



A directory of businesses
that are truly local to
NORFOLK

Winter 2019 - Spring 2020 edition
buylocalnorfolk.org.uk



WELCOME TO BUY LOCAL NORFOLK

Buy Local Norfolk is a not-for-profit social enterprise and our whole raison d'être is to raise the profiles of local, independent businesses. We see that supporting businesses which are owned and run in our own area will help the economy of the village, town, city and county.

The locality of a business and its ownership is extremely important because the economy is like water in a bucket. If the bucket has lots of holes in it (more businesses from outside the area), the more water we will lose from the bucket. If we use more local, independent businesses, there are less holes in the bucket and the water (money), won't leak out.

If local businesses sell to outside the area, they are really helping to fill up the bucket, so the more we can do that, the stronger our local economy becomes thus increasing opportunities for sustainable business growth within Norfolk, while at the same time protecting the unique character and flavours of the area, making 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. We make sure that all of our members also use other local businesses too, keeping the money in our bucket.

We actively promote the importance of using local, independent businesses to Local Authority leaders, MPs, MEPs and others in positions to effect change, but it is up to each of us to do the same and carry the message to all.

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.

"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

WHY BUY LOCAL?

"Buying from us means our daughter gets to have ballet lessons or our son gets some new football boots, it could mean that we get to take the children to Pleasurewood Hills or Harry Potter World. Buying from a national chain, or off the internet, means that the Directors get to buy a new yacht or the CEO gets to lay on a beach in the Bahamas for another holiday."

Keeping more money in the local economy benefits everyone who lives in, and visits, Norfolk. That money gets reinvested in other local businesses and projects which improve all of our lives. This keeps our towns and villages thriving and creates local jobs.

It also helps us keep Norfolk an interesting and unique place to visit. If we relied solely on national chains, we would lose our personality and lose control over what's available. Our choices would become limited.

Buying locally is also a great environmental choice. Less miles travelled for local goods and services means a reduced carbon footprint. Buying locally grown produce helps preserve small farm land and green space. Many local businesses have great green credentials! If we all made a conscious decision to buy locally where possible – be that food, gifts, or services – our economy will be protected, and Norfolk will continue to prosper.



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BUSINESS SERVICES | Business Consultancy

IGNITE PEOPLE SOLUTIONS HR

07827 960650 | sarah@ignitepeoplesolutions.co.uk
5 Jermyn Way, Tharston, NR15 2ZA

I'm Sarah from Ignite HR consultancy. Helping Managers to focus on their business by delivering their people, development and HR Solutions. As an experienced HR professional, I take away the headache of managing/navigating people issues. I start with the foundation of ensuring both employment and any subcontracts arrangement are both legal and fit for purpose.



LIME LEARNING

lime-learning.co.uk | 07896 099796 | brian@lime-learning.co.uk

Lime is a consultative organisation positioned to take a full and holistic view of business. People are the business and must be aligned fully through culture and allowed to grow to develop their true asset value.

LONGSERVICES



longservices.co.uk | 07766 757213 | carlstlong@gmail.com
White Cottage, Calveswell Lane, West Runton, NR27 9LU

LongServices help organisations with IT and cyber security to stop cyber crime, data breaches and resulting losses. We work with you on cyber defence for today's world.



PRESENTATION WORKS LTD.

presw.com | 01362 853595 | colin.mclean@presw.com
390 Unthank Road, Norwich, NR4 7QE

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



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!





HEATHER NUNN BUSINESS SERVICES

hnbusiness.co.uk | 01760 440837 | heather@hnbusiness.co.uk
Womack House, Swaffham Road, Ashill, Thetford, IP25 7DB

Bookkeeping, Payroll and Employment Support for businesses, self employed, charities and churches are our main focus. We have a small team who specialise in offering a relationship of personal service to our clients. We also offer other bespoke business assistance, including policy documents, risk assessments and other project work.



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 CHAMBERS 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.

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.

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larking-gowen.co.uk

Now, for tomorrow

**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**ASG EDITORIAL**

asgeditorial.co.uk | 07845 146667 | anne@asgeditorial.co.uk

As an experienced proofreader, copy-editor and writer, I can help with all your editorial needs – either on screen or on paper. I am a professional grade member of the Society of Editors and Proofreaders, and I specialise in editing fiction, non-fiction, web content and blog posts.

**BRIGHT YELLOW MARKETING**

brightyellowmarketing.com | 01953 600534
sparkle@brightyellowmarketing.com

Bright ideas for your business using social media. Social Media Marketing, Management and Training for local businesses. We have been involved in social media and marketing for many years and have used it to great success in our own businesses. When you work with us, you benefit from our business experience as well as our in-depth knowledge of social media.

**ENIGMEDIA MARKETING**

enigmediamarketing.com | 01603 552145 | info@enigmediamarketing.com

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 708500 | hello@examplemarketing.co.uk
Suite A, 5 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.

**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.

**LAMB SOCIAL MEDIA**

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

When it comes to marketing, social media can be an amazing tool. In a business context, however, it's not always easy to get it right. From explaining what a hashtag is in one-to-one training sessions or group workshops, to sharing content on your behalf and engaging with your customers, we have social media solutions for Norfolk businesses.

**MAZE MEDIA GROUP**

mazegroup.co.uk | 01553 818550 | info@mazemedia.co.uk
20a Tuesday Market Place, King's Lynn, PE30 1JW

Established in 2009, the Maze Media Group continues to expand and adapt to provide a wide-range of marketing expertise for businesses across its agencies. Our award-winning services include design, film, content marketing, advertising, influencer marketing, PPC, SEO, social media, media planning and buying, event management, PR, email and outdoor clothing.

**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**NORWICH KITT**

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.

BUSINESS SERVICES | Office Equipment



MAYDAY OFFICE EQUIPMENT SERVICES LIMITED

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

Mayday are the largest independent supplier of photocopiers and printers in Norfolk and Suffolk. Since first opening their doors in 1979 Mayday now employ 30 people at its head office in Norwich. Mayday offer a wide range of services including IT support, equipment leasing, office products, local servicing and repair.



LEONARDS

leonards24.co.uk | 01603 627822 | leonards24@aol.com
64 Pitt Street, Norwich, Norfolk NR3 1DF

We keep businesses running smoothly with timely repairs to office equipment, as well as free next day delivery on all office stationery and supplies.



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, Aerus, Humanscale, Boss Design and Orangebox. We can provide all furniture solutions, including office chairs, desks, storage, reception and meeting room furniture and a range of office accessories. We offer free delivery on all orders over £500.

BUSINESS SERVICES | Photography



BARKERS MEDIA

barkers.media | 01493 888222 | shop@barkersphotos.co.uk
12 Crown Road, Great Yarmouth, NR30 2JN

Barkers Media offer a range of photographic and video services. We offer a variety of professional services, including wedding photography, school photography and we offer a variety of event photography services - from Black Tie events through to sporting events. We offer printing on site as well as after sales on line.



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.

BUSINESS SERVICES | Printing



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.



SAMUELS OF NORFOLK

samuelsofnorfolk.co.uk | 01603 710007 | info@samuelsofnorfolk.co.uk
Lodge Farm, 6 Cromer Road, Hainford, Norwich, NR10 3AT

We have grown from being a family run business, successfully screenprinting and embroidering garments in Norfolk since 1984, to what is now one of the most established garment personalisation companies in the UK. We offer excellent value of money with a committed focus on providing great customer service.

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 | Venues



HEMPNALL MILL

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

Hempnall Mill 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!



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



BRAINWEB WEBSITE DESIGN

brainweb.co.uk | 01692 430121 | hi@brainweb.co.uk
The Old Post Office, Yarmouth Road, Smallburgh, NR12 9AD

We design, build and maintain websites for small businesses across Norfolk. All our designs are bespoke, mobile friendly and search engine ready, and come with a content management system.



CLARITY

clarity-bds.com | 07434 921586 | enquiries@clarity-bds.com
Lenthall Close, Thorpe St Andrew, Norwich, NR7 0UU

Clarity is a Norwich-based website agency and business consultancy specialising in Website Development, Hosting, Digital Marketing and Strategic Business Consulting. At Clarity, we help our clients to grow in new ways, by developing stunning websites, cutting-edge digital marketing systems and results-driven business strategies.



EGGCUP WEB DESIGN

eggcupwebdesign.com | 01603 516377 | hello@eggcupweb.com
St Simon And St Jude Church, 49 Elm Hill, Norwich, NR3 1HG

You already have a website but the problem is, so does everyone else! To stand out these days, you need to be outstanding. It's no longer good enough to be good enough. If you want to rank on page one, you have to be the best! The good get better by finding the small improvements they can make every day. You need a digital marketing partner who can help you find those improvements and who has the expertise to deliver them.



NU IMAGE

nuimage.co.uk | 01603 859007 | hello@nuimage.co.uk

Nu Image 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 work tirelessly to provide care, support, and a brighter future for the young people who need them, for as long as they need them. Working with children, young people, and families in need within the local community, Break are committed to opening the door to brighter tomorrows. With Children's Homes across East Anglia, a centre for families in crisis, and services for children with disabilities and their families, Break's work allows members of our community to look to the future with hope.



HALLSWOOD ANIMAL SANCTUARY

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

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



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 NORFOLK**

s1buildersnorfolk.co.uk | 07817 878580 | stefan@s1buildersnorfolk.co.uk
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.

**TOILETS+**

toilets.co.uk | 08000 933341 | info@toilets.co.uk
32 London Road, Wymondham, Norwich, NR18 9JD

Leading portable toilet hire provider for over 25 years, supplying clean toilets across South, East and Central England. Toilets+ have over 5500 units available to ensure your construction site or event is fully-equipped to guarantee employees/guests comfort. With 75 vans delivering and servicing, and 7 depots across the South East of England, they're able to provide clean and efficient units to meet everyone's required needs.

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**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.

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.

SIRIS HILL

sirishill.co.uk | create@sirishill.com

Many people live silently with their mental health, with few understanding the impact it can have. Siris Hill's work visually describes the effects that mental health and psychological conditions have on an individual. His practice reflects his own realities of living with trauma and mental illness as he investigates the social obstructions and the loss of identity his illness presents.



SJH GARDEN METALCRAFT

07766865476 | stevenjhall99@gmail.com

SJH Garden Metalwork home produced metal flowers. Lilly, daffodil, poppy, bull rush and more in production and other garden objects such as plant supports and wooden fairy doors. All unique.

CREATIVE & ARTS | Jewellery



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.



RM CRAFTS – JEWELLERY

rmcrafts.co.uk | 07741 402323 | rmcrafts92@gmail.com

Original handmade Sterling Silver Jewellery specialising in glass including local "Seaglass", Dichroic Glass & Swarovski Crystal plus handmade Pewter Beads. We also undertake commissions for "Seaglass" Jewellery, Jewellery Repairs & Re-strings. We are a part-time Craft Business based outside of Norwich. We pride ourselves on our long established reputation for quality together with making original & different jewellery.

CREATIVE & ARTS | Other Artisans



LITTLE OWLS CREATIONS

facebook.com/littleowlscreations | 07794 949876
littleowlscreations@outlook.com

A mobile 3d hand and foot casting service, from your own home, only taking 45-60 minutes of your time. Please allow 4-6 weeks for final product.

CREATIVE & ARTS | Photography



DRONE PHOTOGRAPHY LIMITED

dronephotography.co.uk | 07484 605375 | graeme@dronephotography.co.uk

Drone Photography Limited is an independent videography, photography and filming business. Utilising drone technology and hand held cameras, we provide video and photographic services to a diverse range of businesses and private clients. Specialising in property photography, roofing and building inspections, aerial filming specialist to documentary and feature filmmakers.



PAUL MACRO PHOTOGRAPHY

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

Lifestyle, commercial & landscape photographer.

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.

SEWNSO

sewnsoservices.co.uk | 01362 850777 | jan62bell@gmail.com
 3 Reymerton Road, Garvestone, Norwich, NR94QX

Jan Bell – Experienced seamstress, Curtain & Roman Blind maker. Clothing Alterations and Dressmaker. For all your sewing needs contact Jan via email or phone for your local seamstress.

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.

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Air Source and Ground Source Heat pump*
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*Under the UK Government's domestic Renewable Heat Incentive (RHI) scheme, you could receive quarterly cash payments over seven years if you install an eligible renewable heating technology such as an Air Source or Ground Source Heat pump

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www.inspiredrenewables.co.uk

**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.

FOOD & DRINK | Catering

121 CHEF

121chef.com | 07825 664 867 | mrtchef@gmail.com
 94 Trafalgar Street, Norwich, NR1 3HN

Make your event or dinner party truly special with the help of a top catering expert. Call 121 Chef for mouthwatering dishes at your private dinner in Norfolk & Suffolk.

**BONSAI CAFE**

01603 733470 | luan@eska.co.uk
 The Dojo Norwich, 3 Burton Road, Norwich, NR6 6AX

We are a small independent Cafe that takes pride in sourcing the best local products to create our dishes. Come and visit our fantastic cafe, located in The Dojo Norwich. With a full-sized viewing glass and a mezzanine gallery, the Bonsai Café means that you can watch training and enjoy drinks and snacks at the same time.

COFFEE EXPRESS

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

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

**COFFEE QUEST LTD**

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

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



DRINKLINK VENDING SERVICES LTD

drinklinkvending.co.uk | 0800 3166920 | sales@drinklinkvending.co.uk
120 The Street, 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.



OFFICE WATER SUPPLIES

officewatersupplies.co.uk | 01953 451753 | info@officewatersupplies.co.uk
Unit 6A Snetterton Business Park, Harling Road, Snetterton, NR16 2JU

We are a family run business est in 1989 to provide drinking water dispensers to the commercial and domestic markets throughout Norfolk and Suffolk. Our product range includes, Water Coolers, Water Boilers, Coffee Brewers, Bottled Water and Beverages.

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.



BOUDICCA BREWING CO LTD

boudiccabrewing.co.uk | 01328 863854 | info@boudiccabrewing.co.uk
The Old Store, Walsingham Road, West Barsham, Fakenham, NR21 9NP

An independent Norfolk brewery, set up in 2015 to brew great beer in Norfolk using the finest ingredients. One of our watchwords is inclusivity and to this end all our beers will be suitable for vegans and vegetarians as we will not use isinglass finings or any other animal products in our beers.

BUNNS FARM MEATS

07748 641522 | h.rushworth@tiscali.co.uk
Bunns Farm, Withergate Road, Worstead, NR28 9SF

Home reared Scottish highland beef. Locally sourced Pork and lamb. Here at Bunns Farm Meats I pride myself in being passionate about what I do. I have for 11 years now bred and reared pure bred pedigree highland cattle. They are slow reared to 30 months for maximum flavour and richness.



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.



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 sent 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!

Coffee for Office, Workplace & the Caterer

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

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Demonstrations • Staff Training • Barista & Latte Art School • New and Refurbished Beverage
Equipment Showrooms • Consumables • Water Filters • Equipment Hygiene Products



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HOW MUCH
IS THE DEVIL
IN YOUR
KITCHEN
COSTING YOU?



The hidden costs
of lost staff time

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norfolkgin.co.uk | 01603 559047 | jonathan@norfolkgin.co.uk

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norfolkvegbox.co.uk | 01953 457393 | info@norfolkvegbox.co.uk
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weddellandturner.com | 07958 942633 | helen@weddellandturner.com

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FOOD & DRINK | Pubs**THE GIN TRAP INN**

thegintrapinn.co.uk | 01485 525264 | enquiries@thegintrapinn.co.uk
High Street, Ringstead, PE36 5JU

The Gin Trap Inn is a traditional and cosy 17th-century coaching inn and has a long and colourful history. It has been a public house since 1668 and the date 1667 can be found on one of the walls of the former farmhouse.

**THE BLACK SWAN**

blackswaninn.co.uk | 01603 897787 | theblackswaninn@btinternet.com
The Black Swan Inn, 25 Norwich Road, Horsham St Faith, Norwich, NR10 3HJ

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HEALTH, BEAUTY & WELLBEING | Beauty**GARNER HAIR**

garnernorwich.co.uk | 01603 630506 | reception@garnernorwich.co.uk
9A St Giles Street, Norwich, NR2 1JL

Garner Hair is an award-winning, family run and owned hairdressers in Norwich with over 30 years experience in the industry. Garners gifted hair stylists have all carefully been selected by owner, Yvonne Garner, herself to guarantee quality and skill throughout the salon. Said talent means Garner are able to provide a variety of hair treatments and styles for their customers

HEALTH, BEAUTY & WELLBEING | Chiropractor**ANGLIA CHIROPRACTIC HEALTHCARE LTD**

angliachiropractic.co.uk | 01603 414740 | reception@angliachiropractic.co.uk
101 Wroxham Road, Norwich, NR7 8TU

Anglia Chiropractic and K-Laser Medical therapy, founded in 2002, is a leading Chiropractic clinic and therapy centre, where its dedicated and experienced team provides individually tailored treatment and advice of the highest standards, with evidence-based care for nerve, joint, muscle and soft tissue related conditions.

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.



NU OSTEOPATHY LIMITED

nuosteopathy.com | 07792 286767 | nigel@nuosteopathy.com
34-38 Prince of Wales Road, Norwich, NR1 1LG

NU Osteopathy was founded in September 2018. Our aim is to restore balance to our patients and help them achieve optimum health. Osteopathy is a holistic approach to medicine and health practiced since the late nineteenth century. We use our detailed knowledge of anatomy, physiology and pathology to help us to understand the cause of your current symptoms.



ADRENALIZE PERSONAL TRAINING

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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.



BARN THERAPY CENTRE

barntherapy.com | 07788 456456 | linda@barntherapy.com
Keswick Barn, Intwood, Norwich, NR4 6TG

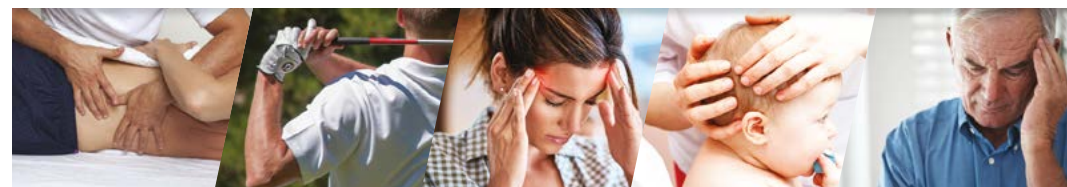
Barn Therapy Centre offers a wide range of therapies, that are used individually or combined to produce the best result for the client. Linda offers a unique way to treat the body and mind and is guided intuitively as to what treatments to use.



CUP-O-T: WELLNESS AND THERAPY SERVICES

cup-o-t.co.uk | 07305 879545 | info@cup-o-t.co.uk

Cup-O-T: Wellness and Therapy Services is a not-for-profit Occupational Therapy practice. Cup-O-T's registered Occupational Therapists provide mental health interventions and wellness sessions on a 1:1 basis, as groups and community projects, and as school, workplace and corporate packages.



Suffer from tight, stiff muscles, aches & pains or headaches?

Have you thought about Osteopathy?



You no longer have to put up with those nagging aches and pains which are causing you day to day discomfort. At NU Osteopathy we are committed to helping to restore your body to good health.

Osteopathy is a method of assessing, treating and preventing a wide range of health problems and conditions for people of all ages by using a combination of movement, stretching, targeted deep tissue massage and manipulation of a person's muscles and joints to improve function, relieve pain and aid recovery restoring balance back to your life.

So don't let those aches and pains get you down, book your consultation and appointment today.

Did you know Osteopathic treatment can help with:

- + Headaches & Migraines
- + Back, Neck & Shoulder Pain
- + Hip, Knee, Foot, & Ankle Pain
- + Hand & Elbow Pain
- + Arthritis
- + Tennis & Golfers Elbow
- + Sciatica
- + Carpal Tunnel Syndrome
- + Muscular tension often associated with asthma
- + Pregnancy related musculoskeletal pains



nuosteopathy
.com

Call or book your appointment online

07792 286 767
nigel@nuosteopathy.com

Restoring Balance

34 - 38 Prince of Wales Road | Norwich | NR1 1LG

THE LANES CLINIC
NORWICH**THE LANES CLINIC**

thelanesclinic.co.uk | 01603 660022 | info@thelanesclinic.co.uk
7 St. Johns Alley, Maddermarket, Norwich, NR2 1DR

Our community of professional therapists offer a wide range of therapies in our beautiful historic building situated within The Norwich Lanes. Treatments include: Chiropractic, Clinical Sports Massage, Cranial Osteopathy, Deep Tissue Massage, Electrolysis, Homeopathy, Hydrotherm, Hypnotherapy, Life Coaching, Myofascial Release, NLP, Nutrition, Reflexology, Reiki, Yoga.

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HOME & GARDEN | Cabins & Garden Rooms**CABINS UNLIMITED**

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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.

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

At Garden Room Designs, Norwich, we design and build the very best quality bespoke Garden Rooms, Orangeries, Conservatory Re Roof / Roofing Systems, Conservatory Insulation and Free Standing Garden Offices Studios and Buildings, throughout Norfolk and Suffolk.

HOME & GARDEN | Cleaning**ANGLIA BUSINESS CLEANING**

angliabusinesscleaning.co.uk | 01603 660263 | cleaning@abccabacus.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.

**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.

**SYCAMORE CLEANING**

sycamorecleaning.co.uk | 07577 026914 | info@sycamorecleaning.co.uk
45 Sycamore Crescent, Norwich, NR2 4DQ

Sycamore Cleaning Service has an excellent reputation for providing a friendly, reliable & professional cleaning service in Norwich, Norfolk. We (Steven & Clair) understand (having 3 children and a business to run) the importance of running a clean, organised, busy home or business.

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 not only the number of employees but also rapidly expanding our range of artificial plants.

HOME & GARDEN | Furnishings**HANGMAN CURTAINS AND BLINDS**

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

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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.

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pamments.co.uk | 01379 674594 | info@pamments.co.uk
Factory Unit 6b, Pulham Market Hall, Station Road, Pulham Market, IP21 4XF

Our family business hand makes traditional clay floor tiles from local materials in a range of beautiful natural colours. They are ideal for renovation/conservation projects, and add character and style to new builds. Pamments and underfloor heating are made for each other. As well as bespoke tiles suitable for all rooms in the house, garden patios and paths, we supply for fireplaces and even windowsills.

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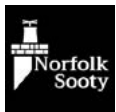
citylocksnorwich.co.uk | 01603 407071 | info@citylocksnorwich.co.uk
Unit 11, Caston Industrial Estate, Salhouse Road, Norwich, NR7 9AG

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.

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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.

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ninjamolecatchernorfolk.co.uk | 07918 187837
carole@ninjamolecatchernorfolk.co.uk
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- More money flowing within the local economy
- More local jobs
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- A greater choice for local businesses and individuals
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The Buy Local 'brand' enables procurement managers, buyers, customers and visitors to make an informed choice about directly investing in the Norfolk economy.

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HOSPITALITY, LEISURE & TOURISM | Entertainment

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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.



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HOSPITALITY, LEISURE & TOURISM | Events

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HOSPITALITY, LEISURE & TOURISM | Taxis



STRIPES EXPRESS

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Hickling Road, Hickling, NR12 0BE

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HOSPITALITY, LEISURE & TOURISM | Tourism

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HOSPITALITY, LEISURE & TOURISM | Venues



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Kelling Estate, Holt, NR25 7EW

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wivetonhall.co.uk | 01263 740515 | office@wivetonhall.co.uk
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We are an independent patchwork and quilting shop based at Wroxham Barns. Visit our shop where you can feel the texture of the fabrics, see its true colour and just stroke it! Our team has over 50 years of quilting expertise, collectively, and we love to share our knowledge and enthusiasm. We also offer workshops and classes for all abilities.

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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.

EARTH WOOD & STONE (NORFOLK) LTD

earthwoodandstone.co.uk | 01603 675800 | info@earthwoodandstone.co.uk
1 City Road, Norwich, NR1 3AJ

Earth Wood & Stone is the ideal place to choose and buy your new flooring. For more than ten years we have supplied an extensive range of quality wood and stone floors, backed by good advice and experienced fitters. As well as natural materials we also offer a wide range of carpets and vinyl flooring so we can provide a complete solution for any home and make sure you get the best choice.



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.



MELTEMI LIMITED

meltemi.co.uk | 01603 731330 | salesadmin@meltemi.co.uk
Barnard Road, Norwich, NR5 9JB

Meltemi is a trusted supplier of workwear in the UK, offering a large variety of work uniforms for healthcare, catering and admin professionals. Having kept a close relationship with large corporations such as the NHS, along with many government and private organisations, you can place faith in the fact that Meltemi is reliable and offers only the best high-quality garments..



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.

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POOCH'S TREATS LTD

poochs.co.uk | 01485 609091 | woof@poochs.co.uk
W2,W3 & W4, Flitcham Barns, Abbey Road, Flitchamm, PE31 6BT

Pooch's Treats are baked in a barn in the heart of Norfolk by a dedicated dog loving team of five. Our treats are low in fat without compromising taste. All the meat is of a high quality & locally sourced, prepared & trimmed by us. Now loved by dogs all over the UK. Fully regulated.



QUEEN B BATH & BODY LTD

queenbbathandbody.co.uk | 07715 801877 | hello@queenbbathandbody.co.uk

Queen B Bath & Body – an independent brand of natural and affordable skin care and bath goodies, designed to make you feel your absolute best.

SONKAI JEWELLERS

sonkai.co.uk | 01603 625533 | mail@sonkai.co.uk
14-16 Dove Street, Norwich, Norfolk, NR2 1DE

Sonkai is an independent working jewellers with an open-plan studio workshop located within the retail store. Sonkai specialises in designing and making bespoke one-off commissions for their customers from new or existing materials, along with creating their own unique handmade jewellery available to purchase from the store.

TINS AND FINGS

01603 872127 | e.glen@btinternet.com

Selling storage and decorative tins, containers and Trays for the Kitchen and home. Well known High Street brands at very competitive prices including Emma Bridgewater, Happy Jackson, Sarah Miller and others. Also, Melamine for children: Eating sets, Lunch boxes and snack boxes. Seasonal tins for Christmas and Easter. Standing at events at the Forum, Norfolk Showground and smaller local venues.

TRAINING, EDUCATION & PERSONAL DEVELOPMENT



ART 4 YOUTH – NORWICH ART SCHOOL

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



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 promotes 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 and events to promote sustainable, eco friendly choices.

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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

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.



NORTH NORFOLK DISTRICT COUNCIL

north-norfolk.gov.uk | 01263 516009
economic.development@north-norfolk.gov.uk
Council Offices, Holt Road, Cromer, NR27 9EN

North Norfolk District Council is pleased to be a supporter member of Buy Local Norfolk. We are committed to supporting local businesses. The economic development team can offer businesses support and guidance on:

- Starting your business
- Planning and licensing
- Finding grants you might be eligible for
- Recruitment, apprenticeships, internships and working with schools
- Expanding or relocating your business
- Food safety
- Environmental issues
- Waste recycling
- Sharing your good news via our own social media platforms.



THE ENTERPRISE CENTRE AT THE UEA

uea.ac.uk/adapt/the-enterprise-centre | 01603 591366
theenterprisecentre.reception@uea.ac.uk
University of East Anglia, Norwich Research Park, Norwich, NR4 7TJ

The Enterprise Centre at the UEA (The Straw Bale Building) has supported us in the past, allowing us to hold meetings there and telling their tenants all about Buy Local Norfolk.

They are now taking this relationship further by offering members a **20% reduction in meeting room hire costs** and we are also in discussions with them about how we can work together in the future.

If any member is interested in using The Enterprise Centre for a meeting and would like to make a saving, please drop an email to info@buylocalnorfolk.org.uk

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 £120 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.

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"/>	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: £120 per year

When a new member joins part way through a year the membership fee is reduced by £10 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:	<input type="text"/>
Name:	<input type="text"/>
Date:	<input type="text"/>
Position:	<input type="text"/>

Please complete and post this form to:

20 Rougholme Close
Gressenhall
Dereham
NR20 4DY

or scan and email to:

info@buylocalnorfolk.org.uk

Buy Local Norfolk is a not-for-profit Social Enterprise. As such this means every paid up member owns an equal share of the company and has an equal say in what the company does.

Buy Local Norfolk exists to brand and promote businesses that are truly local to Norfolk.

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



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THANK YOU!

Thanks to our supporter members for seeing just how important it is to encourage truly local, independent businesses. **Broadland District Council, North Norfolk District Council** and **The Enterprise Centre** at the UEA have all come on board and offer our members support in various ways. We will be exploring lots of new opportunities where Buy Local Norfolk and our supporter members can work together.

Thanks also to Emma and her team at **Example Marketing** for their expertise and patience putting together the Directory and ensuring that the website continues to work for all of us by getting lots of hits and bringing in lots of enquiries.

Thanks to our team of **Directors** for their continued hard work. We all give our time freely and this year has been especially busy for us. The Royal Norfolk Show was our biggest and best Show ever. We had a 21m X 21m stand and even won Reserve Best in our category! Well done to **Judith** for all the work getting it sorted and to all our exhibiting members for joining us. Thanks also has to go to **Richard** who, apart from doing his Treasurer's job, has picked up lots of behind the scenes work on social media. Anyone who is interested in helping with our social media would be very welcome to join the Directors.

Thanks to our **members** for continuing to support us and finally, thanks to **you**. By picking up this Directory and looking through it, you are hopefully finding a truly local business which you will be contacting, keeping the local economy going from strength to strength.

YOUR 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! Now he is self-employed as an historian and offers bespoke tours of East Anglia. 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!



Judith Glanville

A born and bred Geordie, 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. We're keen to promote and contribute to a healthy, thriving, sustainable economy for Norfolk. 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.



Richard Evans

Originally from North London, I moved to Norfolk in 2003 to setup my own business which became TBS Norwich Limited. I am passionate about owner managed businesses and their continued success. I appreciate the value that these businesses have on their local community and think the work of Buy Local Norfolk helps preserve our local high street and industrial estates from the onslaught of large corporations. I enjoy the Buy Local events and exhibitions. Meeting other local businesses is always interesting and provides an opportunity to learn. Aside from accounting I am very keen on technology and the power of the internet and automation in the modern business landscape. I also have a young family who keep me busy!



Roger Bell

Roger is a born and bred Norfolk boy, born in Nelson's own birth place, Burnham Thorpe. He stands by a quote from Nelson: "I'm a Norfolk man and proud of it". With over 40 years' experience in the communications industry, his business provides solutions to telephone services, WiFi, Broadband Alternatives, CCTV and Hearing Loops for the hearing impaired.



Dennis Bean

Dennis is Norwich born and bred. Plumbing was something Dennis always wanted to do and now has over 40 years' experience in the plumbing and heating trade. Apart from this Dennis also has a passion for modernising and doing building work on properties he has bought over the years. Dennis has been a member of Buy Local for a couple of years now and believes strongly in promoting and supporting local businesses, something that he hopes to be able to do more actively in his new role as a Director of Buy Local Norfolk.

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- Tablet Repairs
- Apple Repairs



Anglian Internet

Home I.T.

**The Technology Centre, Wendover Road,
Rackheath Ind. Estate, Norwich NR13 6LH**