

A directory of businesses
that are truly local to
NORFOLK

Spring - Autumn 2019 edition
buylocalnorfolk.org.uk

*If you love
where you live,
Buy Local*



CLAPHAM &
COLLINGS
SOLICITORS

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



Proud members of Buy Local Norfolk

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

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

www.clapham-collinge.co.uk

Offices in Norwich, North Walsham and Sheringham

Norwich
01603
693500

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 BUYING LOCALLY IS GREAT FOR THE ECONOMY

"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.

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.

WHY BUYING LOCALLY IS GREAT FOR THE ENVIRONMENT

- Buying fruit, vegetables and other produce from local farm shops and markets means it's often grown or produced locally and can be bought with minimal plastic packaging.
- Smaller, local businesses can have greater say on how their goods are produced – many have great green credentials.
- Less miles travelled for all local goods and services means less vehicle emission and a reduced carbon footprint.
- Small scale producers tend to be more environmentally friendly because industrial-sized production often uses GM crops and intensive processes which local producers typically avoid.
- Buying locally grown produce can help preserve small farm land and green space.
- Choosing to buy local food preserves genetic diversity – wonky, imperfect and unusual varieties are all more welcome!
- Locally owned businesses do not need a visit from the CEO from other parts of UK or abroad.



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BUSINESS SERVICES | Business Consultancy

LONGSERVICES

LongServices

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

LongServices work on payment services with you to ensure that payment remains a seamless part of the business relationship with your customers. Providing the right methods of payment can actually increase your business. LongServices helps you assess whether, for example, taking card payments could prevent you losing major revenue.

Clarity

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.

presentation works

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
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Supporting your business to shine

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!

LIVELINK

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.

BUSINESS SERVICES | Graphic Design



PAUL KIRK DESIGN

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

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



TYPE AND IMAGE

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

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

BUSINESS SERVICES | Marketing

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.

Great relationships, great conversations and great futures

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**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.

**BIGDADDYDIGITAL**

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

BIGDaddyDigital 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

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.

**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.

**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

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.

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

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.

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.



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BUSINESS SERVICES | Venues

**HEMPNALL MILL CENTRE**

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

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

**HENDERSON TRUST**

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

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

**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.

**EGGCUP WEB DESIGN**

eggcupwebdesign.com | 01603 516377 | hello@eggcupweb.com
49 Elm Hill, Norwich, NR3 1HG

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.

**NU IMAGE DESIGN**

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

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

**TWIST DEVELOPMENT LIMITED**

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

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

CHARITIES

**BIG C CANCER CHARITY**

big-c.co.uk | 01603 619900 | enquiries@big-c.co.uk
Big C, Centrum, Norwich Research Park, Colney Lane, Norwich, NR4 7UG

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

**BREAK**

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

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

**HALLSWOOD ANIMAL SANCTUARY**

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

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



The Benjamin Foundation

THE BENJAMIN FOUNDATION

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

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

**THE MISSING KIND**

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

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

CONSTRUCTION | Builders**S1 BUILDERS 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.

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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

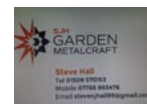
clairesfloralandballoondesigns.co.uk | 07591 524348
claire@clairesfloralandballoondesigns.co.uk

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.

**LEAPING HARE DESIGN**

leapingharedesign.co.uk | 07899 832828 | kate@leapingharedesign.co.uk

A creative studio comprising of just one (me!) that specialises in fine art painting, illustration, hand printing techniques and graphic design for print.

**SJH GARDEN METALCRAFT**

07766865476 | stevenjhall99@gmail.com

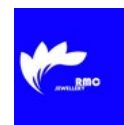
SJH Garden Metalwork home produced metal flowers. Lilly, daffodil, poppy, bull rush and more in production and other garden objects such as plant supports and wooden fairy doors. All unique.

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

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CREATIVE & ARTS | Other Artisans

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facebook.com/fortunesbyalison | 07717 719499 | sandcroft@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.

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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**MAAC HEATING & COOLING LTD**

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

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

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Hollybrooke Farm, Pound Lane, Welborne, NR20 3LG

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FOOD & DRINK | Catering

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**COFFEE QUEST LTD**

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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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**GREEN FARM**

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

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High Street, Ringstead, PE36 5JU

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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
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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.

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nuosteopathy.com | 07792 286767 | nigel@nuosteopathy.com
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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.

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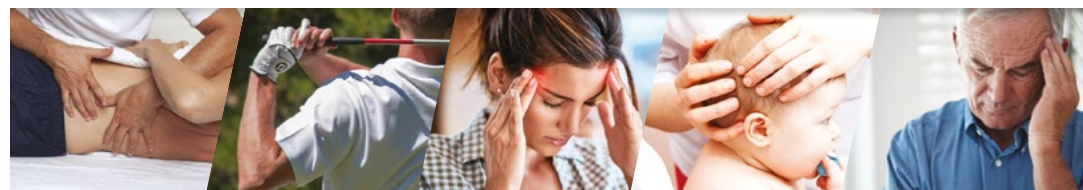
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Cup-O-T: Wellness and Therapy Services is a not-for-profit Occupational Therapy practice. Cup-O-T's registered Occupational Therapists provide mental health interventions and wellness sessions on a 1:1 basis, as groups and community projects, and as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

**YOGAVISION**

yogavision.co.uk | 01953 889401 | deb@2upltd.co.uk

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 3 Church Ln, Great Yarmouth, NR31 7BE

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 5 Lavaré Court, Old Catton, Norwich, NR6 7BS

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**CLAPHAM AND COLLINGE**

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

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

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hansells.co.uk | 01603 615731 | info@hansells.co.uk
13 The Close, Norwich, NR1 4DS

Hansells Solicitors & Financial Advisers, one of the county's leading law practices, working from its seven offices across Norfolk. The firm's head office is in The Close, Norwich, with another office in nearby Tombland, and county offices in Aylsham, Cromer, North Walsham, Reepham, Sheringham and Wymondham. Hansells has one of the largest financial advisory practices within a law firm in the UK.

PROFESSIONAL SERVICES | Will Writing & Estate Planning

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heritagewills.co.uk | 01603 894500 | marketing@heritagewills.co.uk
13 Hellesdon Park Road, Drayton High Road, Hellesdon, Norwich, NR6 5DR

Award-winning Heritage Will Writers is one of East Anglia's leading dedicated Will writing providers, serving tens of thousands of clients. In addition to writing Wills, we offer a full probate service, secure document storage and can help with trust enquiries, Lasting Powers of Attorney and property ownership changes.

**NORFOLK WILL WRITING SERVICES LTD**

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

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

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

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

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RETAIL

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broadlypatchwork.co.uk | 01603 781665 | info@broadlypatchwork.co.uk
Wroxham Barns, Tunstead Road, Hoveton, NR12 8QU

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facebook.com/champagnemomentsboutique | 01953 456311 |
champagnemomentsdesigns@gmail.com
3 Queens Square, Attleborough, NR17 2AE

Based in beautiful Attleborough in the heart of Breckland you will find this welcoming boutique owned by Sarah Horan. We want to offer stylish and affordable clothing for women from size 8 to 26. Offering gorgeous clothing from the Made in Italy brand. We have ladies fashions for a casual day to a glam event along with shoes, jewellery, scarves, handbags and clutches for a night out.

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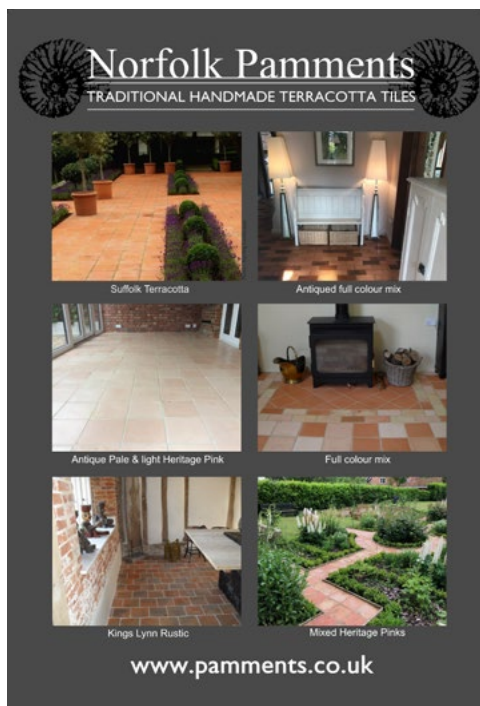
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SONKAI JEWELLERS

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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.

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01603 872127 | e.glen@btinternet.com

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TRAINING, EDUCATION & PERSONAL DEVELOPMENT



ART 4 YOUTH – NORWICH ART SCHOOL

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



HIGH ALTITUDE TRAMPOLINE PARK

highaltitudepk.co.uk | 01603 567200 | info@highaltitudepk.co.uk
91 Whiffier 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 iPad and engage in an active and fun session and we offer dedicated fitness sessions to help everyone get fitter and healthier.

THANK YOU!

Thanks to Mark Barton and Martin Lake, who have both been Directors of Buy Local Norfolk from the time it was reformed. Without their support and expertise, we would not be in the strong position which we find ourselves in today. When we reformed Buy Local Norfolk, it was several thousands of pounds in debt, membership stood at under fifty and there hadn't been a printed directory for several years. The new team soon got the debts all paid off, held regular events and the first new directory grew from a very thin DL size to the present A5 thick booklet that we have today. Working with them both has been a pleasure and a great learning experience. As a new boy in the self-employed world, they both taught me so much and I will be forever grateful to them. Apart from that, they are both lovely blokes. I'll be sad to see them leave the team of Directors and I look forward to seeing them both at meetings and events for a long time yet.

Thanks to Emma and her team who have sorted out the website and put this Directory together. The Directory is always a big job and also one which is extremely trying. Thanks Emma and all.

Thanks to Paul Macro for supplying another wonderful cover photo: www.paulmacrolandscapes.com

Thanks to all the Directors. Without them, Buy Local Norfolk would not exist. If you fancy becoming a Director, please get in touch at info@buylocalnorfolk.org.uk

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.

WHAT OUR MEMBERS SAY

"Not only am I advertising my business, but I'm joining a friendly and helpful group of people, and I'm showing off the fact that my business is truly local."

Vintage Partyware

"Our most likely customers are local independent businesses. If consumers can be encouraged to buy from independent businesses, those businesses buy from me, and I buy from other local independents."

TBS Norwich

"Supporting local business is essential in a rural area and I try as much as possible to keep my business purchases as local as possible. Not only am I helping the local economy it also helps reduce a little bit of my carbon footprint."

CR Network Solutions

I look at the local economy as if it is water in a bucket with holes in it and, the more I buy from local, independent businesses, the fewer holes I have in my bucket. Norfolk Tours uses all independent accommodation - who wants to stay in a cardboard hotel and have plastic sausages and wet bacon anyway? I take guests to eat in independent tea shops, cafes, restaurants and pubs - who wants to eat mass-produced, microwave food? And I encourage visitors to buy locally produced souvenirs, not imported tat. If we all did our bit, that bucket would stay full.

Norfolk Tours

"I love what Buy Local Norfolk stands for. Local businesses tend to have something more to offer than generic nationals – be that a unique product, better quality produce, greater flexibility, or fabulous service with winning personalities. We like to buy from real people! Buy Local encourages that."

Example Marketing & Web Design

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 (1st January to 31st December 2019)

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:	
Name:	
Date:	
Position:	

Please complete and post this form to:

20 Rougholme Close
Gressenhall
Dereham
NR20 4DY

or scan and email to:

office@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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BUY LOCAL NORFOLK SUPPORTER MEMBERSHIP

OUR SUPPORTER MEMBERS:

BROADLAND DISTRICT COUNCIL TRAINING SERVICES

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

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.

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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