



A directory of businesses
that are truly local to
NORFOLK

Winter 2018 - Spring 2019 edition
buylocalnorfolk.org.uk

*If you love
where you live,
Buy Local*

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.

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.

"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



@buylocalnorfolk



company/buy-local-norfolk



/BuyLocalNorfolk

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BUSINESS SERVICES | Business Consultancy



BUSINESS FUNDING EXPERT LTD

businessfunding.expert | 01603 944090 | gordon@businessfunding.expert
Prospect House, 28 Gt Melton Road, Hethersett, NR9 3AB

At Business Funding Expert we help small businesses find the right borrowing package that suits their particular needs. We can help with short and long term loans, commercial mortgages, asset finance, stock finance, invoice discounting and development funding.



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@neiltfoley.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

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



KENNY'S SHREDDING COMPANY

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

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



COVER PHOTO BY PAUL MACRO

Elm Hill, Norwich. Amazing to think that this street was saved from demolition in 1927 by the Norwich Society.



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**BAOBAB MARKETING**

baobabmarketing.co.uk | 07476 909777 | info@baobabmarketing.co.uk

Baobab Marketing specialises in bespoke marketing solutions for start-ups and small to medium sized businesses. At Baobab Marketing, we understand that each business is unique and has a different set of marketing needs. Our comprehensive 'one-stop-shop' marketing service, delivered by a virtual team of professionals, will give each valued customer the best expertise, at an affordable price.

**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.

**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. Proud to be a Google Partner and Netl Studio.

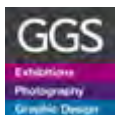
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Specialising in Start-up and Small Businesses

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- Logo Designs from £69
- Social Media Management from £99
- Advertising Opportunities from £20

Business Cards • Bespoke Marketing Campaigns • Event Management • Flyers • Brochures

07476909777 info@baobabmarketing.co.uk wwwbaobabmarketing.co.uk

**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

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 | rowantreecopy@gmail.com
Flat 1, 13 Magdalen Street, Norwich, NR3 1LE

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.

**SELESTI**

selesti.com | 01603 760767 | hello@selesti.com
27 St Giles Street, Norwich, NR2 1JN

A digital agency for brands with ambition. We use strategies, technologies and campaigns to help brands achieve extraordinary things. We work closely with our clients to help them reach their digital targets — to extend their offerings, expand their reach, and elevate their results.

**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.

BUSINESS SERVICES | Office Equipment**MAYDAY OFFICE EQUIPMENT SERVICES LIMITED**

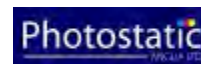
maydaycopiers.co.uk | 01603 481995 | kaldred@mayday-online.co.uk
Sapphire Way, Rhombus Business Park, Norwich, NR6 6NN

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.

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.



RICHARD JARMY PHOTOGRAPHY

richardjarmy.co.uk | 07799 031820 | smile@richardjarmy.co.uk
6 Upper King Street, Norwich, NR3 1HA

I'm Richard, a professional photographer based in the awesome city of Norwich with my wonderful family, Christina and Jude. I consider myself to be a happy and smiley guy with a passion for making people smile. There's nothing I love more than being able to give the gift of happiness through my photography; both on the day as well as when viewing the finished images.

BUSINESS SERVICES | Printing



DOTCOLOUR

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

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

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.



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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

**EXPERT PRINT MANAGEMENT LTD.**

expertprintmanagement.co.uk | 01603 397704
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.

**SAMUELS OF NORFOLK**

samuelsnorfolk.co.uk | 01603 710007 | info@samuelsnorfolk.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.

**ELITE RECRUITMENT AGENCY**

eliterecruitmentagency.co.uk | 01603 251716 | info@eliterecruitmentagency.co.uk
Henderson Business Centre, 51 Ivy Road, Norwich, NR5 8BF

Elite are a professional and independent Recruitment Agency based in Norwich. Elite pride ourselves on ensuring we always go the extra mile to meet your needs. We work closely with both our clients and candidates to enable us to match the qualified candidate to their ideal role and ensure they have the skills for your service.

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.

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.

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✉ enquiries@contract-personnel.ltd.uk

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

..... contract-personnel.com



HENDERSON TRUST

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

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



THE KING'S CENTRE

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



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.

**HUBFIZZ**

hubfizz.uk | 07557 006946 | karen@hubfizz.uk

Stylish functional websites combined with strategic marketing solutions for ethical and sustainable small businesses that have a positive social and environmental impact; in particular wellness, coaching, consultants, specialist food and drink and eco-friendly businesses. Get online, Get found, Get results! Get in touch.

**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.

**SURFING PENGUIN**surfingpenguin.co.uk | 01603 327949 | hello@surfingpenguin.co.uk
2 Acorn Court, Wymondham, NR18 9AL

We are experts in website design, search engine optimisation – SEO, social media optimisation – SMO, internet marketing, ecommerce sales planning, conversion optimising, and marketing strategy. Every member of our staff is dedicated to helping you succeed with your internet marketing plans.

**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.

**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.

**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**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.

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

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Grow Your Business (East Anglia) Ltd

CONSTRUCTION | Builders



PENISTON LIMITED

penistonconstruction.co.uk | 01553 770122 | construction@penistonuk.com
Unit 42 Enterprise Works, 13 and 14 Bergen Way, North Lynn Industrial Estate,
King's Lynn, PE30 2JG

Established in 2005, Peniston Construction has built a strong reputation for delivering quality workmanship, on time, every time. Our building services cover projects of all sizes, from new builds and complete renovation projects to small-scale refurbishments and maintenance tasks. Our service is based on your need for quality, competitive budget, reliable time frames and great communication.

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.



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.



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

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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

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01760 723902 | 07788 138729 | ianward55@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!



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

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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

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CREATIVE & ARTS | Art

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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.



DERRY ART

derryart.com | 07770 835931 | sjoyd@live.co.uk

291 Reephams Road, Hellesdon, Norwich, NR6 5AD

I am an artist working with ink, acrylic and watercolour, paintings mainly rural scenes, tractors and traction engines. An author and illustrator of children's farm books based at Applegate Farm. Book readings are given at schools and libraries. Private and group tutoring is available on watercolour, ink, drawing, line and wash, and easy illustration.



KATHERINE BARNEY CERAMICS

katherinebarneyartist.co.uk | 01362 638589 | katherineb@greenbee.net

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.

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

FAYRE MAIDEN MAGNETIC JEWELLERY

fayremaiden.co.uk | 01508 486416 | sales@fayremaiden.co.uk

We design and hand-craft magnetic hematite jewellery in Norfolk, UK. The sets are produced on strong steel wire and all our clasps are powerful 2500 gauss magnetic clasps. Earring wires are silver plated and all our jewellery is nickel free. Magnetic jewellery can help reduce the symptoms of Arthritis, Rheumatism and other inflammatory diseases, as well as migraines.



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.



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

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CREATIVE & ARTS | Other Artisans



FORTUNES BY ALISON

facebook.com/fortunesbyalison | 07717 719499 | sandcraft@hotmail.co.uk

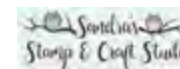
Alison provides specific or general readings over the phone using her own divination cards and figures. She has read from a young age when she discovered she had the gift and has a large number of clients who return to her time and time again. Appointments can either be hosted at our location or Alison can travel to you for an additional fee.



LITTLE OWLS CREATIONS

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

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SANDRA'S STAMP & CRAFT STUDIO

stampnstudio.blogspot.com | 07806 616704 | sroberts07@btinternet.com

Independent Stampin' Up! Demonstrator, now living in the small village of Great Ellingham, just outside Attleborough in Norfolk. I run classes and craft retreat weekends at home in my own studio, which is permanently set up for up to eight crafters, with option to add extras.

SARA HARRIS - JELLCLEBUTTONS

jelliclebuttons.artweb.com

Jelliclebuttons is textile artist Sara Harris. Sara has so far been an award winning jeweller, a gallery owner, a guild commended picture framer, jewellery teacher and textile artist. She has a Masters in Jewellery, won design awards and design contracts with Neissing in Germany, and exhibited her work here in the UK, Italy, Germany and her native Canada.

CREATIVE & ARTS | Photography



PAUL MACRO PHOTOGRAPHY
paulmacrolandscapes.com | 07727 644092 | info@paulmacro.com

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SIMON BRATT PHOTOGRAPHY
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admin@simonbrattphotography.com
West Raynham

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CREATIVE & ARTS | Seamstress



HEATHER FLINT – BESPOKE SEAMSTRESS & ARTISAN
07740 680966 | heather.flint.seamstress@gmail.com

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ENERGY | Energy Consultants



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

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

ENERGY | Heating



DGS LIMITED
dgslimited.co.uk | 01603 261574 | aj@dgslimited.co.uk
Unit 2, Fir Covert Trading Estate, Fir Covert Road, Norwich, NR10 4DT

As an official area distributor for Harlequin storage tanks covering Norfolk, we offer you a full range of storage tanks complete with the full support and priority service levels expected of our commercial partners Harlequin Storage Tanks.



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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.



ORANGE HEATING SUPPLIES
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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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HEAT DIFFERENT

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

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



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Unit 17 Damgate Lane Industrial Estate, Acle, Norwich, NR13 3DJ

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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.



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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.

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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.



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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.



SWEET CRAFT

sweetcraftnorwich.co.uk | 01603 470 552 | contact@sweetcraftnorwich.co.uk

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THE DURBAN GRILL

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

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FOOD & DRINK | Food Producers



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angliafreerangeeggs.co.uk | 07788 445293
clair.bullen@angliafreerangeeggs.co.uk

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

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The Boudicca Brewing Company is an independent Norfolk brewery, producing Vegan beer from high quality ingredients.

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ARCHANGEL DISTILLERIES

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 The Distillery, Dunton Hall, Fakenham, NR21 7PG

Archangel Gin is handcrafted in the heart of Norfolk, half way between the great monastic houses of Walsingham and Castle Acre. We produce 'Angeli Ab Oriente', Angels from the East; spirits with a distinctive Norfolk heritage including our renowned Rhubarb Gin Liqueur.



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

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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.



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.



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harrisonchocolatiers.co.uk | 07920 510074

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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 GIN

norfolkgin.co.uk

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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.



OAKVILLA

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

OakVillage Distillery is a small family run artisan craft-distillery based in Wymondham. The distillery is located in an outbuilding of a 300-year-old property a stone's throw from Kett's Oak. Husband and wife team, Shaun and Lindi, released their first craft gin, Vryheid (meaning Freedom) to the market in February 2017. They were rewarded with an International Award by the IWSC only six months after its launch.



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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.



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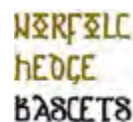
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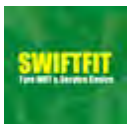
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champagnemomentsdesigns@gmail.com
3 Queens Square, Attleborough, NR17 2AE

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1 City Road, Norwich, NR1 3AJ

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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.



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norfolkgiftbox.com | 07756 655082 | norfolkgiftbox@outlook.com
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Factory Unit 6b, Pulham Market Hall, Station Road, Pulham Market, IP21 4XF

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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.

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.

**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'.

**Why is Buy Local important?**

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

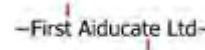
- More money flowing within the local economy
- More local jobs
- More robust, distinctive local communities
- A greater choice for local businesses and individuals
- Reduced carbon footprint.

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

**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**

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 Qalsafe (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 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.

**HIGH ALTITUDE TRAMPOLINE PARK**

highaltitudepk.co.uk | 01603 567200 | info@highaltitudepk.co.uk
91 Whiffler Road, Norwich, NR3 2AW

Our Mission is to work with the local community to provide a FUN, SAFE and HEALTHY and INCLUSIVE environment for families to enjoy, no matter age or ability. We work really hard to ensure that the park has much more to offer than just leaping around on trampolines, we have a strong school programme which is designed to encourage children to step away from the I-Pad and engage in an active and fun session and we offer dedicated fitness sessions to help everyone get fitter and healthier.



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.

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
 - **Julie Hunt** for her involvement and hard work during her time as a Director.

Finally a gigantic thank you to all our members, friends and supporters who kindly wear our pin badge, carry our bags, 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.

APPLICATION FORM

To apply online visit www.buylocalnorfolk.org.uk

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

About your business (item a)

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

Our requirements (item b)

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

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

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

Cost

Cost: £72 per year (1st January to 31st December 2018)*

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.

At the AGM last year, it was agreed that the membership fee would increase to £10 per month as from 1st January 2019. This increase was proposed to enable Buy Local Norfolk to employ an assistant, as the Directors are finding that the administration of the ever growing company is proving too onerous a task for them to maintain, with their own work commitments. This will enable Buy Local Norfolk to carry on growing as it is at the moment.

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 Fienness Road
Norwich
NR7 0YP

or scan and email to:

admin@BuyLocalNorfolk.org.uk

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

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

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



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/BuyLocalNorfolk

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!



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. A 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. Mark is a keen user of social media for business and 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.



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.



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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!

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