
Sponsor



Cabling
Sponsor



Marquee Decoration
Sponsor



Display Photography
Sponsor



Coffee
Sponsor



Wifi
Sponsor



We still have some sponsorship opportunities available, please contact julie.hunt@buylocalnorfolk.org.uk to find out more.

OUR MEMBER AREA SPONSOR:

Are you a busy Entrepreneur or Business Owner?
Do you want more from your business?
Do you want to free up your time to focus on driving your business forward?

Yes? We can help!

We're a forward-thinking agency of skilled and qualified Virtual Assistants, specialising in supporting entrepreneurs and businesses to succeed, grow and shine! We offer a range of services and tailor packages to suit the needs of you and your business.

Visit www.glowva.co.uk for more details.



OUR MARQUEE DECORATION SPONSOR:

Epic Event Hire is one of the leading Entertainment and Venue Decoration Companies in East Anglia.

Epic Event Hire provides entertainment for events all over Norfolk and the surrounding counties. The family run business also covers all aspects of venue decoration - from chair dressing and table centrepiece's, to creative lighting and event hire items, providing stunning enhancements to any venue with their professional decor and lighting packages. You can expect a fully comprehensive hire service for any celebration.

With over 20 years experience, you can be confident that your event is in safe hands.

epiceventhire.co.uk
07429 066006 | info@epiceventhire.co.uk



OUR EVENING CELEBRATION SPONSOR:

“As one of Norfolk’s largest companies, Norse Group has a significant procurement budget. We recognise the value of our purchasing power to the local economy, and are committed to working with the local supply chain, through a proactive approach to buying locally. We are therefore delighted to sponsor Buy Local’s evening event at the 2018 Royal Norfolk Show.”

Geoff Tucker, Sales Director Norse Group



BUY LOCAL NORFOLK SUPPORTER MEMBERSHIP

Over the years, we have come across some fantastic organisations and individuals who are right behind the Buy Local Norfolk ethos. However, for one reason or another, they're not eligible to become a member.

That's why we've introduced a Buy Local Norfolk Supporter Membership. We hope this will provide a route for non-eligible organisations and individuals to show their support for our cause and our members.

What is a supporter member?

A supporter member is a definable individual, group or organisation (one with a generally recognisable brand or title) which meets our criteria for supporter membership and shares our pride and passion for the brilliant county of Norfolk.

A supporter member would typically be a public sector, community or social enterprise organisation. Our supporter members have a desire to help and support Buy Local Norfolk and/or its members.

If you'd like to know more, please visit buylocalnorfolk.org.uk/supporter-members

GoGoHares 2018: Support BoudicHare!



Buy Local Norfolk is really excited to be supporting GoGoHares 2018 as part of The Friends of Icen GoGoHares Collective.

Our hare, BoudicHare, is part of the ever popular Wild in Art programme, which brings public art to the streets of Norwich throughout June. It's also a great initiative to bring local businesses and the community together in a positive way.

Get involved!

Follow @BoudicHare on Twitter to share in her latest adventures. Why not take a selfie with her when she appears in Norwich in June and Tweet us @BuyLocalNorfolk?



GoGoHares 2018 is presented by Break charity in partnership with Wild in Art  

OUR SUPPORTER MEMBERS:



BROADLAND DISTRICT COUNCIL TRAINING SERVICES

broadland.gov.uk/training | 01603 788950 | carrowbreck@broadland.gov.uk
Carrowbreck House, 7 Carrowbreck Road, Hellesdon, Norwich, NR6 5FA

Broadland Council Training, delivered by Broadland District Council, has proudly become the first official supporter of Buy Local Norfolk.

Broadland District Council has been a trusted training provider for more than 15 years. We pride ourselves on offering high quality training at affordable prices to help local businesses develop and succeed. Our courses are delivered by carefully selected tutors who are experts in their own field. There are 50 different courses available ranging from Health & Safety to Public Speaking, Microsoft Excel to WordPress workshops or Cloud Accounting to Customer Service.

We are delighted to be able to offer a discount to Buy Local members wishing to attend any of our courses. As a member, you are entitled to £5 off any half-day, and £10 off any full-day training course. This offer can be used as many times as you book. Contact us to find out more.

WHAT'S INSIDE

BUSINESS SERVICES

Business Consultancy	13
Business Support	14
Commercial Interior Design	16
Graphic Design	16
Marketing	17
Networking	21
Office Equipment	22
Photography	22
Printing	24
Recruitment	27
Research	27
Venues	27
Web Design & Development	28

CHARITIES

CONSTRUCTION

Builders	32
Consultancy	33
Decorating	33
Glazing	34
Joinery	34
Roofing	34

CREATIVE & ARTS

Art	35
Jewellery	35
Photography	36
Seamstress	36

ENERGY

Energy Consultants	36
Heating	37
Renewables	37

FOOD & DRINK

Catering	38
Food Producers	39
Pubs	42
Retail	42
Training	43

HEALTH, BEAUTY & WELLBEING

Chiropractor	43
Nursing & Care	43
Opticians	43
Personal Training	47
Wellbeing	47

HOME & GARDEN

Aerials	47
Air Conditioning	47
Cabins & Garden Rooms	48
Cleaning	48
Florists	49
Furnishings	49
Home Technologies	50
Lighting	50
Maintenance	50
Pest Control	51
Plumbing	52
Spas	52

HOSPITALITY, LEISURE & TOURISM

Entertainment	52
Events	55
Theatres	55
Tourism	56
Venues	57

IT, TECHNOLOGY & TELECOMMS

Broadband	57
IT	57
Security	60
Telecomms	62
Traffic Technology	62
Weather Monitoring	62

MANUFACTURING

OTHER

Clock Maker	64
Driving Schools	64
Fire Safety	64
Laundry Services	64
Publishing	65
Vehicle Hire	65

PROFESSIONAL SERVICES

Accountants	65
Bookkeeping	69
Estate Agents	69
Finance	71
Insurance	72
Solicitors	72
Will Writing & Estate Planning	75

RETAIL

TRAINING, EDUCATION & PERSONAL DEVELOPMENT

BUSINESS SERVICES | Business Consultancy



ACTIVITY TEAM

activityteam.org | 01953 605434/07851 370666 | tony@valemil.eu
26 Sycamore Avenue, Wymondham, 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.



CLARITY

clarity-bds.com | 01603 929848 | enquiries@clarity-bds.com
Suite 1, Sackville Place, 44-48 Magdalen Street, Norwich, NR3 1JU

Clarity is a Norwich-based consultancy practice specialising in Business Coaching, Web Development, Website Hosting and Digital Marketing services. At Clarity, we help our clients to grow in new ways, by designing and implementing winning strategies that combine best traditional business practices with cutting-edge digital marketing systems.



CORPORATE GROWTH CONSULTANCY LTD.

corporategrowth.org | 01379 308690 | hello@corporategrowth.org
Unit 3, Diss Business Centre, Dark Lane, Scole, Diss, IP21 4HD

Helping businesses grow and prosper through organisational development. Using proven techniques and tools such as Everything DiSC® and Five Behaviors of a Cohesive Team™ we can help you increase profits.



HAYSMAN CONSULTING LIMITED

haysmanconsulting.com | 01603 343430 | stuart@haysmanconsulting.com

Every year in the UK, poor health and safety costs the economy a staggering £14.3 Billion. We're freelance Health and Safety specialists who will help you to protect your people, property and profit – making sure your business doesn't become part of this statistic.



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



EASTERN LANDLORDS ASSOCIATION

easternlandlords.org.uk | 01603 767101 | simone@easternlandlords.org.uk
1 Sprowston Road, Norwich, NR3 4QL

Eastern Landlords Association provides an invaluable service for landlords. Membership is provided to over 1,350 reputable private residential landlords across the UK.



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.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.

What if People Had Their Needs Written All Over Them?



CORPORATE GROWTH
CONSULTANCY

01379 308690 | HELLO@CORPORATEGROWTH.ORG
WWW.CORPORATEGROWTH.ORG

**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.

**NORFOLK CHAMBER OF COMMERCE**

norfolkchamber.co.uk | 01603 625977 | hello@norfolkchamber.co.uk
Norwich Business Park, 9 Whiting Road, Norwich, NR4 6DJ

Norfolk's largest business membership network. We provide networking opportunities, share knowledge, offer business advice and support, signpost to business opportunities and inspire innovative thinking to enable companies to do better business.

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.

**PERFECT PIXEL MEDIA**

perfectpixel-media.co.uk | 01493 202338 | hello@perfectpixel-media.co.uk
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.

**BIGDADDYPR**

bigdaddypr.co.uk | 01603 673693 | hello@bigdaddypr.co.uk

BIGDaddyPR is a cutting edge social media agency. With our approach to social media, our flair and ability to story tell, we punch your message out to the right audience. New customers are drawn to good looks and acts of kindness. #LawsOfAttraction #Value

**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.



Hi, I'm Steven Thompson, the owner and founder of BIGDaddy, social media agency.

I took 10yrs of knowledge and transferable skills from the police service and built an effect and current communication company.

BIGDaddy is a full-service social media agency designed to support entrepreneurs and their businesses, we accelerate their profile to make their brand famous.

Our bespoke services include,

- Digital Business Intelligence
- Digital Management
- Digital Communication Strategy
- Content Creation
- Video Creative
- Community Management
- Paid Media
- Audit's and Insights
- Digital Training and Education
- BIG'Ed - Mentoring
- BIG VIP - Coaching

Social Media, it's in our DNA!

Tel : 01603 673693

Email : hello@bigdaddypr.co.uk

Tweet : @BIGDaddyPRUK

www.bigdaddypr.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, we can help.



EXAMPLE MARKETING AND WEB DESIGN

examplemarketing.co.uk | 01362 688183 | hello@examplemarketing.co.uk
The Old Eagle, Market Place, Dereham, NR19 2AP

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. Proud to be a Google Partner and Netl Studio.



GGS

ggs.co.uk | 01603 622500 | enquire@ggs.co.uk
1 White Lodge Business Park, Hall Road, Norwich, NR4 6DG

GGS provide Creative Visual Media to help businesses stand out in an ever more competitive marketplace. We design and build exhibition stands for shows all over Europe, we offer commercial photography services and graphic design as well as large format printing and portable display equipment including banner stands and pop-ups.



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

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

Based near King's Lynn, LAMB Social Media 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.



ROWANTREECOPY

rowantreecopy.wordpress.com | 07846500308 | gowanravin@gmail.com
292 Unthank Rd, Norwich NR4 7QD

RowanTreeCopy is a one-person freelance copywriting and editing agency, based in Norwich, with a particular interest in working with social enterprises, community groups and campaigning organisations. Past clients have included companies and individuals in the hotel, medicine and music industries, as well as a number of NGOs and campaigns.



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.



TRUE STORY

meettruestory.co.uk | 07929 755577 | leah@truestorypr.co.uk
Holly Cottage, Middle Road, Gt Plumstead, NR13 5EE

True Story combines marketing expertise with the art of storytelling to create an imaginative and engaging approach to communications. Leah Larwood is an expert in food, drink, travel, wellbeing and charity PR and marketing. Champion of local produce and all things Norfolk.

BUSINESS SERVICES | Networking



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 | 01603 767413 | 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.

LAMB Social Media
lambsocialmedia.co.uk
01553 886113

Are you a small business that has a social media presence but want to brush up on your online marketing skills? Do you just not know where to begin? Choose between our group workshops held regularly in Norwich and King's Lynn or one-to-one training sessions at a time and location to suit you.

Marketing Workshops Training Support

Certified
 Member
 Co-organiser
 Sponsor
 Supporter





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.



JOE LENTON PHOTOGRAPHY

joelenton.com | 01603 516288 | photography@joelenton.com

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.



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



01603 430730

sales@norwichprintsolutions.co.uk

www.norwichprintsolutions.co.uk

Sapphire House, Roundtree Way, Norwich, Norfolk NR7 8SQ

FREE DELIVERY FOR
JOBS OVER £100*



FREE PARKING



*Terms and conditions apply



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.



EXPERT PRINT MANAGEMENT LTD.

expertprintmanagement.co.uk | 01603 397 704
hello@expertprintmanagement.co.uk
17-19 St Georges Street, Norwich, NR3 1AB

Expert Print Management is a Norfolk based print management company supplying print, promotional products and graphics to businesses throughout the UK.



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.



NORTH WALSHAM SIGNS

northwalshamsigns.co.uk | 01692 402423 | info@northwalshamsigns.co.uk
Unit 1, Midland Road, North Walsham, NR28 9JR

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

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.

STOP BUYING PRINT

UNTIL YOU SPEAK TO US.

Expert Print Management is a dedicated and experienced team of print and product buyers, operating across three key areas –
Print, promotional products and exhibition banners/flags.

We draw on over 30 years in the industry, and have a 'multi-estimate' rule for every project, meaning that we'll always ask at least three suppliers for an accurate cost. So put us to the test. Throw us your hardest brief, or the best quote that you've received and see if we better it. We may surprise you.



**expert print
management**

**Give us a call on 01603 397704 now, to see how using
a print management company can save you time and money.**

www.expertprintmanagement.co.uk

LOOKING FOR TEMPORARY OR PERMANENT STAFF?



With 30 years experience in recruitment, we are a trusted agency with strong relationships throughout East Anglia, and branches in Norwich, Diss and Thetford.

Follow us: [f](#) [t](#) [in](#) [G+](#)



✉ enquiries@contract-personnel.ltd.uk

📞 Norwich 01603 764044 📞 Diss 01379 777877 📞 Thetford 01842 750222

..... contract-personnel.com

BUSINESS SERVICES | Recruitment



CONTRACT PERSONNEL LTD.

contract-personnel.com | 01603 764044 | enquiries@contract-personnel.ltd.uk
1&2 Saints Court, All Saints Green, Norwich, NR1 3LP

Established in 1989, with branches in Norwich, Thetford and Diss, Contract Personnel is an independent recruitment agency supplying temporary and permanent staff to local businesses. Whether you need a key position filled or a flexible workforce to handle seasonal peaks, our experienced recruitment consultants can help you. Industry expertise includes: Catering, Hospitality, Driving, Industrial, Production, Technical, Office, Professional.

BUSINESS SERVICES | Research



RESEARCH PLUS+

research-plus.co.uk | 01603 408289 | info@research-plus.co.uk
3 Constitution Hill, Norwich, Norfolk, NR3 4HA

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](#)

[/BuyLocalNorfolk](#)



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 | office@proclaimers.com
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 & Development



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

Empresa can deliver a full range of digital marketing including website design, online shops, search engine optimisation, domain registration, hosting, email services, email marketing campaigns to market and promote you, your products or services. We can also provide Bespoke Software Development and IT Consultancy to help you increase productivity and performance.



NORFOLK GIN



ALBION GALLERY



ECHO YOUTH THEATRE



ECO JEWELLERS





YOUR FUTURE IS OUR FOCUS

Here at Grow Your Business, we do things a little differently. Most accountants look at what has happened in the past. We work proactively with sole traders, partnerships and companies to use what has happened in the past to help you plan your future.

ACCOUNTS AND TAX RETURNS | SELF-ASSESSMENT | BOOKKEEPING
VAT RETURNS | WAGES AND PAYROLL | BUSINESS PLAN CREATION
RESTRUCTURING | DEALING WITH HMRC

Contact us now for a free initial consultation:

t: 01760 723830

w: gybea.co.uk

e: info@gybea.co.uk



Grow Your Business (East Anglia) Ltd

Business Services | Web Design & Development continued



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.



TWIST DEVELOPMENT LIMITED

twistdevelopment.co.uk | 01603 552045 | desk@twistdevelopment.co.uk

Here at Twist Development we're more than just web designers, we're web developers – This means we code everything by hand to guarantee the perfect solution for your business. No templates. No fuss. We like to build strong, lasting relationships with all our clients and our 5-star reviews on TrustPilot are testimony to that.

CHARITIES



BIG C CANCER CHARITY

big-c.co.uk | 01603 619900 | enquiries@big-c.co.uk

Big C, Centrum, Norwich Research Park, Colney Lane, Norwich, NR4 7UG

Big C is Norfolk's Cancer Charity. Since 1980, with the support of the local community, we've been working to improve the lives of local people affected by cancer. Through our local Support and Information Centres, funding research into cancer, and medical equipment in local hospitals. Registered Charity No. 281730



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 COAST HOSPICE CHARITY

eastcoasthospice.org.uk | 01493 718707 | office@eastcoasthospice.org.uk

Sussex Road Business Centre, Sussex Road, Gorleston, NR31 6PF

Hospice Appeal to build an adult hospice, with day care facilities, for people in the Great Yarmouth & Waveney areas. This will provide specialist care for patients and their families living with a life-limiting illness, helping to make every moment count.

[@buylocalnorfolk](https://twitter.com/buylocalnorfolk)

[in company/buy-local-norfolk](https://www.linkedin.com/company/buy-local-norfolk)

[f /BuyLocalNorfolk](https://www.facebook.com/BuyLocalNorfolk)



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 | 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

S1 BUILDERS LTD.

s1buildersltd.com | 07817 878580 | stefan@s1buildersltd.com
Unit 8b Economy Storage, Mill Lane, Syderstone, PE31 8RX

S1 Builders Norfolk cater for all the requirements of an ever changing environment. We are a family run Norfolk business that caters for all types of works from new to old. Our tradesmen use all traditional methods and materials, alongside the newest styles and equipment throughout most of Norfolk.



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.

Every time YOU visit a Break charity shop YOU are helping US change young lives!

- shop
- volunteer
- donate

break
Changing young lives 1968-2018
Registered charity no. 286650

www.break-charity.org

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.

CONSTRUCTION | Decorating

IAN WARD - COVING & ARTEXING

01760 723902 | 07788 138729 | ianpward55@gmail.com
3 Newfields, Sporle, Kings Lynn, PE32 2UA

Over 42 years' experience coving and artexing for a variety of customers. I can do all types of coving and artexing. Based in Swaffham, but cover the whole of Norfolk and beyond!



J AND P DECORATORS

jandpdecorators.co.uk | 07834 612463 | jandpdecorators@gmail.com

Welcome to J and P Decorators. We are Jay & Peter from the famous J&P Decorators. We do all types of interior decorating. We do all types of exterior decorating. And we do all types of commercial decorating. We pride ourselves in giving a high quality, hassle free, friendly service and will travel anywhere with a postcode.

CONSTRUCTION | Glazing



NORWICH GLASS COMPANY

norwich-glass.co.uk | info@norwich-glass.co.uk
Unit 11 Caston Industrial Estate, Salhouse Road, Norwich, NR7 9AG

Norwich Glass Company are the largest independent glass supplier in Norwich. We supply glass and glass installation services to both the general public and trade industries. We pride ourselves in combining the highest standard of customer service together with the most comprehensive glazing service available in Norfolk.

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.

CONSTRUCTION | Roofing

D.R.S FELT ROOFING

01692 652149 | drsroofs@btinternet.com
Vale Cottage, North Walsham Road, Bacton, Norwich, NR12 0LN

Flat Roofing Specialist with 30 years Experience. Top Quality High Performance Felt systems used. Garages, Dormers and Extension Roofs. New Deckings, Fascias and Guttering.

CREATIVE & ARTS | Art

CLAIRE CARNEY FLORAL AND BALLOON DESIGNS

clairesfloralandballoondesigns.co.uk | 07591 524348 | claire@clairesfloralandballoondesigns.co.uk

Whether you're looking for beautiful flowers or stunning balloon decor for either a private celebration or corporate event, I can help! From weddings and funerals to birthdays and anniversaries, I source the freshest flowers and top quality balloons to impress your guests and clients.



KATHERINE BARNEY CERAMICS

katherinebarneyartist.co.uk | 01362 638589 | katherineb@greenbee.net
21 Davidson Rd, Norwich, NR7 0XN

Hand painted ceramics plates, cups, cases, jugs, vibrant colours, animals, birds, flowers. Selling mainly in Norfolk and Suffolk, at Wiveton Hall, Holkham Hall, and my own studio by appointment. My hand painted ceramics I sell to Jarrolds, Wiveton Hall, and Holkham Hall, organise my own shows at galleries around the country like at Aldeburgh, Framlingham, Snape Maltings.



KAVE WOODCRAFT

kavewoodcraft.co.uk | 07771 331449 | kev@kavewoodcraft.co.uk
2 Hillside, Felmingham, Norwich, NR28 0LE

Kave Woodcraft, offering bespoke wood art creations, ornamental and functional housewares. Kave Woodcraft also offer affordable Laser Cutting, Engraving and personalisation services to the public.

THE ANIMALS OF

theanimalsof.co.uk | 07983 536160 | rachel@theanimalsof.co.uk
Chapel Works, Station Road, Pulham St Mary, IP21 4QS

The Animals Of is a one woman design studio. That woman is me, Rachel lee! I create beautiful animal illustrations and turn them into wonderful wares.

CREATIVE & ARTS | Jewellery



FIRE FAERIE DESIGNS

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

I am Kekezza 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.



LOVE SPOONS JEWELLERY

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

I recycle old Hallmarked pieces of Sterling Silver cutlery, such as spoons forks and sugar tongs, into wonderful pieces of jewellery with history, perhaps YOUR history. Each piece comes with a Provenance Card telling you when and where they were originally made, and who made them. You can come and visit me in my work shop and be part of the design process, or share your own design ideas with me.

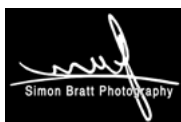
CREATIVE & ARTS | Photography



PAUL MACRO PHOTOGRAPHY

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

Lifestyle, commercial & landscape photographer.



SIMON BRATT PHOTOGRAPHY

simonbrattphotography.com | 07974 811105
admin@simonbrattphotography.com
West Raynham

Professional full time Norfolk photographer with ten years experience in a wide variety of subjects including portraits, events, corporate, hospitality, products, animals and more. Fully insured. Many examples on my website portfolio.

CREATIVE & ARTS | Seamstress



HEATHER FLINT – BESPOKE SEAMSTRESS & ARTISAN

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

Heather Flint – Bespoke seamstress creating Special Occasion clothing – including wedding and bridesmaid dresses; flower girl and page boy attire; Mother-of-the-Bride or Groom ensembles; christening and confirmation outfits; party wear; day wear for both adults and children. Heather has even made costumes for professional performers. Alteration service available.

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



ORANGE HEATING SUPPLIES

orangeheatingsupplies.co.uk | 0333 240 0206
sales@orangeheatingsupplies.co.uk
Unit A8, Abbey Farm Commercial Park, Horsham St Faith, Norwich, NR10 3JU

Orange Heating Supplies have over 25 years experience in Underfloor Heating and a wealth of knowledge in plumbing and heating supplies. We offer an underfloor heating design service, free local delivery and free expert advice. We have new products which will save you both time and money.



TANK REPLACEMENT SERVICES LTD

tankreplacementservices.co.uk | 01362 687144
info@tankreplacementservices.co.uk

Tank Replacement Services are East Anglia's No.1 – Oil Tank Replacement specialist. If you need a new oil tank, please call us for a friendly advice and a no obligation quotation. We have a wide range of tanks in stock at competitive prices. Professional installation is carried out by our own OFTEC trained engineers.

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.



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 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. Call today for a free energy assessment.



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

coffequest.co.uk | 01603 871652 | info@coffequest.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, Kettlestone, 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.



EIGHT DUMPLINGS OF NORFOLK

07478 704089 | rita.w.kang@gmail.com

Eight Dumplings successfully marries together the best locally produced Norfolk ingredients, with Northern Chinese dishes. Simple, delicious, healthy and comforting food that everyone can enjoy on different occasions. Offering catering to hotels, B&Bs, pubs, private individuals, parties, dinner parties, supper clubs, cooking lessons.



POPPYSEED BAKING

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

Poppyseed Baking provides home baked cakes and pastries delivered fresh to local cafes in and around the Norwich area. Gluten free and vegan options can be easily accommodated. Also bespoke catering specialising in afternoon teas and buffets for both private and corporate events.



THE DURBAN GRILL

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

The Durban Grill is Norfolk's finest South African Street Food Business. We specialise in traditional Zulu and South African recipes including the use of exotic meats such as Ostrich an Crocodile. On top of this we provide fresh ground gourmet coffee, made by two UK Barista Skills Championship finalists!

FOOD & DRINK | Food Producers



ANGLIA FREE RANGE EGGS LTD.

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.



DANN'S ICE CREAM

dannsfarm.co.uk | 01362 638116 | sales@dannsfarm.co.uk
Pound Farm, Pound Lane, North Tuddenham, Dereham, NR20 3DA

Dann's Ice Cream create luxury Norfolk Ice Cream using Milk and Cream from their own herd of Holstein Frisian Cattle. They create a delicious product using local fruit wherever possible. They create ice cream, sorbets and lollies.



GARDEN PRESERVES LTD.

gardenpreserves.co.uk | 01362 654998
gardenpreserves@gardenpreserves.co.uk
5 Bertie Ward Way, Dereham, NR19 1TE

Garden Preserves is a small family business based in Dereham. All our preserves are handmade and we pride ourselves in producing quality preserves. Our Traditional Range includes a selection of Jam's, Marmalades, Jellies, Chutney's, Pickles and Fresh Curds. In 2016 we introduced a Deli Range of more unusual preserves available in 200g jars.



GOLDEN TRIANGLE BREWERY

goldentriangle.co.uk | 07976 281132 | ales@goldentriangle.co.uk
Unit 9, Barford Ind. Est., Watton Road, Norwich, NR9 4BG

Golden Triangle have been brewing modern well hopped ales for Norwich and Norfolk since 2011. A selection of beers can be found in some of the finest real ale pubs of Norwich and surrounding areas as well as at major CAMRA beer festivals such as Great British Beer Festival, Cambridge BF, Norwich BF and Norwich City of Ale.

Coffee for Office, Workplace & the Caterer

Who We Supply
Offices • Workshops • Factories • Coffee Shops • Cafés • Pubs • Restaurants
Sports and Leisure Sites • Public Areas • Football Clubs • Care Homes • Schools

What We Offer
Coffees • Hot Chocolates • Teas • Beverage Equipment Sales • Engineering Installations
Demonstrations • Staff Training • Barista & Latte Art School • New and Refurbished Beverage
Equipment Showrooms • Consumables • Water Filters • Equipment Hygiene Products

over
20
Years in
business

HOW MUCH
IS THE DEVIL
IN YOUR
KITCHEN
COSTING YOU?

Distributors and Engineers for
Bravilor Bonamat • Conti Espresso • Darenth MJS Eurocup • Expobar • Jura • Lincat • Marco • Matrix
Rheavendors • N&W • WMF and many more!

DrinkLink
www.drinklinkvending.co.uk
FREEPHONE 0800 3166920
sales@drinklinkvending.co.uk

Exclusive suppliers of
CaffeKiraz
WHERE GREAT COFFEE BEGINS

DRINKLINK VENDING SERVICES LIMITED EST. 1996 THE PONDAROSA, KETTLESTONE, FAKENHAM, NORFOLK NR21 0AU

The hidden costs
of lost staff time



GREEN FARM

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

Green Farm Coffee are small batch, artisan coffee roaster where our beans are roasted, cooled, packed and send straight to our customers, you can even purchase small bags of our coffee on our website. Our beans are roasted on site in Norwich.



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

Delivering boxes of local produce to the homes and businesses of Norfolk.

buylocalnorfolk.org.uk



OAKVILLA

oakvilla.co.uk | 07557 446058 | oakvilla@yahoo.com

OakVillage is a craft gin distiller in Wymondham, we distill in small batch in our 380l column pot still then label, bottle and seal by hand. In a world where there seem to be a gin for every occasion it was rather brave for us to venture out onto the gin revolution or so some would say... for us it was a destiny one we embraced with excitement.



OLD RECTORY PRESERVES LTD

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

Old Rectory Preserves is an artisan maker of a range of multi-award-winning preserves, jellies and marmalades created by Annabel Anderson, a former finalist on tv's Masterchef. Our range of flavours is inspired by classic combinations of fruit and herbs, and where possible we use heritage fruit varieties giving our preserves a unique taste.



SEASON'S BOUNTY

seasons-bounty.co.uk | 07707 029940 | seasons.bounty@yahoo.com

A multiple world champion marmalade creator, winning an 8th Gold and 10th and 11th Silver medals at the 2018 World Original Marmalade Awards, adding to the seven Bronze and five Commended awards already won in previous years. Plus, winner of two Great Taste Awards and a Great British Food Award for some of my jams.



THE APIARY CAKE AND COFFEE HOUSE

apiaryharleston.com | 01379 852211 | mike@apiaryharleston.com

A producer of fine cakes, celebration cakes, bread, pastries and more. We source as much of the ingredients as we can from local artisan suppliers. We sell from our retail premises and also wholesale to farm shops, delis and pubs.



THE NORFOLK PATISSERIE

thenorfolkpatisserie.co.uk | 01263 840 472
Craymere Road, Briston, NR24 2LS

Luxury handmade cakes, patisserie and desserts for coffee shops, weddings, events and catering. Baked fresh, made to order cakes with local natural ingredients. Nothing Added, Nothing Artificial, All Natural. We can cater for gluten free and vegan. 24 hour ordering and Bank Holiday deliveries.



THE TEALADY

07493 716 803 | thetealadyuk@outlook.com

The Tealady is an Artisan producer of scrumptious jam, jellies and chutney. Fruit and vegetables are gathered in season. Cooked traditionally. Sold locally.



WEDDELL AND TURNER LIMITED

weddellandturner.com | 07958 942633 | helen@weddellandturner.com



Makers of premium quality cakes, gingerbread, chocolates and biscuits that are completely gluten and dairy free. Hand made to order and guaranteed to be enjoyed all your customers. Our patisserie ranges are perfect for the independent retailer including hotels, visitor attractions, delicatessens, coffee, farm, and high street shops.

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

Great beer, fantastic food, relaxed and comfortable surroundings. The Murderers freehouse dates back to 1530 and is one of the last family owned public houses in Norwich City Centre kept in traditional state and full of nooks 'n' crannies. We are proud to serve the best in local Real Ale and have won numerous awards.

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.



SIR TOBY'S BEERS

sirtobysbeers.co.uk | 07786 993314 | hello@sirtobysbeers.co.uk

Home of The #NorfolkBeerBox, Micro-brewed real ale and craft beer which showcases the cracking beer produced by the many small brewers in the fine county of Norfolk. Online beer shop selling gift packs, perfect for beer lovers. Pop-up event bar.

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 | 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 & Care



ABLE COMMUNITY CARE

ablecommunitycare.com | 01603 7645657 | info@ablecommunitycare.com

The Old Parish Rooms, Whitlingham Lane, Trowse, Norwich, NR14 8TZ

Able Community Care are proud providers of live-in care across the UK since 1980. A family run business in the heart of Norfolk offering a real alternative to residential care. We are experienced in providing care to people from late teens to centenarians with conditions such as dementia, acquired injury, stroke recovery and cerebral palsy for example.

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.



Smart Home with Ease



demo@customised.uk.com
01508 528964 customised.uk.com
2a High Street, Loddon, NR14 6AH



CEDIA
MEMBER



“ AT ITS BEST FINANCIAL ADVICE
IS ALWAYS FACE TO FACE ”

Retirement Planning | Investment Planning
Inheritance Tax Planning | Old Age Care Planning
Equity Release | Protection Planning

WHY USE US?

We're local | We come to you | Fast and Friendly | Jargon Free

Proud members of Buy Local Norfolk



01603 625100 E INFO@FTOF-FINANCE.CO.UK

WWW.FTOF-FINANCE.CO.UK

Registered in England No. 04963272. Registered Address: Queens Head House, The Street, Acle, Norfolk NR13 3DY
Face to Face Finance (Anglia) Limited is authorised and regulated by the Financial Conduct Authority

NEW!

Micro-suction ear wax removal service

Just £40
for BOTH ears!

Now available in both
our Norwich and Great
Yarmouth practices

Hearing aid from £800

7-11 St Augustines St,
Norwich,
Norfolk
NR3 3DH

01603 624564

norwich@colemanopticians.co.uk

35 Regent Street,
Great Yarmouth,
Norfolk
NR30 1RR

01493 843937

yarmouth@colemanopticians.co.uk



HEALTH, BEAUTY & WELLBEING | Personal Training



ADRENALIZE PERSONAL TRAINING

adrenalize.co.uk | 07912 622889 | info@adrenalize.co.uk
445 Dereham Road, Norwich, NR5 8QH

Bespoke personal training, health, fitness and nutrition solutions for individuals, couples and groups. Suitable for all levels of fitness and personalised programmes can take place in my fully equipped studio.

HEALTH, BEAUTY & WELLBEING | Wellbeing



MEDITATION PERSONAL TRAINERS

meditationpersonaltrainers.com | 01603 383412
info@meditationpersonaltrainers.com
The Norwich Well Being Centre, 15 Chapel Field East, Norwich, NR2 1SF

If you have ever wanted to learn to Meditate, on a one to one Personal Trainer basis, now is your chance. Meditation is regarded as being one of the best ways to reduce stress long term. It is the ultimate stress buster.

HOME & GARDEN | Aerials



BROADLAND AERIALS

broadlandaerials.com | 01603 714797 | broadlandaerials@btinternet.com
Nessgate, Low Road, Strumpshaw, NR13 4HU

Broadland Aerials are a genuine local family firm. We serve Norwich and the surrounding area, covering most NR postcodes. Broadland Aerials are specialist installers of TV Aerials & Freesat. We can also fit extra TV points around your home or distribute Sky to other rooms.

HOME & GARDEN | Air Conditioning



MAAC HEATING & COOLING LTD

maac-ac.co.uk | 01362 858456 | info@maac-ac.co.uk
Hollybrooke Farm, Pound Lane, Welborne, NR20 3LG

MAAC Heating and Cooling are an established business and we pride ourselves on being a local and genuine company that delivers work on time from start to finish. We constantly strive to provide our customers with exceptional air conditioning and air source heating systems. This is backed up by our many customer testimonials.

HOME & GARDEN | Cabins & Garden Rooms

**CABINS UNLIMITED**

cabinsunlimited.co.uk | 01362 470075 | info@cabinsunlimited.co.uk
Aldiss Park, Dereham, NR20 3PX

Cabins Unlimited supply a wide range of timber buildings including sheds, log cabins, garages, workshops, gazebos, hot tub enclosures, accommodation, home offices, garden buildings and many more. We can supply on a DIY basis but also provide the full installation service: Concrete or plastic bases, installation, painting.

**GARDEN ROOM DESIGNS**

gardenroomdesigns.co.uk | 01603 720005 | info@gardenroomdesigns.co.uk

At Garden Room Designs we design and build the very best quality bespoke Garden Rooms, Orangeries and Garden Offices throughout Norfolk and Suffolk. We also provide a unique Conservatory Transformation (fully insulated and plastered ceiling) and re-roofing service, a great way to make your conservatory into an 'all year' room.

HOME & GARDEN | Cleaning

**ANGLIA BUSINESS CLEANING**

angliabusinesscleaning.co.uk | 01603 660263 | cleaning@abcabacus.co.uk
Unit 15, Page Road, Norwich, NR3 2BX

Domestic and commercial cleaning across Norfolk, end of tenancy cleans, builders cleans, showrooms, offices, spring cleans or deep cleans, one offs or a regular service to suit your needs. Fully insured and staff CRB checked. Delivering a high standard at an affordable rate. It's as easy as ABC!

**CLARICK CLEANING**

clarickcleaning.co.uk | 01603 957094 | clare@clarickcleaning.co.uk

Clarick Cleaning offers domestic cleaning and home help services in and around Norwich. Regular weekly or fortnightly services and one off/spring cleans or deep cleans. We also offer other domestic help such as ironing and laundry, local shopping, light meal preparation, pet walking, befriending for the housebound or elderly etc.

**CLEAN TECH CARPET & OVEN CLEANING**

cleantech-norfolk.co.uk | 01485 609223 | mike@cleantech-norfolk.co.uk

Clean Tech – Norfolk's leading cleaners of carpets, ovens, cookers, hobs, sofas, curtains, conservatories, patios, fascias, gutters, windows, wheelie bins – you name it we clean it!

**EASY CLEAN**

easycleanuk.co.uk | 01692 773023 | daniel@easycleanuk.co.uk
Peninsular Site, Staithway Road, Wroxham, NR12 8TH

Whether you are looking for a weekly cleaner, a holiday let changeover service or something more Easy clean can help.

**RESOLVE CARPET CARE**

resolvecarpetcare.co.uk | 01603 783199 | info@resolvecarpetcare.co.uk
7a Avian Way, Norwich, NR7 9AJ

Resolve Carpet Care provide a professional grade carpet & upholstery cleaning service, using a revolutionary, dry-clean system – producing outstanding, long-lasting results. We clean for insurance companies, hospitals, care homes, schools, letting agents and hundreds of happy local customers.

HOME & GARDEN | Florists

**BLOOMING ARTIFICIAL**

bloomingartificial.co.uk | 0800 9777589 | info@bloomingartificial.co.uk

Blooming Artificial is one of the UK's leading retailers of artificial plants, flowers, trees and hedges. We supply individuals and businesses alike in Norfolk and across the UK! Founded in 2008, we have "grown" rapidly, increasing the not only the number of employees but also rapidly expanding our range of artificial plants.

**BRIGHT AND BEAUTIFUL FLOWERS**

brightandbeautifulflowers.co.uk | 01362 288124 or 07400 990202
clare@brightandbeautifulflowers.co.uk

Bright and Beautiful Flowers are an independent, local, family run florist. We cater for all your occasions and offer a professional and personal service. All of our designs are made with our customer and recipient in mind. We strive to put back into our local community by supporting local suppliers where we can.

HOME & GARDEN | Furnishings

**HANGMAN CURTAINS AND BLINDS**

thehangman.co.uk | 01603 713705 | gary@thehangman.co.uk
Blofield, Norwich, NR13 4LE

We supply and fit vertical, Venetian, roller, Roman and wooden blinds. We supply and fit curtains, curtain fabric, poles, tracks and tiebacks. We stock Harlequin and Blendworth fabrics. For all your Curtain and Blind needs contact Hangman Curtains and Blinds.



NORWICH SUNBLINDS

norwichsunblinds.co.uk | 01603 615945 | l.webster@norwichsunblinds.co.uk
8 St Benedicts Street, Norwich, NR2 4AG

At Norwich Sunblinds, we take pride in our range of vertical blinds, conservatory blinds, office blinds and more. That's because all of our blinds are manufactured from start to finish by our experts, all of whom are employed by Norwich Sunblinds.

HOME & GARDEN | Home Technologies



CUSTOMISED LTD

customised.uk.com | 01508 528964 | demo@customised.uk.com
Unit 10 Loddon Business Centre, 2B High Street, Loddon, NR14 6AH

Customised offers a full Smart Technology design and installation service to clients across East Anglia. Our bespoke intelligent systems control the multiple services now entering both residential and commercial properties, including lighting, heating, energy, security, audio, visual and Internet, onto a common platform for ease of use.

HOME & GARDEN | Lighting



LEDIENCE LTD

ledience.com | info@ledience.com

LEDience Ltd designs and manufactures ambient lighting solutions utilising LED technology. All our products are handmade in a rural cottage industry based in the heart of the Norfolk Broads. We are able to offer set product patterns and bespoke one off designs depending on our customers' requirements.

HOME & GARDEN | Maintenance



CITY LOCKS NORWICH LTD

citylocksnorwich.co.uk | 01603 407071 | info@citylocksnorwich.co.uk
Unit 11, Caston Industrial Estate, Salhouse Road, Norwich, NR7 9AG

We are a professional locksmith in Norfolk. We offer routine lock repairs and replacements for both domestic and commercial properties. Our locksmiths are available 24/7 for emergency call outs, including lost keys, gaining entry, boarding up and urgent lock replacements.



SHOWERPOWERBOOSTER LTD

showerpowerbooster.co.uk | 01603 702775 | alanderekwright@icloud.com

Selling innovative solutions for your home or factory. An amazing patented pump to solve dribble taps and showers - the very best in shower heads and hoses.

HOME & GARDEN | Pest Control



ABATE PEST MANAGEMENT LTD.

abateltd.co.uk | 01953 603390 | sales@abateltd.co.uk
20 Chapel Rd, Morley St Botolph, Wymondham, NR18 9TF

We carry out pro-active and re-active pest control throughout the whole of East Anglia covering all pests. We offer commercial and domestic work on a contract and job basis ensuring the best advice is given at all times.

EBC PEST CONTROL

ebcpestcontrol.co.uk | 01760 722715 | marc@ebcpestcontrol.co.uk

EBC Pest Control deals with all types of pest control, including birds, rodents and insects. With over twenty years of experience in the business, we are able to survey your building and offer you the best solution for your own requirements. We also offer specialist cleaning services for guano, sites of crime, needle pick-ups and deep cleaning of properties.



Pest Control

**Birds, Rodents,
Insects,
Specialist Cleaning**

www.ebcpestcontrol.co.uk
marc@ebcpestcontrol.co.uk
call Marc: 07902 991716
01760 722715



Why is Buy Local important?

The social, economic and environmental benefits of doing business locally are vast:

- More money flowing within the local economy
- More local jobs
- More robust, distinctive local communities
- A greater choice for local businesses and individuals
- Reduced carbon footprint.

The Buy Local 'brand' enables procurement managers, buyers, customers and visitors to make an informed choice about directly investing in the Norfolk economy.



A J SYDER PLUMBING AND HEATING LTD

syderheating.co.uk | 01603 432529 | enquiries@syderheating.co.uk

We are a fully certified small team which pride ourselves on providing a professional, friendly service at competitive prices for all your plumbing and heating problems. We are a genuine, established company constantly delivering work on time which is backed up by our many customer testimonials.



ANDREW POINTER PLUMBING & HEATING SERVICES

pointersplumbingandheating.co.uk | 07899 800507

pointerplumbingheating@gmail.com

6 Bainard Rise, Hempnall, Norwich, NR15 2NB

I have been in the industry for some 20 years. I'm a third generation heating engineer. For the first 15 years I mainly worked on servicing oil appliances but in recent years I have progressed into heating system installations, along with most general home plumbing.

DMB NORWICH LTD.

dmbnorwichltd.com | 01603 702613 | info@dmbnorwichltd.co.uk

At DMB Norwich Ltd we provide an honest and friendly service that is also competitively priced. We will work as quickly and efficiently as possible to fix all your plumbing problems. We offer a huge range of standard plumbing work as well as specialised services.



SPAS UNLIMITED

spasunlimited.co.uk | 01362 470080 | info@spasunlimited.co.uk

93 Norwich Rd, Dereham, NR20 3AL

Spas Unlimited is a Dereham based retailer of hot tubs, swimspas, saunas and associated products. We deliver and install hot tubs across Norfolk as well as offer a repair and relocation service. Based just off the A47 we are easy to get to and are central to the whole of Norfolk.



BOUNCE BACK CASTLES LTD

bouncebackcastles.co.uk | 01603 395209 | info@bouncebackcastles.co.uk

25 Laud Close, Norwich, NR7 0TN

Bounce Back Castles Ltd strive to provide an exceptional service providing bouncy castles for hire all over Norwich, Norfolk and Suffolk. We have a whole range of unique, fun and one of a kind castles. Our range includes adult bouncy castles, bouncy castles with slides, gladiator duels, sumo suits, soft play hire and lots more.

DMB NORWICH LIMITED

PLUMBING & HEATING ENGINEERS

Need a Plumber?

We are a small family firm with over 37 years experience in plumbing and heating. Offering professional services at reasonable prices.

Gas Safe and OFTEC registered.

Our services include, from just a simple tap washer to:

- Full Central Heating
- Boiler Changes
- Bathroom Design/Installation
- Kitchen Design/Installation
- Tiling
- Gas Installations
- Servicing
- Solar Installations
- Underfloor Heating
- Air Source Heat Pumps



01603 702613 * 07876 648714

24 HOUR SERVICE

36 WOODLAND DRIVE, THORPE END, NORWICH, NR13 5BH



176733

Bounce Back Castles
BOUNCY CASTLE AND SOFT PLAY HIRE

01603 395209 OR VISIT
WWW.BOUNCEBACKCASTLES.CO.UK



SILVERLIGHT DISCO

silverlightdisco.co.uk | 01603 335672 | silverlightdisco@outlook.com

Silverlight Disco has one sound motto, 'The customer is always right!' it's an old'un but a good'un and sadly forgotten all too often by other businesses. We make planning the entertainment for your Special day a simple one by providing an approachable & professional service for all occasions including Weddings, Anniversaries, Engagements, Birthdays, Corporate events, Kids parties, School discos & Karaoke.

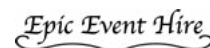


SIM-FLY NORFOLK (SIMULATOR FLYING LTD)

sim-fly.com | 01953 860914 | office@sim-fly.com
Abbey Rd, Old Buckenham, Attleborough, NR17 1PU

Always wanted to fly? Now you can... Simulator Flying Ltd. (Sim-Fly) is based at Old Buckenham airfield in central Norfolk, UK and specialises in teaching 'flying' or having 'flying' experiences with simulated flying systems – any plane, any time, any where – but all in perfect safety.

HOSPITALITY, LEISURE & TOURISM | Events



EPIC EVENT HIRE

epiceventhire.co.uk | 07429 066006 | info@epiceventhire.co.uk

Epic Event Hire is one of the leading Wedding and Venue Decoration and Wedding Entertainment Companies in East Anglia. The family run business covers all aspects of venue decoration – from chair dressing and table centrepiece's, to creative lighting and event hire items, providing stunning enhancements to any venue with our professional decor and lighting packages.



MJR EVENTS

mjr-events.co.uk | 07531 120817 | mark@mjr-events.co.uk

MJR Events is an exciting new Events Management Company in Norfolk. We already run our own successful events and we can help you to design, market and manage yours, saving you valuable time and resources. Through our partner companies we can provide all you need to make your event run smoothly including photography, lighting, PA and catering.



VINTAGE PARTYWARE

vintagepartyware.co.uk | 01553 886844 | info@vintagepartyware.co.uk

If you've come across Vintage Partyware, then the chances are you're looking for ways to add romance, style, and personality to your wedding or party! Eclectic and genuinely vintage decoration and prop hire for any event.

HOSPITALITY, LEISURE & TOURISM | Theatres

NORWICH THEATRE ROYAL

theatreroyalnorwich.co.uk | 01603 598558 | p.sanchez@theatreroyalnorwich.co.uk
Theatre St, Norwich, NR2 1QY

The Theatre Royal has something on offer for businesses large and small, from advertising starting at £150 through to Sponsorship of £000's. We have an audience of 400,000 and more than 400 business guests a year, so our customers can become your customers.





LEAPING HARE CIC

leapinghare.org | 01842 751975 | info@leapinghare.org
Belmont House, 20 King Street, Thetford, IP24 2AP

Leaping Hare is a Community Interest Company that provides 'Thetford's Great Information Centre'. We provide information to local residents, visitors and also offer a Box Office service for events, small or large, enabling event holders to sell tickets on line. We sell unique and quirky gifts and champion local crafts.



NORFOLK TOURS

norfolk-tours.co.uk | 01362 860096 | glynn@norfolk-tours.co.uk
20 Rougholme Close, Gressenhall, Dereham, NR20 4DY

Norfolk-Tours: Tailored tours. Everything arranged for you, from airport arrival to departure. All you need to do, is get to England! Family history tours are our speciality & I will carry out extra research for you so you get the most out of your time here.



HILLTOP OUTDOOR CENTRE

hilltopoutdoorcentre.co.uk | 01263 824514
office@hilltopoutdoorcentre.co.uk
Beeston Regis, NR26 8TS

Hilltop Outdoor Centre offers Team Reward Days & Business Development Courses along with Summer Family Adventure Days, Children's Birthday Parties and Outdoor Educational visits to Primary Schools. Inspire, engage and motivate with a Team Reward Day at Hilltop. Whether you wish to experience the thrill and excitement of the activities or feel energized by being involved in others' achievements, everyone has a part to play in the enjoyment of your day.

IT, TECHNOLOGY & TELECOMMS | **Broadband**



RURAL BROADBAND

ruralbroadband.co.uk | 01485 572253 | info@ruralbroadband.co.uk
Unit 1 Marea Farm, Heacham, King's Lynn, PE31 7DH

Wherever you are in Norfolk you can have 20Mbps Broadband with one of our Satellite receivers. Short or long term hire, Rural Broadband can tailor a package which delivers the Broadband you need at a surprisingly affordable cost. Call us today for a genuinely friendly chat with someone who speaks English as opposed to technobabble.

IT, TECHNOLOGY & TELECOMMS | **IT**



52DEGREES TELECOM LIMITED

52degrees.uk | 0207 9657352 | info@52degrees.uk
First Floor, Cavell House, Stannard Place, St Crispins Road, Norwich, NR3 1YE

52Degrees is a full service web hosting and internet service provider founded in January 16. We offer a comprehensive range of Managed and un-managed IT services, We have the technical expertise to make sure your IT and communications drive your business forward to increase efficiency, productivity and success.



ADEPT IT SOLUTIONS

adept-it-solutions.co.uk | 01603 451810 | hello@adept-it-solutions.co.uk
97a Sprowston Road, Norwich, NR3 4QJ

Adept IT Solutions Ltd provides IT support services to businesses and homes across Norwich and Norfolk. We are approachable, clear thinking and embrace new technology so that our customers can get the most out of their IT. We offer a full range of IT services including IT support and consultancy, computer repairs and maintenance, cloud computing, broadband and VoIP telephony.

New Laptops  from £279	Ink Cartridges / Toners Cables & Accessories Computer Components & Upgrades Home Repair Service Laptop Repairs Screen Replacements, Keyboards, Batteries, Charging Sockets Repairs & Upgrades to Apple iMac's Mac Mini's Macbook's Mac Pro's	Virus & Malware Removal  Apple Repairs  PC & Laptop Repairs  Inks & Toners  Cables & Accessories 	Recon Laptops  from £99
New PC's  from £299			Recon PC's  from £49
New iMacs  New Macbooks			Recon iMacs  Recon Macbooks

Sales

Service

Repairs

Get in Touch

Dereham
01362 696868

11 Nelson Place,
Dereham, NR19 1EA



www.angliacomputersolutions.shop

Swaffham
01760 300302

53 Market Place
Swaffham, PE37 7LE

For all your computer solutions



BUSINESS

working together **AF**

Approved Supplier


 Prepaid Support Hours


 Remote Support


 Support Contracts


 One Off Callouts / Ad-hoc Support


 Server Support & Installation


 Backup Solutions

www.angliacomputersolutions.business


 Database Software Development


 Mobile Phone Tablet Apps


 Website Design



BUSINESS


 Search Engine Optimisation


 Website email Hosting


 Get In Touch

telephone:
01760
300464

email: support@angliacomputersolutions.co.uk



ANGLIA COMPUTER SOLUTIONS LTD

angliacomputersolutions.co.uk | 01760 336122 | info@angliacomputersolutions.co.uk
53 Market Place, Swaffham, PE37 7LE

Looking for Business IT Support, a New computer or repair? We offer a wide range of PC, Laptop, Tablet and server related products and repair services. We stock a large range of inks, toners and accessories also from our retail/computer repair centres in Swaffham, Wymondham and Downham Market.



ANGLIAN INTERNET

anglianinternet.co.uk | 01603 400200 | sales@anglianinternet.co.uk
Technology House, Roundtree Way, Norwich, NR7 8SH

Anglian Internet "East Anglia's Premier Computer Retailer" offers everything Computer and IT related. We sell Computers and Laptops and we repair them too. We offer Home callouts to fix broadband and networking problems. Our Business side supports many local business customers who have Windows Servers and large networks.

FREECLIX LTD

freeclix.com | 01603 703340 | sales@freeclix.com

FreeClix is an internet communications provider that designs and builds secure networks for businesses. We offer a complete range of IT managed services and end to end network solutions for small to enterprise size businesses operating across a range of sectors. We have been established for 16 years in Norfolk.

INTER-LOGIC

inter-logic.co.uk | 01362 709044 | richard@inter-logic.co.uk

Inter-Logic is an IT service company, providing a full suite of IT services tailored to small business customers. We offer pay as you go, and managed support contracts, as well as custom application development. Please get in contact to see how Inter-Logic can help with your IT needs.



OSIRIS TECHNOLOGIES

osiris-ict.net | 01603 964914 | info@osiris-ict.net
158 Old Norwich Road, Horsham St Faith, Norwich, NR10 3JF

We're Osiris Technologies – a family technologies business with a strong focus on community. We pride ourselves on our excellence in service in delivering full IT support strategy and delivery. We provide tailored IT support to a variety of sectors including; charity and not-for-profit, schools, creative services, local government, financial services and engineering.



PANAEPoS

panaeapos.com | 01692 404949 | sales@panaeapos.com
Epos House, Scottow Enterprise Park, Lamas Road, Badersfield, NR10 5FB

PanaEpos provides and installs business systems throughout all industry sectors. Services include: EPoS, Cash Registers, CCTV, Networking, Wifi and Broadband Solutions. The name PanaEpos is a combination of the Panasonic tradename and our main business systems.



S2 COMPUTERS LTD

s2-computers.co.uk | 01603 670682 | sales@s2-computers.co.uk

Providing Norwich with unique proactive IT support. At S2, we know that you rely on your IT to help you get business done. You don't want hassle, things going wrong and loads of technical jargon. You want a proactive, monitored, protected and up-to-date IT solution that just works, so you can get on with running your business.



TACTILE SOLUTIONS LIMITED

tactile-solutions.co.uk | 01603 959083 | enquiries@tactile-solutions.co.uk

Welcome to Tactile Solutions, we're delighted to have your attention. We present ourselves a little differently to your typical IT Solutions & Digital Marketing Company as we've developed the company with you in mind from the outset to deliver a friendly, understandable and valuable service. But of course, we'll let you be the judge of that.

IT, TECHNOLOGY & TELECOMMS | Security



B GUARDED

bguarded.co.uk | 01603 211696 | info@bguarded.com
Rohan Barn House, 4 Yarmouth Road, Blofield, Norwich, NR13 4JS

We look after all your electronic security needs in East Anglia. We can install, repair and upgrade any alarm system whether it be small or large, domestic or commercial and will always find a system to meet your needs. All our alarms are built to your specific needs and installed to British standards.



CORE FIRE & SECURITY SYSTEMS LTD

corefiresecurity.co.uk | info@corefiresecurity.co.uk

Core Fire & Security Systems Ltd are here to look after you, your business and your property. Call us for free advice on how to protect your business from fire and crime. Core Fire & Security Systems can advise on, supply and install a wide range of fire/intruder alarms, access control systems and closed circuit television and monitoring in Norwich, Norfolk and across East Anglia.



buylocalnorfolk.org.uk

B GUARDED



- Security Alarms
- Fire Alarms
- CCTV
- Access Control
- All types of electrical work (including PAT and certification)
- Free Survey & Advice
- Qualified Electrician with over 40 years' experience

Contact Peter on 07774 899798 or email info@bguarded.com | www.bguarded.co.uk

Interlogic

IT SOLUTIONS THAT WORK

Get peace of mind for less than £1 per day, with Inter-Logic's managed support contracts. Think of a support contract as AA membership for your PC, laptop or server.

Our comprehensive contracts include remote management & maintenance software, high quality anti-virus, unlimited telephone and remote control support, onsite time and an annual service. Please get in contact for more information or for a free, no-obligation IT health check.

Telephone: 01362 709044 • Mobile: 07802 270598
Email: sales@inter-logic.co.uk • Web: http://www.inter-logic.co.uk

IT, TECHNOLOGY & TELECOMMS | Telecomms

ALINE TELECOMMS LTD

aline-telecomms.co.uk | 01603 672626 | info@aline-telecomms.co.uk
3 Reymerston Road, Garvestone, Norwich, NR94QX

A local telecommunications company serving East Anglia with telephone, broadband, WiFi solutions. Domestic and business.



CEDARO

cedaro.co.uk | 01603 777770 | info@cedaro.co.uk
16 Southgates Road, Great Yarmouth, Norfolk, NR30 3LJ

Norfolk-based complete communications provider. Business to Business division of Digital Phone Company. Delivering bespoke Mobile, Fixed line, VoIP & Broadband solutions.

IT, TECHNOLOGY & TELECOMMS | Traffic Technology



WESTCOTEC LTD

westcotec.co.uk | 01362 853124 | sales@westcotec.co.uk
34 Bertie Ward Way, Rashes Green Ind. Estate, Dereham, NR19 1TE

Westcotec Ltd, a family owned company, design, manufacture and install a comprehensive range of quality vehicle activated signs and innovative traffic safety systems. Free advice is always available from our experienced staff on ways to improve your accident black spots. Using state of the art technology, we are able to provide effective solutions to most traffic related safety problems.

IT, TECHNOLOGY & TELECOMMS | Weather Monitoring



INSTROMET WEATHER SYSTEMS LTD

instromet.co.uk | 01692 502800 | sales@instromet.co.uk
Unit 10b, Folgate Road, North Walsham, NR28 0AJ

Instromet Weather Systems Ltd are a UK manufactures of prestige hand-built weather stations and weather monitoring & activation equipment. Our product range of weather stations includes wind, rain, sun, temperature, barometric and humidity sensing. Also, data logging with software, 0-10V & 4-20mA wind sensors, wind switches and stand alone sensors.

MANUFACTURING



ANGLIAN BESPOKE CORRUGATED AND PACKAGING LTD.

abcpack.co.uk | 01603 873100 | info@abcpack.co.uk
Unit 1 Shepherds Business Park, Lenwade, Norwich, NR9 5SG

Anglian Bespoke Corrugated and Packaging Ltd are an independent family business based in East Anglia, offering a full range of packaging solutions to businesses of all sizes. With over 60 years' experience in the packaging industry, we have the knowledge and resource to deliver the right product to our customers, on time and at a competitive price.



BOWLES AND WALKER LTD.

01953 885 294 | andrew@bowles-walker.com
Breckland Business Park, Norwich Road, Watton, IP25 6UP

Bowles and Walker is a trade plastic injection moulder, manufacturing quality parts 0.1g to 400g for many industries from medical to manufacturing and assembly. Full CAD-CAM engineering processes are used with modern equipment and expert staff. 3D printing is available on site to bring your idea to manufacture.

ESP MERCHANDISE

espmerchandise.com | 01603 484000 | info@espmerchandise.com
Unit 4, Delta Close, Norwich, NR6 6BQ

Embroidery and Screen Print business with ethical options. Established in 2008.



Our products & services include:

- Corrugated Boxes (Glued, Stitched or Taped)
- Die cut Packaging & Fittings
- Solid board Cartons / Diecuts
- Large Pallet/Transit Packs
- SRP (Shelf Ready Packaging)
- P.O.S (Point of Sale) Display Units
- Composite Packs (Foams, Polystyrene, Paper Pulp and Plastic)

Email Info@abcpack.co.uk
Call 01603 873100

OTHER | Clock maker



S MICHLMAYR & COMPANY LTD

michlmayr.com | 01603 403687 | admin@michlmayr.com
Tempus Works, 2 Fletcher Way, Norwich, NR3 3ST

S Michlmayr & Company Ltd are experts in clock and watch servicing and repairs. We have an experience team of watchmakers and clockmakers who undertake all types of work from replacing a battery in a watch to a complete restoration. We repair both antique and modern watches, pocket watches, clocks and barometers.

OTHER | Driving Schools



HOW-2-DRIVE

how-2-drive.com | 01603 957097 | howard@how-2-drive.com

We are your local Norfolk driving school providing lessons to people of all ages and ability. We offer quality driving lessons with both male and female instructors in both manual and automatic cars.

OTHER | Fire Safety



FENLAND FIRE APPLIANCE LLP

fenlandfire.co.uk | 01945 582358 | info@fenlandfire.co.uk
4 Lynn Rd, Wisbech, PE14 7AN

Fenland Fire is a family run business offering the best services in fire safety since 1981. We offer Fire Extinguishers, Alarms, Blankets, Stands and Cabinets all backed up by our qualified staff. We are always happy to give a free quotation, call us today.

OTHER | Laundry Services



IRON MAIDENS

theironmaidens.eu | 01603 660305 | ironing@theironmaidens.eu
Unit 15, Page Road, Norwich, NR3 2BX

Iron Maidens Norwich offers a professional laundry and ironing service, dry cleaning, with collection and delivery at a frequency that suits your needs. Delivering a high standard at an affordable rate. Both domestic customers & commercial clients welcome. We never run out of steam!

OTHER | Publishing



ICENI MAGAZINE

icenimagazine.co.uk | 01953 453768 | sales@icenimagazine.co.uk

Iceni Magazine is a free monthly lifestyle publication for Norwich and Norfolk. Initially the magazine will be available at key drop-off locations throughout Norwich and Norfolk and is available to view online.

OTHER | Vehicle Hire



TROTT RENTALS

trott-rentals.com | 0800 328 3887 | info@trott-rentals.com
21 Hurricane Way, Norwich, NR6 6EZ

Trott Rentals have been providing van hire to Norfolk for 50 years and throughout the lifetime of our business, our focus has been on pairing reliable, professional vehicles for hire with fantastic customer service. Our fleet of hire vehicles includes small vans, tippers and trucks. We offer daily and long term hire as well as fleet hire and maintenance.

PROFESSIONAL SERVICES | Accountants



ASTON SHAW LTD.

astonshaw.co.uk | 01603 616300 | norwich@astonshaw.co.uk
The Union Building, 51-59 Rose Lane, Norwich, NR1 1BY

Aston Shaw are award-winning accountants, auditors and advisors with five offices across East Anglia, including Norwich, Cambridge, Ipswich, Dereham and Great Yarmouth. Get in touch today and book your free, no-obligation consultation.



AVN ARENA ACCOUNTANTS

avnarena.com | 0800 1691879 | enquiries@avnarena.com
42 Chapel St, King's Lynn, PE30 1EF

Grow your Sales, Grow your Profits, Pay Less Tax. Running a small or medium-sized owner-managed business? Want to get the best possible financial and tax saving advice, all for a low monthly fee? To find out more and arrange a free initial meeting, please get in touch.

DANICA TCL

danicatcl.co.uk | 01953 660 090 | info@danicatcl.co.uk

Danica TCL has been based in rural Norfolk for over 18 years, caring for local, national and international clients. We offer a bespoke service, fixed fees, monthly payments and XERO bookkeeping access. We pride ourselves on a personal friendly service from our offices based in Wayland House in Watton. Self Assessment, Sole Traders, Partnerships and Limited Companies.



GROW YOUR BUSINESS (EAST ANGLIA) LTD

gybea.co.uk | 01760 723830 | info@gybea.co.uk
7a Corn Exchange, The Market Place, Swaffham, PE37 7AB

Friendly accountants from Swaffham and Fakenham, believing that an accountant's job is as a friend to the business. We will do your accounts, tax-return, payroll or anything you want, but also answer your questions, or give advice. We work for you, not the tax-man and want your business to grow.



KAREN EASON CERTIFIED ACCOUNTANT LIMITED

kareneason.co.uk | 07934 468851 | info@kareneason.co.uk

Karen Eason is a member of the ACCA and AAT and has 30 years of 'at the coal-face' accountancy experience. This enables her to offer a professional and personal service tailored to the needs of your business. Taking care of your Accounts, Taxation, Payroll, VAT and Book keeping, Karen will break down all that scary jargon into a language you will understand...and can make plans from.



LARKING GOWEN

larking-gowen.co.uk | 0330 024 0888 | enquiry@larking-gowen.co.uk
King Street House, 15 Upper King Street, Norwich, Norfolk, NR3 1RB

At Larking Gowen, we see ourselves as more than purely chartered accountants. We'll look after all your tax and finance issues, and we'll be trusted business advisors with a friendly one-to-one service you can count on.



LOVEWELL BLAKE LLP

lovewell-blake.co.uk | 01603 663300 | mail@lovewell-blake.co.uk
Bankside 300, Broadland Business Park, Peachman Way, Norwich, NR7 0LB

In supporting over 10,000 business and personal clients, we know that each and every one is different. It's because of this that our support is tailor-made to suit our clients' needs. From accounts, tax and all the things you'd expect, to strategy development and all the things you wouldn't.



MASON WILLIAMS LTD.

masonwilliamsaccountants.co.uk | 01603 872615 | john@mw-accountants.co.uk

Let Mason Williams be your invisible F.D.. We operate Xero, a secure, easy to use cloud based accounting system that enables us to be with you any time, anywhere, and provide you with crucial, up to the minute, financial information and advice. It's like having an invisible – and very effective – financial director at your side to help run your business smoothly and successfully.

GROW YOUR SALES, GROW YOUR PROFITS, PAY LESS TAX

RUNNING A SMALL OR MEDIUM-SIZED OWNER-MANAGED BUSINESS?

Here are seven good reasons why you've just found your new accountant:

1. We can put more money in your pocket because we're experts in accountancy and tax for owner-managed businesses

2. All work is based on a fixed fee, quoted in advance

3. All deadlines will be met. If we do ever fail, we'll give you £250 for the inconvenience

4. You pay us monthly so you can spread the cost

5. We offer free unlimited support via email and phone

6. Free access to a fabulous system of videos, step-by-step guides and templates to help you grow your business

7. Free and comprehensive business analysis to reveal hidden opportunities.

Want to get the best possible financial and tax saving advice, all for a low monthly fee?

To find out more and arrange a free initial meeting, please get in touch:

w: avnarena.com t: 0800 1691879

@AvnArena

42 Chapel Street,
King's Lynn,
Norfolk,
PE30 1EF

26 Market Place,
Swaffham,
Norfolk,
PE37 7QH



“Advisor, partner, confidant – everything you could ever need in an accountant.”

Are Larking Gowen exactly what you're looking for? Definitely.

Whatever the size of your business, you need an accountant who can keep you ahead of the game.

Our clients and our people recommend us with confidence. Get in touch now and discover how valuable our expertise can be.

LarkingGowen.
Chartered Accountants

01603 624181 / larking-gowen.co.uk



SHAPER ACCOUNTANTS

shaperaccountants.co.uk | 01603 516304 | info@shaperaccountants.co.uk
Henderson Business Centre, 51 Ivy Rd, Norwich, NR5 8BF

Shaper Accountants are chartered management accountants offering a full range of services from bookkeeping, accounts, tax & VAT to management accounts, dashboards & business advice – we are your business's flexible financial director. We take a different approach to development, starting with intelligent analysis of your business.



TBS NORWICH LIMITED

tbsnorwich.co.uk | 01603 516170 | richard@tbsnorwich.co.uk

TBS Norwich are accountants who specialise in Cloud Software and systems improvements. Our main goal is to improve your business by helping you produce accurate financial information on a regular basis, allowing you to make the right decision when it matters most.

PROFESSIONAL SERVICES | Bookkeeping



ABACUS
Book-keeping
Consultancy

ABACUS BOOK-KEEPING CONSULTANCY

abcabacus.co.uk | 07851 600355 | accounts@abcabacus.co.uk
Unit 15 Page Road, Norwich, NR3 2BX

More than just a book-keeper or payroll provider – as a qualified accountant accounts preparation can be undertaken – but whichever service is required advice & communication is maintained along the way. Abacus – a name you can count on – so you can concentrate on your business.

CRAB BOOKKEEPING

crabbookkeeping.co.uk | 01263 512322 | julian@crabbookkeeping.co.uk

I have a complex skill set that allows me to offer a full range of services to Sole Traders, Partnerships and Limited Companies. I am also able to undertake Self Assessment Tax Returns. Above all that, I am a nice person!

PROFESSIONAL SERVICES | Estate Agents



ICONIC ESTATE AGENTS

iconic.uk.com | 01603 261104 | contactus@iconic.uk.com
297 Fakenham Road, Norwich, NR8 6LE

At ICONIC Estate Agents we FIRST and FOREMOST specialise and FOCUS on the HIGH LEVELS of CUSTOMER SERVICE we give our Buyers and Sellers. With over 60 years combined experienced and local knowledge covering Norwich and suburbs, the north and west sides in particular you can be comfortable putting the task of Selling or Buying in our hands.

[@buylocalnorfolk](https://twitter.com/buylocalnorfolk) [in](https://www.linkedin.com/company/buy-local-norfolk) company/buy-local-norfolk [f](https://www.facebook.com/BuyLocalNorfolk) /BuyLocalNorfolk



Karen Eason
CERTIFIED ACCOUNTANT

A fresh and friendly approach to your finances

- Listening to your needs
- Talking your language

Specialising in small or family-run businesses

- Book keeping • Payroll
- VAT • Accounts • Taxation

Tel: 07934 468851
Based in Old Catton covering the Norwich area




How can you support Buy Local Norfolk?

Whether you're a local business or simply someone living or working in Norfolk, here are some ideas on how you can show your support:

- ... next time you eat out, try a locally owned restaurant or cafe rather than a chain
- ... 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
- ... grab a copy of the Buy Local Norfolk directory and use it to find local businesses – from energy suppliers to accountants, food producers to builders.



MORTON REEVES ESTATE AGENTS

mortonreeves.co.uk | 01603 673322 | leigh@mortonreeves.co.uk
The Dussindale Centre, Pound Lane, Norwich, NR7 0SR

We offer honest advice decanted from excellent local knowledge and over 20 years of experience. We are using new techniques to sell homes to the buyers of today. We offer full video walk throughs combined with superb photography and quality brochures to show property at its absolute best, all of this backed up with an exemplary personal service.



ORCHARD K LETTINGS

orchardklettings.com | 07714 075048 | kathy@orchardklettings.com
Orchard Farm, Mile Road, Carleton Rode

Orchard K Lettings are a local independent family run modern lettings agents. Our focus is on providing high-quality professional service to both landlords and tenants at affordable prices. We tailor our service to suit every need and budget as we work on a one to one basis so you and your property get the attention they deserve.

PROFESSIONAL SERVICES | Finance



BALANCED FINANCIAL SERVICES

balancedfinancialservices.co.uk | 07824 695852
charlie@balancedfinancialservices.co.uk
14 Draper Way, Norwich, NR5 9NA

Mortgage broker/Adviser offering mortgages for first time buyers, residential owner occupied properties, and specialist in buy to let mortgages including complex multi-unit, multi-let, student lets, Ltd companies & Portfolio Landlords.



FACE to FACE
FINANCE

FACE TO FACE FINANCE

ftof-finance.co.uk | 01603 625100 | info@ftof-finance.co.uk
Suite 6b, Cringleford Business Centre, Intwood Road, Cringleford, NR4 6AU

We are independent financial advisers based in Norwich, specialising in Retirement, Investment and Inheritance Tax Planning. We believe that professional financial advice is essential to ensure that you make the right decisions when planning for your future. We have a very happy working environment and our clients benefit from an excellent service.



HULBERT WEST
FINANCIAL ADVISERS

HULBERT WEST LTD

hulbertwest.co.uk | 01603 759784 | info@hulbertwest.co.uk
George Smith House, Dereham Road, Honingham, Norwich, NR9 5AP

Hulbert West will listen to you. We help you with your investments, retirement planning or other financial planning needs and provide a personal service. We are the ideal firm for individual investors and small business people in Norwich & Norfolk to provide friendly, personal, independent advice.



Local Independent **Friendly Professional**

Orchard K Lettings

Struggling to manage your rental property?
Want more free time?

Call 01953 799188
No VAT
No Upfront Fees
Pay on a successful let

www.orchardklettings.com
kathy@orchardklettings.com



INVESTING ETHICALLY LTD.

investing-ethically.co.uk | 01603 309020 | info@investing-ethically.co.uk
31 Whiffler Road, Norwich, NR3 2AW

Investing Ethically are a firm of independent financial advisers who care deeply about ethical investment. Our clients come from a variety of backgrounds, each with a diverse range of beliefs and ethics. Our skilled team is able to empathise with these values and will share their knowledge in order to educate clients on how best to invest.



NM FINANCE LTD

nmfinance.co.uk | 01603 258268 | enquiries@nmfinance.co.uk
Portal House, 7B Alkmaar Way, Norwich, NR6 6BF

If friendly, independent financial advice from qualified professionals is what you seek then contact our team at NM Finance. We offer: Mortgages, Buy-to-Let Mortgages, Business Development Finance, Bridging Finance, Secured Loans, Income Protection.

PROFESSIONAL SERVICES | Insurance



BELMORE WOOD

belmorewood.com | 0845 555 4045 | gary@belmorewood.com
28 Belmore Road, Norwich, NR7 0PT

Belmore Wood is an independent insurance broker specialising in Personal and Commercial insurance for private individuals, small businesses and large corporate clients. Using our network of specialist providers, underwriters and insurers, we are able to provide tailored risk management solutions to suit your individual needs.



R TODD INSURANCE SERVICES LTD

toddinsurance.co.uk | 01493 603313 | enquiries@toddinsurance.co.uk
3 Church Ln, Great Yarmouth, NR31 7BE

Since 1978, R Todd Insurance Services Ltd have been providing insurance advice and policies for both personal and commercial customers. We have a reputation of being totally focused on identifying the best value insurance products in terms of price and cover, an approach which is supported by having a client retention rate of over 95%.

PROFESSIONAL SERVICES | Solicitors



CLAPHAM AND COLLINGE

clapham-collinge.co.uk | 01603 693500 | info@clapham-collinge.co.uk
The Annex, St Catherines House, All Saints Green, Norwich, NR1 3GA

Clapham & Collinge is a local, leading firm of expert solicitors based in Norfolk. With offices in Norwich, Brooke, Sheringham and North Walsham, we provide a full range of legal services for businesses and individuals. Specialising in a wide range of private law services including property, conveyancing, divorce, wills and probate, we're committed to delivering excellent client care.

Ready to make a move

- Mortgages
- Remortgages
- Buy-to-let
- Self-build
- Bridging finance
- Development finance
- Insurance



Whether you are looking for a new mortgage, to self-build or improve a residential or commercial property, we can help with a wide range of finance products. Independent and authorised by the Financial Conduct Authority, we have access to the whole of market and look to find the best finance solutions for homeowners and developers.

At NM Finance, we look further than other brokers to find you the best deal.

Call 01603 258268
or visit www.nmfinance.co.uk

NM Finance, Portal House, Alkmaar Way, Norwich International Business Park, Norwich NR6 6BF. FCA register no 305324. Your home may be repossessed if you do not keep up repayments on your mortgage.

Invest with a conscience

Independent financial planners for the ethically minded

- Follow your ethical beliefs
- Make a difference
- Achieve positive social change
- Influence shareholder meetings

Contact us for a free brochure.
Your first consultation will be at our cost and without obligation.

T 01603 309020
E info@investing-ethically.co.uk
www.investing-ethically.co.uk

Investing Ethically Ltd is authorised and regulated by the Financial Conduct Authority



FACE to FACE
ESTATE PLANNING

SPECIALISTS IN ESTATE PLANNING

Will Writing | Lasting Powers of Attorney
Probate Services | Trusts

WHY USE US?

We're local | We come to you | Fast and Friendly | Jargon Free
FREE double check of your existing wills

Proud members of Buy Local Norfolk



01603625100 | INFO@FTOF-ESTATEPLANNING.CO.UK  

WWW.FTOF-ESTATEPLANNING.CO.UK

PROFESSIONAL SERVICES | Will Writing & Estate Planning



FACE TO FACE ESTATE PLANNING LIMITED

ftof-estateplanning.co.uk | 01603 625100 | info@ftof-estateplanning.co.uk
Suite 6b, Cringleford Business Centre, Intwood Road, Norwich, NR4 6AU

At Face to Face Estate Planning we provide advice on planning for your future, through Estate Planning, Will Writing and writing Trusts. We believe that now, more than ever, professional advice for estate and trust planning is essential to ensure that you make the right decisions when planning for your future. Your Face to Face Consultant is well equipped to help you to make these important decisions.



NORFOLK WILL WRITING SERVICES LTD

norfolkwillwriting.co.uk | 01692 650397 | info@norfolkwillwriting.co.uk

Norfolk Will Writing Services Ltd are the original will writing company in Norfolk originally founded in 1987 who offer to its clients a genuine friendly, prompt and efficient Legal Service offering Wills, Lasting Power of Attorney, Trusts and Document Storage. Sadly it also deals with the other side of the coin when a person dies, and offers a cost effective solution for probate.



PRO-WILLS LTD

pro-wills.com | 07789 561320 | julie@pro-wills.com

Friendly Estate Planning and Will Writing Service. Our services include Wills & Trusts, Lasting Powers of Attorney, Deputyships, Funeral Plans and more. We can arrange consultations either in the comfort of your own home or in my offices. Whichever is the most convenient to you.



TRUSTED WILLS & PROBATE LTD

trustedwillsandprobate.co.uk | 07972 212355 | info@trusted-wills.co.uk

Trusted Wills & Probate Ltd provides a full range of Will Writing and Estate Planning services in the Norfolk Area; including Wills, Trusts, Lasting Power of Attorney and Probate services. We offer a wide range of services to protect your loved ones and your assets, providing you with much needed peace of mind.



CLAPHAM &
COLLINGS
SOLICITORS

We provide a full range of legal services for businesses and individuals in Norfolk.



Proud members of Buy Local Norfolk

Clapham & Collinge specialise in a full range of private law services including property, divorce, wills and probate. We're committed to delivering excellent client care, ensuring your legal matters are treated with the attention and efficiency we're renowned for whilst keeping you informed every step of the way.

We offer businesses a full range of commercial services including debt recovery, litigation and disputes, employment law and commercial property. We take pride in providing Norfolk businesses with the best legal advice and support to help them grow and prosper.

St Catherine's House, All Saints Green
Norwich NR1 3GA

www.clapham-collinge.co.uk

Offices in Norwich, North Walsham and Sheringham

Norwich
01603
693500

RETAIL



CATOR FAMILY CAR SALES

familycarsales.co.uk | 01953 789504 | catorfamilycarsales@hotmail.com
TJ Industrial Estate, Bottle Corner, Bunwell Road, Black Carr, Attleborough, NR17 2LW

Quality used car sales, specialising in Fords. Cars from £2,495 to £10,995. Finance available. Full MOT, major service, cam-belt if due and comprehensive 3 month in-house warranty with ourselves, on all retail cars. Genuine Ford parts used on all Ford cars. Check out our "Happy Customer" Reviews on Facebook or Google.



GERALD GILES

geraldgiles.co.uk | 01603 621772 | sales@geraldgiles.co.uk

Gerald Giles is a local, independent electrical retailer based on Ber Street, Norwich. With over 65 years experience selling, renting, repairing and servicing all kinds of TVs, Audio and Kitchen Appliances, we pride ourselves in providing outstanding customer service and advice.



HOBBIES LTD

alwayshobbies.com | 01508 549330 | enquiries@alwayshobbies.com

Since 1895, Hobbies Ltd have been supplying model makers and enthusiasts with a wide range of quality model kits, accessories, tools, components and guidebooks.



NORFOLK GIFT BOX

norfolkgiftbox.com | 07756 655082 | norfolkgiftbox@outlook.com
Margaret Reeve Close, Wymondham, NR18 0ST

An online gift business offering some of the best products and memorabilia in a gift box, from some great Norfolk companies and artists, some well known and some not so well known.

TRAINING, EDUCATION & PERSONAL DEVELOPMENT



ART 4 YOUTH – NORWICH ART SCHOOL

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

Art 4 Youth – 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.



[@buylocalnorfolk](https://twitter.com/buylocalnorfolk)



[company/buy-local-norfolk](https://www.linkedin.com/company/buy-local-norfolk)



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



EMBRACE PFC CIC

embracepfc.com | 07956 679967 | emma@embracepfc.com

Embrace PFC CIC believe that everybody deserves the chance to become the best they can be. We support individuals who feel marginalised and excluded from society, primarily through homelessness, being involved in the criminal justice system and disability. Our strap line 'Supporting you to become the best version of you'.



Emma Roache
UNLOCKING YOUR FULL POTENTIAL

EMMA ROACHE - UNLOCKING YOUR FULL POTENTIAL

emmaroache.com | 07956 679967 | emma@emmaroache.com

Working with me, Emma Roache Co-active Coach, you will gain more clarity and clear direction, increasing confidence and self-esteem, setting clear achievable goals, enabling you to live life with purpose and passion, achieving a better work/life balance, or as I prefer to call it LIFE/work balance.

First Aiducate Ltd - FIRST AIDUCATE LTD

firstaiducate.co.uk | 07921 803831/42 | enquiries@firstaiducate.co.uk

At First Aiducate our goal is simple: we want effective, confident, knowledgeable practitioners of First Aid. To achieve this we offer bespoke First Aid training courses to meet the needs of your organisation, that are accredited with Qualsafe (OfQual) and meet Health and Safety and Ofsted requirements.



FLEXIMED TRAINING

fleximedtraining.co.uk | 01362 667795 | office@fleximedtraining.co.uk
5 Festival Road, Dereham, NR20 4RB

We are a first aid training provider based in Dereham, but serving all of Norfolk. We specialise in mobile training, so we come to you for as few as two. We believe that first aid training should be available for everyone and so our courses meet a variety of needs, for both individuals and organisations, at an affordable price. What you see is what you get.



HEALTHY YOU HEALTHY PLANET

healthyyouhealthyplanet.co.uk | 07826 084974 | info@healthyyouhealthyplanet.co.uk
3 Church Road, Barford

Healthy You Healthy Planet is an enterprise that promote mental and physical wellbeing. We run *Stress Management Workshops *Relax Kids classes to help children be their calm, confident best * Support for families and individuals changing to a plant based diet *Dyslexia assessments *Events to promote sustainable, eco friendly choices.

lost your confidence, your sparkle or your mojo?

No #LIFEworkbalance?

FREE Session

'It could be a waste of 30minutes of your time, or it could just change your life!'

Visit my website to book your free sample session today

'The best thing about coaching is the feeling after sessions.

Emma promotes self-awareness and self-confidence.

It's something that really gives you a buzz'

George Jarvis



Emma Roache
Unlocking your full potential



T 07956 679967

[in](#) [ig](#) [tw](#) @emr_coach

[f](#) emrcoach

E emma@emmaroache.com

www.emmaroache.com





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.



LOLA STAFFORD CONSULTING LTD

lolastaffordconsulting.co.uk | 07806 392254
jacqui@lolastaffordconsulting.co.uk

We work with groups and individuals to help them set up as Social enterprises and can adapt this training to the relevant age group as embedded learning. We also deliver projects for young people targeting barriers to engagement and participation.



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.

VILLAGE COACHING

07860146202 | william1.drhughes@gmail.com

Life coaching helps you to play the game of life how you choose and use peak performance wisely. When we start to get the best out of ourselves we become teachers for others and that way villages or communities of all kinds can become healthy hubs. We all learn by example and our own experience. Watch SYDNEY Banks on YouTube.

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:	<input type="text"/>
Address:	<input type="text"/>
	<input type="text"/>
	<input type="text"/>
Postcode:	<input type="text"/>
Telephone:	<input type="text"/>
Mobile:	<input type="text"/>
Email:	<input type="text"/>
Twitter:	<input type="text"/>

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

*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.



WHAT'S INSIDE

2up Ltd.....	17	Dotcolour.....	24
52Degrees Telecom Limited.....	57	Drinklink Vending Services Ltd.....	38
Abacus Book-keeping Consultancy.....	69	D.R.S Felt Roofing.....	34
Abate Pest Management Ltd.....	51	East Coast Hospice Charity.....	31
Able Community Care.....	43	Eastern Landlords Association.....	14
Activity Team.....	13	Easy Clean.....	49
Adept IT Solutions.....	57	EBC Pest control.....	51
Adept Supply Chain Solutions Ltd.....	13	EggCup Web Design.....	28
Adrenalize Personal Training.....	47	Eight Dumplings of Norfolk.....	38
A J Syder Plumbing and Heating Ltd.....	52	Embrace PFC CIC.....	78
ALine Telecomms Ltd.....	62	Emma Roache - Unlocking Your Full Potential.....	78
Andrew Pointer Plumbing & Heating services.....	52	Empresa Ltd.....	28
Anglia Business Cleaning.....	48	EnigMedia Marketing.....	19
Anglia Computer Solutions Ltd.....	59	Epic Event Hire.....	55
Anglia Free Range Eggs Ltd.....	39	ESP Merchandise.....	63
Anglian Bespoke Corrugated and Packaging Ltd.....	63	Example Marketing and Web Design.....	19
Anglian Internet.....	59	Expert Print Management Ltd.....	24
Art 4 Youth – Norwich Art School.....	77	Face to Face Estate Planning Limited.....	75
Aston Shaw Ltd.....	65	Face to Face Finance.....	71
At your chiropractors.....	43	Fenland Fire Appliance LLP.....	64
AVN Arena Accountants.....	65	Fire Faerie Designs.....	35
Balanced Financial Services.....	71	First Aiducate Ltd.....	78
Belmore Wood.....	72	FlexiMed Training.....	78
B Guarded.....	60	FreeClix Ltd.....	59
Big C Cancer Charity.....	31	Garden Preserves Ltd.....	39
BIGDaddyPR.....	17	Garden Room Designs.....	48
Birchwood Energy.....	36	Gerald Giles.....	77
Blakeney Delicatessen.....	42	GGS.....	19
Blooming Artificial.....	49	Glow Virtual Assistants.....	14
Bluespace Ltd.....	16	Golden Triangle Brewery.....	39
Bounce Back Castles Ltd.....	52	Green Farm.....	40
Bowles and Walker Ltd.....	63	Grow Your Business (East Anglia) Ltd.....	66
Break.....	31	Hallswood Animal Sanctuary.....	32
Bright and Beautiful Flowers.....	49	Hangman Curtains and Blinds.....	49
Bright Yellow Marketing.....	17	Haysman Consulting Limited.....	13
Broadland Aerials.....	47	Healthy You Healthy Planet.....	78
Broadland District Council Training services.....	11	Heat Different.....	37
Burton Green Design.....	16	Heather Flint – Bespoke Seamstress & Artisan.....	36
Business Equip.....	28	Hempnall Mill Centre.....	27
Cabins Unlimited.....	48	Henderson Trust.....	27
Cator Family Car Sales.....	77	Hilltop Outdoor Centre.....	57
Cedaro.....	62	Hobbies Ltd.....	77
City Locks Norwich Ltd.....	50	How-2-Drive.....	64
Claire Carney Floral and Balloon Designs.....	35	HubFizz.....	19
Clapham and Collinge.....	72	Hulbert West Ltd.....	71
Clarick Cleaning.....	48	Ian Ward - Coving & Artexing.....	33
Clarity.....	13	Iceni Magazine.....	65
Clean Tech Carpet & Oven Cleaning.....	48	Iconic Estate Agents.....	69
Clear Consulting and Design Ltd.....	33	Inspired Renewables Ltd.....	37
Coffee Express.....	38	Inspired Youth Projects Ltd.....	80
Coffee Quest Ltd.....	38	Inspire Norfolk.....	80
Coleman Opticians.....	43	Instromet Weather Systems Ltd.....	62
Contract Personnel Ltd.....	27	Inter-Logic.....	59
Core Fire & Security Systems Ltd.....	60	Investing Ethically Ltd.....	72
corporate growth consultancy ltd.....	13	Iron Maidens.....	64
Crab Bookkeeping.....	69	J and P Decorators.....	34
Customised Ltd.....	50	Joe Lenton Photography.....	22
Danica TCL.....	65	Kaisy.....	24
Dann's Ice Cream.....	39	Karen Eason Certified Accountant LIMITED.....	66
DMB Norwich Ltd.....	52	Katherine Barney ceramics.....	35



@buylocalnorfolk



company/buy-local-norfolk



/BuyLocalNorfolk

Kave Woodcraft.....	35	Pro-Wills Ltd.....	75
Kenny's Shredding Company.....	14	Research Plus+.....	27
LAMB Social Media.....	19	Resolve Carpet Care.....	49
Larking Gowen.....	66	RowanTreeCopy.....	20
Leaping Hare CIC.....	56	R Todd Insurance Services Ltd.....	72
LEDience Ltd.....	50	Rural Broadband.....	57
LiveLink Resource.....	16	S1 Builders Ltd.....	32
Lola Stafford Consulting Ltd.....	80	S2 Computers Ltd.....	60
Love Spoons Jewellery.....	36	Season's Bounty.....	41
Lovewell Blake LLP.....	66	Shaper Accountants.....	69
MAAC Heating & Cooling Ltd.....	47	Sheta Ltd.....	32
Mason Williams Ltd.....	66	ShowerPowerBooster Ltd.....	50
Mayday Office Equipment Services Limited.....	22	Silverlight Disco.....	54
Meditation Personal Trainers.....	47	Sim-Fly Norfolk (Simulator Flying Ltd).....	54
MJR Events.....	55	Simon Bratt Photography.....	36
Morton Reeves Estate Agents.....	71	Sir Toby's Beers.....	42
NM Finance Ltd.....	72	S Michlmayr & Company Ltd.....	64
Norfolk Brewhouse.....	40	SmithTurner Marketing.....	20
Norfolk Business Consultants Ltd.....	14	Spas Unlimited.....	52
Norfolk chamber of commerce.....	16	Tactile Solutions Limited.....	60
Norfolk Gift Box.....	77	Tank Replacement Services Ltd.....	37
Norfolk Tours.....	56	TBS Norwich Limited.....	69
Norfolk TweetUp.....	21	The Animals Of.....	35
Norfolk Veg Box.....	40	The Apiary Cake and Coffee House.....	41
Norfolk Will Writing Services Ltd.....	75	The Benjamin Foundation.....	32
North Walsham Signs.....	24	The Cellar House.....	42
Norwich Glass Company.....	34	The Durban Grill.....	39
Norwich Kitty.....	21	The Joinery Workshop North Norfolk.....	34
Norwich Print Solutions.....	24	The King's Centre.....	28
Norwich Sunblinds.....	50	The Missing Kind.....	32
Norwich Theatre Royal.....	55	The Murderers.....	42
Nu Image Design.....	31	The Norfolk Patisserie.....	41
OakVilla.....	41	The Space Norwich.....	28
Office Furniture Scene.....	22	The Tealady.....	41
Old Rectory Preserves Ltd.....	41	Trott Rentals.....	65
Orange Heating Supplies.....	37	True story.....	21
Orchard K Lettings.....	71	Trusted Wills & Probate Ltd.....	75
Osiris Technologies.....	59	Twist Development Limited.....	31
PanaEpos.....	60	Type and Image.....	17
Paul Kirk Design.....	16	Village Coaching.....	80
Paul Macro Photography.....	36	Vintage Partyware.....	55
Perfect Pixel Media.....	17	Weddell and Turner Limited.....	42
Photostatic Anglia Ltd.....	22	Westcotec Ltd.....	62
Poppyseed Baking.....	38	Your Gluten Freedom.....	43
Power Different.....	37	Your Own Place CIC.....	80
Presentation Works Ltd.....	14		

"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

THANK YOU!

We would like to thank...

- **Paul Macro** for our stunning cover photo: www.paulmacrolandscapes.com
- **Emma and Gavin Raines** at Example Marketing for making our directory look so great!
- **Norse Commercial Services** for all their help and support
- **Freightforce** for the loan of a lorry and a driver for the Lord Mayor's Procession

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.

BUY LOCAL NORFOLK EVENTS



BLN 10th Anniversary



The Norfolk Show 2017



The Norfolk Show 2017



The Lord Mayor's Procession



The Lord Mayor's Procession



Lunch on the Green



Old Buckenham Air Show



BLN Challenge!



#NorfolkRocks!



Crower Carnival



South Norfolk on Show



BLN Christmas Expo 2017



Chamber of Commerce
breakfast



BLN Easter Expo 2018

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



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!

£50
Members
Discount

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

Call us on 01362 470075 - FREE Quotations

www.cabinsunlimited.co.uk



Anglian Internet

Business I.T.



01603 400 200

- Business IT Support
- Server Installations
- Office 365
- Network Support
- Network Installation
- Cloud Services
- Remote Support
- Web Hosting
- Web Design
- Telecoms & VOIP
- Free Site Survey

www.anglianinternet.co.uk

- New Laptops
- New Desktops
- Printers
- Repairs
- In Home Service
- Healthchecks
- Virus Removals
- Laptop Repairs
- Phone Repairs
- Tablet Repairs
- Apple Repairs



Anglian Internet

Home I.T.

Technology House, Roundtree Way, Norwich NR7 8SH