

*Local independent businesses,
Norfolk history, photos,
marketing tips,
and more inside!*

Buy Local Norfolk

promote • assist • connect

If you love where you live, buy local

Summer 2023



buylocalnorfolk.org.uk



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Welcome

Photo credit:
Front page, Paula Sparkes

Thank you for picking up our first Buy Local Norfolk magazine! In here you can find a whole host of local businesses to buy from or employ the services of. From photographers to opticians, food producers to accountants there is a local business for all of your needs.

Why should I buy local?

There are many benefits to doing business locally:

- **Keeps money in the local economy**

This means more money can be invested back in therefore creating better and more robust local communities.

- **Reduces your carbon footprint**

Sustainability is at the top of a lot of people's agendas. Shopping local is a much more planet friendly way to live.

- **More local jobs**

Local businesses need local people to work for them.

- **A greater choice of independent businesses**

There's nothing better than a high street full of interesting independent shops. Shopping local helps keep these businesses open and our high streets diverse

Buy Local Norfolk provides a unique accreditation process for genuinely local businesses in Norfolk.

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. However, if we use more local, independent businesses, there are less holes in the bucket and the water (money) won't leak out!

Foreword from our Chairman, Keith Sandle

On behalf of the Directors, I would like to extend our sincere thanks to our outgoing Chairman, Glynn Burrows, for his outstanding service. Glynn's leadership and dedication have been instrumental in our success over the past years.

We have a great team here at Buy Local Norfolk who are working hard to support our local businesses. We offer a range of resources to help our members succeed and grow.

Supporting our local businesses is vital for the success and sustainability of the Norfolk economy. Our main objective over the next 12 months is to increase our membership to record levels. This will help build a community of independent businesses that will support each other and their customers.

Finally, thank you to the people and businesses of Norfolk. Your support and enthusiasm are invaluable. Please spread the word and let's get everybody to Buy Local!

Connect with us:

Online: buylocalnorfolk.org.uk

Social media: [@buylocalnorfolk](https://www.instagram.com/buylocalnorfolk)

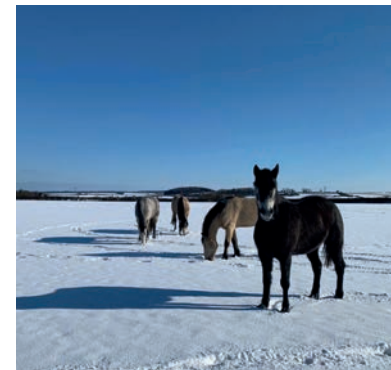
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The Willows
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Long Stratton
NR15 2TG



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Burnham Market by Nick Hillson



Stokesby Ferry by Jenny Summers



West Runton by Louise O'Shea



Sheringham by Glenn Pearson



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Blickling Hall Hall by Glynn Burrows



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For More Information



clair@sterling-virtualassistant.co.uk



www.sterling-virtualassistant.co.uk



Beth Moseley Photography

Do you need quality photographs to help your business stand out on social media, your website and marketing materials? I can help!

Whether you're a consultant, creative, author, shopkeeper, or accountant, images are important to your business.

Brand photography, whether that's you with your product or your people is a sure-fire way of communicating your story authentically. It's an investment that grows businesses, boosts confidence for both you and your potential customers and inspires people to engage with you. Regardless of the size of your business, I create a set of photographs that will sing your business's personality and energy.

As a business owner myself, I get it: we spend so much time working on our craft that we don't always take a moment to share the story of what we've built. So when we find those moments to let others in, we want to make sure to do it with as much character and colour as possible.

I also offer businesses retainer photography packages at a discounted rate. Regular professional photography is vital for building your brand, I will help you plan out your shoots for the year and save you money in the process.

hello@bethmoseleyphotography.co.uk
bethmoseleyphotography.co.uk



Joe Lobo



Anna Bartholomew



Martin Pigg + Adam Slatter



Maison Lisette



Louise Booyens Interiors

How many of us have watched "Who do you think you are?" on the television and thought that it's alright for them, but it isn't possible for the likes of us to get all that detail about our ancestors?

Well, actually it is possible and Norfolk-Tours has nearly fifty years experience in family and local history research to help you!



We arrange tailored tours of the places connected to your own family history and build up an itinerary specifically for you.

One family group from the USA were able to stand beside the graves of their ancestors, who had died in the 1770's, while I read them the will of the man whose memorial was in front of us.

Another lady, visiting from Australia, remembered her grandfather talking about King's Lynn, the town of his birth and I was able to take her to the spot where the cottage he was born in had once stood. A lady from Canada was to find that, not only were we able to visit the Church where her ancestor was baptised in the C18th, but she was able to meet a cousin who still lives in the area.

If you are interested in your family history, the history of your house, or just want to know a little more about the town or village you live in, do get in touch. I can help.



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Sandringham

By Glynn Burrows

It was to our beautiful county, (but to a very small village in West Norfolk, with a population of just 56 in 1861), that The Prince of Wales visited with his new wife soon after they married. The house purchased by Queen Victoria for The Prince's 21st birthday was a large farmhouse, but nowhere near grand enough for such an important couple, so they decided to rebuild it and most of the old building was taken down. It was replaced by a very grand house, built of local stone and the grounds were laid out to befit the heir to the throne.

The house has always been privately owned and that means that it doesn't automatically pass along with The Crown. The situation arose, when King Edward VIII abdicated, that the new King had to actually negotiate the purchase of Sandringham from his brother.



Sandringham has been a firm family favourite for most of the time they have owned it and the estate has seen many important family milestones. King George VI was born in York Cottage, on the estate and Diana, Princess of Wales was born in Park House. Sadly, King George V and King George VI also passed away here. Queen Elizabeth II spent Christmas and New Year on the estate for many years and she usually departed from Norfolk on, or soon after the date of her accession, February 6th.

Today, there are many changes taking place, not least the front lawns being turned into gardens again. The previous formal gardens were removed and the area ploughed to put it to use for farming during WWII and, after The War, the area was simply laid to lawns.

There are so many more things to see at Sandringham and I will let you go and discover them for yourselves.



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Business Development
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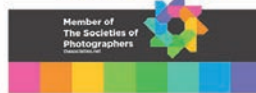
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Alex Howe Leaflet Distribution (AHL D)

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“Alex Howe Leaflet distribution delivers leaflets throughout Norfolk. I offer a friendly and reliable service including Multi-Drop and or Single Leaflet Deliveries.”



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“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.”



Clarity Digital

07434 921586 | enquiries@clarity-bds.com
50 Bishops Close, Thorpe St Andrew, Norwich, NR7 ODY | clarity-bds.com

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



Contract Personnel Ltd.

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“Contract Personnel are one of East Anglia’s leading recruitment agencies – established for over 30 years. They offer temporary and permanent roles and specialise in Driving, Industrial, Commercial and Engineering roles. With offices in Norwich, Thetford and Great Yarmouth, new and exciting jobs are always being added to their website.”



EnigMedia Marketing

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“Need help with social media? Looking for new web content? EnigMedia Marketing can help with our friendly and efficient business support service!.”



Example Marketing and Web Design

01362 708500 | hello@examplemarketing.co.uk
Suite C, 5 The Old Eagle, Market Place, Dereham, NR19 2AP | examplemarketing.co.uk

“Our aim is to help local businesses grow. We do that by helping you reach the right people with the right messages at the right time. We can support you as much or as little as you need. We can manage all your marketing activities for you. Alternatively, we’re happy to just design a simple advert. We’ll listen to what you want to achieve and make it happen.”



Heather Nunn Business Services Ltd

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

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Ignite People Solutions HR

01603 904011 | sarah@ignitepeoplesolutions.co.uk
170 Back Lane, Wymondham, Norfolk, NR18 OQB

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



Business Services

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01603516288 | photography@joelenton.com
joelenton.com

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“We’re a talented team of creative copywriters. We provide content marketing services to ambitious businesses. Based in Norwich, we’re proud to be the first port of call for businesses across East Anglia. We also work with brands and agencies across the UK and beyond.”



Mayday Office Equipment Services Limited

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Technology House, 6 Rhombus Park, Diamond Road, Norwich NR6 6NN | mayday-online.co.uk

“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 Norwich and Norfolk and beyond.”



Maze Media Group

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

“Born in Norfolk, raised in Norfolk and still loving Norfolk, The Maze Group lives to create and amplify marketing materials and campaigns. Operating for over a decade in a highly competitive sector, the Group was established by 4 partners with skills and knowledge as uniquely identifiable as they are complementary.”



Morley Village & Sports Hall

01953 433699 | morleyvillageandsportshall@gmail.com
Golf Links Road, Morley, Wymondham, Norfolk, NR18 9SU | morleyvillageandsportshall.co.uk

“Morley Village & Sports Hall is South Norfolk’s largest multipurpose village hall and community venue with flexible hire spaces indoors and outdoors for sports, weddings, parties, business and events conveniently located just off the A11 in Morley between Wymondham and Attleborough, 20 minutes from central Norwich.”



Norfolk Chambers of Commerce

01603 625977 | hello@norfolkchamber.co.uk
Hardwick House, No 2 Agricultural Hall Plain, Norwich, NR1 3FS | norfolkchamber.co.uk

“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.”



Norwich Print Solutions

01603 430730 | sales@norwichprintsolutions.co.uk
Sapphire House, Roundtree Way, Norwich, NR7 8SQ | norwichprintsolutions.co.uk

“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.”



Nu Image

01603 859 007 | hello@nuimage.co.uk
nuimage.co.uk

“Nu Image specialises 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.”



Office Furniture Scene

01603 722483 | info@officefurniturescene.co.uk
officefurniturescene.co.uk

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01603 951 479 | bruce@phasethreegoods.co.uk
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"Sterling Virtual Assistant Services is a heart-centered Norwich based business. An admin whizz and to-do list doer who can create time and capacity for passionate and independent Norfolk small business owners remotely."



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07858790182 | michael@strategicgoal.co.uk
Peacock Barn, Broadmoor Road, Carbrooke, Thetford, IP25 6TE | strategicgoal.co.uk

"Strategic Goal Management supports business owners with best practices and tailored problem-solving approaches. Our award-winning business coaching and management consultancy services have achieved tangible success for individuals and businesses."



Twist Dev

01603 559 559 | hello@twist.dev
twist.dev

"Our five-star rated developers build exceptional websites and databases for businesses across Norfolk. All our projects are built on principles of a great user experience, strong performance and attention to detail."



Business Services

WinuSoft Web Design

01953 488430 | info@winusoft.co.uk
Langdale, Attleborough Road, Rocklands, Attleborough, NR17 1UE | winusoft.co.uk

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

"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."



Norwich Homeless Support CIC

01603327445 | eric@norwichhomelessssupport.co.uk
14 Bessemer Road, Norwich, NR4 6DQ | norwichhomelessssupport.co.uk

"Norwich Homeless Support runs a ten bed converted coach getting those of the streets and works with them back in to more permanent accommodation. We also run a community food bank and welfare and advise centre."



ReDo-Norfolk CIC

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The Benjamin Foundation

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Creative & Arts

Beth Moseley Photography

07939 936421 | hello@bethmoseleyphotography.co.uk
bethmoseleyphotography.co.uk

“I am a brand, event and headshot photographer based in Norwich. I will capture the essence of your brand, the energy of your event and your personality in a headshot. With over 13 years of experience photographing small to large businesses, you can be sure I will create a series of images that will best represent you and your business.”



Claire Carney Floral and Balloon Designs Ltd

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ETT Photography

07733 102069 | mary@ettphotography.co.uk
28 Lyhart Road, Eaton Rise, Norwich, NR4 6RF | ettphotography.co.uk

“I’m Mary, a Norwich-based, people-loving photographer who aims to make your personality shine out of your images. Photography services I offer include weddings, family shoots, newborn, property, commercial product, events and headshots. My goals? Making the customer super happy and supporting other Norfolk small businesses to grow and be successful.”



Kate Anderson Photography

077662 25698 | kate@kateandersonphotography.com
kateandersonphotography.com

“I’m a photographer with almost two decades in the industry. I specialise in Brand photography, helping local businesses gain brand clarity with a catalogue of beautiful on brand images for use across all marketing platforms. Helping them stand out from the crowd, grow ‘know, like and trust’ and better reach their ideal clients.”



Norfolk Creations

07770 896939 | info@paulmacro.com
Ebenezer Cottage, The Turnpike, Bunwell, Norfolk, NR161SR | norfolkcreations.co.uk

“We are a co-operative of Norfolk based artisan artists and crafters who visit different venues across Norfolk showcasing some of the county’s best artisan arts and craft creations – we guarantee as a customer you will enjoy variety and quality”



Paul Macro Photography

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paulmacrolandscapes.com

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angliafreerangeeggs.co.uk

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



Banyards Farm and The BarBee Box

01362854452 | jennycanham@live.co.uk
Banyards Farm, Etling Green, Dereham, Norfolk, NR20 3EY

“We offer giant hot dogs produced from our rare breed Berkshire pigs, butcher’s quarter pounders and bacon rolls from our converted horse box. All produced as sustainably as possible. We can cater for events, weddings, parties etc. Also offering home reared meat from our smallholding including pork, lamb and beef.”



Boudicca Brewing Co.

07864 321733 | info@boudiccabrewing.co.uk
boudiccabrewing.co.uk

“We are an independent Norfolk brewery, set up in 2015 to brew great beer that is true to Norfolk’s great brewing tradition. All our beer is made from high quality ingredients and suitable for vegans and vegetarians; free from isinglass finings or any other animal products.”



CafeGelato

01603662527 | sandroglorio@gmail.com
6 Opie Street

“Real Italian gelato handmade in store, using only the best natural ingredients. Norwich’s first gelato parlour, Cafe Gelato’s home-churned Italian-style ice cream, providing an authentic Italian experience with beautifully textured, fully flavoured gelato.”



Coffee Express

01692 403 176 | davidcoffeexpress@hotmail.co.uk
coffeexpress.org.uk

“Coffee Express are tea and coffee merchants serving the catering industry in Norfolk and Suffolk. We offer a wide range of locally roasted coffee with a reliable friendly service, we also have a very good selection of teas, chocolates and much more. We also sell, rent and finance coffee machines with full barista training installation and servicing.”



Drinklink Vending Services Ltd

0800 3166920 | sales@drinklinkvending.co.uk
Drinklink Vending Services Ltd, 120 The Street, Kettlestone, Fakenham, Norfolk, NR21 OAU | drinklinkvending.co.uk

“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.”



Ebenezer Cottage

01953 788547 | lizjoint@hotmail.com
The Turnpike, Bunwell, Norfolk, NR16 1SR | ebenzercottagepreserves.com

“Ebenezer Cottage is a 17th Century Thatched Cottage where wonderful award winning artisan preserves are made using family recipes and produce grown within its gardens or sourced locally where possible”



Food & Drink

Eric's Fish & Chips

01485 525886 | thornham@ericsfishandchips.com
Drove Orchards, Thornham, Norfolk, PE36 6LS | ericsfishandchips.com

“Eric’s Fish and Chips offers fresh seaside favourites and more, with a focus on the best possible produce and optimum freshness. Eric’s restaurants are located in Holt, Thornham and St Ives, and offer a click and collect facility as well as a family friendly dining options both inside and out.”



Norfolk Brewhouse home of Moon Gazer Ale

01328 878495 | info@moongazerale.co.uk
Moon Gazer Barn, Harvest Lane, Hindringham, NR21 OPW | moongazerale.co.uk

“Norfolk Brewhouse is owned and run by Rachel and David Holliday, supported by a dedicated small team – all sharing a passion for crafting distinctive, high-quality beers and lager. The brewery started in 2012, has breathed new life into a redundant old barn, surrounded by arable farmland in North Norfolk.”



Norfolk Gin

01603 559047 | jonathan@norfolkgin.co.uk
PO Box 3735, Norwich, Norfolk, NR7 7GP | norfolkgin.co.uk

“Norfolk Gin is sold in white ceramic bottles and can be refilled. Norfolk Gin was the first gin in Norfolk for many decades. Sold in many independent retailers and directly to the licensed trade. Jonathan has been making Norfolk Gin, using good quality neutral spirit and combining this with a range of botanicals using a bathtub method since 2015.”



Norfolk Veg Box

01953 457393 | info@norfolkvegbox.co.uk
Attleborough, NR17 1LB | norfolkvegbox.co.uk

“Norfolk Veg Box – delivering boxes of local produce to the homes and businesses of Norfolk.”



Sandringham Apple Juice

07810310757 | info@sandringhamapplejuice.co.uk
The Juice Plant, Flitcham Hall Barns, Flitcham, King's Lynn, PE31 6BY | sandringhamapplejuice.co.uk

“Based on the Sandringham Estate. We look after 30 acres of orchards with approximately 7000 trees. We grow eight varieties of apples which we turn into Apple Juice and Cider. We also open the orchards to the public for our annual pick your own apples season.”

Staithe Smokehouse

07717702630 | staithesmokehouse@yahoo.com
Rear of White Horse Pub, Main Road, Brancaster Staithe, Norfolk, PE31 8BY | staithesmokehouse.co.uk

“We are an artisan fish Smokehouse, located at the rear of the White Horse Pub, Brancaster Staithe. We traditionally oak smoke a selection of fish using an age old technique. We believe that care, time and patients make for quality smoked fish.”



Sweet Smiles of Norfolk Ltd

07803313464 | info@sweet-smiles.co.uk
Thorpe St Andrew | sweet-smiles.co.uk

“We are a truly family orientated business, creating delicious sweet mixes for you to enjoy. With around 70 varieties to choose from, including traditional, fizzy, jelly, Bonbons, fudge and giant cables, we really do have something for all ages. We bring the sweets, you bring the smiles.”



The Bon Bakery

07897865754 | admin@thebonbakery.co.uk
37 George Pope Road, Norwich, NR33RH | thebonbakery.co.uk

“Family own bakery specializing in production of artisan biscuits produce the finest quality Biscotti and Bruschetta made with the best locally sourced ingredients available. Our products are egg free, dairy free , low sugar, low calorie, friendly to varies special diets requirements and supporting healthy eating.”



Walnut Tree Distillery Ltd

07857730332 | gin@walnuttreedistillery.co.uk
Walnut Tree Farm, Easthaugh Road, Lyng NR9 5LN | walnuttreedistillery.co.uk

“Gins from the Norfolk Countryside. Four generations of farming are behind every bottle of our award-winning gins, crafted by Emma and Graham in their Nano-distillery on a century-old family dairy farm in the beautiful Wensum Valley in the heart of Norfolk.”



Food & Drink

Weddell and Turner Limited

01379 776272 | customer.care@weddellandturner.com
15 Thwaites Oak Close, Tivetshall St Margaret, Norwich, Norfolk, NR15 2AW | weddellandturner.com

“At Weddell and Turner, we believe that everyone deserves a treat. We specialise in luxury patisserie items that are 100% gluten-free, dairy-free and many are vegan-friendly. We cater for everyone from single orders to wholesale. Order online or give us a call. We’ll be happy to talk about your needs.”



Willow Tree Delicatessen

01603 784789 | hello@willowtreedeli.co.uk
Unit 17, Wroxham Barns, Tunstead Road, Hoveton, Norwich, NR12 8QU | willowtreedeli.co.uk

“A high quality delicatessen and speciality food store championing locally produced charcuterie, cheeses, antipasti, beers, wines, spirits and fine foods supported by leading regional, national and international quality foods”



Health, Beauty & Wellbeing

Able Community Care

01603 7645657 | info@ablecommunitycare.com
The Old Parish Rooms, Whitlingham Lane, Trowse, Norwich, NR14 8TZ | ablecommunitycare.com

“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.”



Anglia Chiropractic Healthcare Ltd

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

“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.”



Coleman Opticians

01603 624 564 | info@colemanopticians.co.uk
7-11 St Augustines St, Norwich, NR3 3DH | colemanopticians.co.uk

“Coleman opticians established in 1945 is located on St Augustine’s Street just outside the ring road, with a pay and display car park near-by. This independent business offers eye examinations, hearing tests, ear wax removal and also sells associated products.”



James Barley Healer

07766230603 | james@jamesbarley.co.uk
jamesbarley.co.uk

“James has been healing for over 30 years. He is a fully qualified healer with The Healing Trust and is a trustee, mentor and regional committee member for the Charity. James acts as a healing channel that allows energies to flow through him to the recipient, which helps to realign physical, mental, emotional and spiritual energies.”



Magnets 4 Wellbeing.

magnets4wellbeing.com

“The Big Bertha Magnet is a powerful magnet that relieves aches and pains very quickly, sometimes within a minute. It also helps boost recovery from injuries. It has helped athletes to recover from strains and sprains, to relieve lactic acid buildup in muscles and muscle tightness, enabling them to get back to training more swiftly.”



Orion Events

07368190456 | rinfo@orionevents.co.uk
10 Fairfax Road, Norwich, NR4 7EZ | orionevents.co.uk

“We give small businesses a platform to earn promote and monetise their spiritual, craft and healing services to the masses, while bringing the spiritual community together across Norfolk. At Orion Events, we give small holistic businesses a platform to be seen while bringing together a like-minded, spiritual community open to everyone across Norfolk.”



Health, Beauty & Wellbeing

Randell’s Footcare

01603 737188 | reception@randellsfootcare.co.uk
randellsfootcare.co.uk

“We are a team of 8 Podiatrists with a wealth of experience delivering podiatry and biomechanics in 7 clinics across Norfolk to treat your problem feet and help keep you healthy and active. Our team of Podiatrists are able to treat all foot-care problems using a wide range of skills and a wealth of experience that we have developed over many years.”



SJSOptical Ltd T/A Long Stratton Eyecare

01508532669 | mail@mshepherdoptometrist.com
Lower Ground, Property House, The Street, Long Stratton, Norfolk, NR15 2XQ | longstrattoneyecare.co.uk

“Formerly M Shepherd Optometrist, we are your local, professional and friendly Optician. We offer modern high quality examinations and pressure free professional tailored advice with traditional customer service. We have a range of spectacles to suit all tastes and budgets and we welcome both new patients and returning patients.”



Treat-Norwich

01603 514195 | info@treatnorwich.co.uk
2 Lawson Road, Norwich, Norfolk NR3 4LF | treatnorwich.co.uk

“Treat-Norwich is a complimentary healthcare clinic based on Lawson Road in Norwich NR3, offering a cross section of therapies all under one roof. Treat is a Health & Wellbeing Clinic and is the brainchild of Acupuncturist Rebecca Geanty. Rebecca set up Norwich Acupuncture Rooms a community multi-bed clinic in 2011.”



Home & Garden

Blooming Artificial

08009777589 | info@bloomingartificial.co.uk
bloomingartificial.co.uk

“Blooming Artificial is one of the UK’s leading retailers of artificial plants, flowers, trees and hedges. We supply individuals and businesses alike in Norfolk and across the UK! Blooming Artificial is based in the usually sunny Great Yarmouth and is one of the UK’s leading on-line retailers of artificial plants, flowers, trees and hedges.”



Broadland Aerials

01603 714797 | broadlandaerials@btinternet.com
The Broads, Low Rd, Norwich, NR13 4HU | broadlandaerials.com

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



City Locks Norwich Ltd

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

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



Dr Stump

01603 358778 | info@drstump.co.uk
10 Buxton Rd, Frettenham, Norwich, NR12 7NG | drstump.co.uk

“Dr Stump is a leading tree surgeon in Norfolk we are an Arboricultural Association Approved Contractor- one of only 5 Tree surgeons in the whole of Norfolk. We cover all arboricultural works from commercial and domestic clients. From felling and reduction works, to habitat management, site clearance stump grinding and much more.”



Earth Wood & Stone

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

“Earth Wood & Stone is the ideal place to choose and buy your new flooring and wood burning stoves. For more than 10 years we have supplied an extensive range of quality wood and stone floors, backed by good advice and experienced fitters.”

EARTH WOOD & STONE

Home & Garden

Flawless Cleaning

01603 336300 | sales@norwichcleaner.co.uk
norwichcleaner.co.uk

“Flawless Cleaning, is a family-run company providing commercial cleaning and professional carpet and hard floor cleaning across Norfolk. They are a member of the Federation of Master Cleaners and have gained a reputation for consistently high standards of work.”



Flawless
Cleaning

Mattressman

0333 577 5773 | sales@mattressman.co.uk
Roundtree Way, Norwich, Norfolk, NR7 8SX | mattressman.co.uk

“Mattressman is Britain’s biggest mattress specialist with over 8000 mattresses, bed frames, bedding and more in stock to complete your home. The superhero of sleep Mattressman is a family-run business rooted in Norfolk.”



Norwich Sunblinds

01603 722123 | info@bluespaceltd.co.uk
bluespaceltd.co.uk

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



The Perfect Pad Company Norfolk

07976 880246 | hello@thepperfectpadcompanynorfolk.co.uk
The Perfect Pad Company Norfolk, Rollesby, NR29 5DR | theperfectpadcompanynorfolk.co.uk

“Established in Norfolk in 2016, our family run and locally owned Rollesby store offers furniture, home accessories and gift items. We have been sourcing furniture and home items for over 20 years, before we decided to open our Rollesby store – which is run by Samantha the owner of The Perfect Pad Company Norfolk.”



TopMark Cleaning

01603 462325 | victoria@topmarkcleaning.co.uk
11 Hillside, Poringland, Norwich, Norfolk, NR14 7JS | topmarkcleaning.co.uk

“TopMark Cleaning will give your carpets the deepest clean possible, leaving them dry enough to walk on in rapid time.”



Hospitality, Leisure & Tourism

Bounce Back Castles Ltd

07597 566813 | info@bouncebackcastles.co.uk
26 Overstrand Way, Norwich, NR7 8UJ | bouncebackcastles.co.uk

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



Britons Arms Limited

01603 331394 | britonsarmselmhill@gmail.com
9 Elm Hill, Norwich, NR3 1HB | britonsarms.com

“We are a cafe and restaurant located on a beautiful corner of historical Elm Hill, we are open daily serving breakfasts, scones and cakes, tea, coffee, lunches and snacks.”



College Farm

01953483318 | info@collegefarmnorfolk.co.uk
College Farm, College Farm Lane, Thompson | collegefarmnorfolk.co.uk

“B&B and wedding venue in a medieval farmhouse in the village of Thompson, near Watton. College Farm is a medieval family home built by our ancestors in 1349 situated in the village of Thompson three miles from the market town of Watton.”



Hospitality, Leisure & Tourism

Epic Event Hire

01603551375 | info@epiceventhire.co.uk
Epic Event Hire, Building 14B, Scottow Enterprise Park, Norwich, NR10 5JR | epiceventhire.co.uk

"Epic Event Hire is an award-winning wedding and venue decoration and entertainment company. We work across East Anglia bringing a touch of magic to your wedding, prom, party or corporate event. We have a huge selection of props, lighting and decorations to add those special touches that transform your venue into something truly spectacular."



Hilltop Outdoor Centre

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

"Hilltop Outdoor Centre offers Team Reward Days & Business Development Courses along with Summer Family Adventure Days, Children's Birthday Parties and Outdoor Educational visits to Primary Schools. Inspire, Engage and Motivate with a Team Reward Day at Hilltop."



Kelling Heath Holiday Park

01263 588181 | info@kellingheath.co.uk
Kelling Heath Holiday Park, Sandy Hill Lane, Weybourne, Norfolk, NR25 7HW | kellingheath.co.uk

"Kelling Heath holiday park is set amongst 300 acres of woodland and rare open heathland in an Area of Outstanding Natural Beauty, on the North Norfolk coast at Weybourne."



Norfolk-Tours

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

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



Park Farm Hotel & Leisure

01603810264 | enq@parkfarm-hotel.co.uk
Park Farm Country Hotel & Leisure, Hethersett, Norwich, Norfolk, NR9 3DL | parkfarm-hotel.co.uk

"A world away from the hustle and bustle of everyday life, Park Farm Hotel and Leisure is a blissful retreat set in 200 acres of idyllic countryside, a few miles outside the historic, beautifully vibrant city of Norwich. The perfect spot for a luxurious long weekend, a truly memorable occasion, or simply somewhere splendid to relax and unwind for the day."



Samphire Vintage Props

07791 623472 | enquiries@samphirevintageprops.co.uk
samphirevintageprops.co.uk

"Based in North Norfolk Samphire Vintage Props offers a unique collection of vintage and rustic styling props, china, glass and garden games to hire for weddings, tea parties and celebrations. Bespoke hire packages and eco friendly options available throughout Norfolk on a dry hire or set up and styled basis."



Secret Getaways in Norfolk

01603339001 | gary@secretgetawaysinnorfolk.co.uk
58 Stracey Road, Buxton, Norwich, Norfolk, NR10 5ET | secretgetawaysinnorfolk.co.uk

"Secret Getaways in Norfolk is a family run independent holiday lettings agency located in the lovely village of Buxton in the heart of Norfolk. We pride ourselves in giving an excellent one to one bespoke service to make your holiday getaway something special."



Vintage Partyware

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

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



If you love where you live, buy local.



Hospitality, Leisure & Tourism

Wiveton Hall

01263 740515 | cafe@wivetonhall.co.uk
wivetonhall.co.uk

"Situated on the North Norfolk coast between Blakeney and Cley-next-the-Sea, Wiveton Hall is a dreamy, flint-faced, Dutch-gabled, Jacobean manor house built in the 17th century. Its unique atmosphere, combined with the fabulous fresh food on offer in the café, make it one of North Norfolk's favourite venues."



IT & Technology

Anglia Computer Solutions Business Ltd

01362 760100 | info@angliacomputersolutions.co.uk
28 - 29 Bertie Ward Way, Rashes Green Ind Est, Dereham, NR19 1TE | angliacomputersolutions.co.uk

"Anglia Computer Solutions Business Ltd specialises in IT Business support. We have a wide range of clients from one man bands up to estate companies with 250+ members of staff supporting both their hardware and software needs."



Anglian Internet

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

"Anglian Internet "East Anglia's Premier Computer Retailer" offer everything Computer and IT related. We sell Computer and Laptops and we repair them to. We have the best range of PC hardware and consumables in stock in East Anglia. We offer Home callouts to fix broadband and networking problems."



Breakwater IT

01603 709300 | enquiries@breakwaterit.co.uk
20 Meridian Way, Meridian Business Park, Norwich, NR7 0TA | breakwaterit.co.uk

"We provide proactive IT support and services to businesses. Working with a range of sectors, we support teams of two to four hundred in professional services, leisure, tourism, and more. Our team form working partnerships with clients. Allowing us to truly understand their needs to best support their growth and innovation."



Dara IT Solutions

01603 339005 | hi@daraitolutions.co.uk
17-19 St Georges St, Norwich NR3 1AB | daraitolutions.co.uk

"Get a bespoke IT Strategy and roadmap to increase your productivity, stay cyber secure, and benefit from tip top IT Support Services from your Norfolk based, Education and Professional Services managed service provider."



Empresa Limited

01603 623030 | sales@empresa.co.uk
43 All Saints Green, Norwich, NR1 3LY | empresa.co.uk

"Empresa provides bespoke apps, software design and consultancy services to help you increase productivity and performance. We also deliver a full range of digital marketing including website developments, e-commerce, search engine optimisation, domain registration, hosting, email services, and e-mail marketing campaigns to market and promote you, your products and your services."



Inter-Logic

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

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



InTouch Systems

01603 425209 | sales@intouchsystems.co.uk
36 Hurricane Way, Norwich, NR6 6HU | intouchsystems.co.uk

"InTouch Systems can deliver all of your technology requirements with a one stop service, offering seamless, transparent solutions all provided by own in-house specialists. Technology Managed by InTouch Systems, means we design, provide and support IT systems and solutions that simply work together, leaving you to focus on your own business activities."



IT & Technology

Norwich Computers

01603 765659 | sales@norwich-computers.co.uk
157-159 Magdalen Street, Norwich, Norfolk NR3 1NF | norwich-computers.co.uk

"We're your local IT company specialising in Windows and Apple computer and laptop repairs."



Osiris IT

01603 964914 | info@osiris-ict.net
Schofield House, Spar Lane, Norwich, NR6 6BX | osiris-ict.net

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



S2 Computers Ltd

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

"We are a Norfolk based MSP specialising in helping local small and medium sized businesses across a variety of sectors. We love helping organisations achieve their goals by providing robust, reliable IT services – and we've built a reputation for great service."



Westcotec Ltd

01362 853124 | sales@westcotec.co.uk
westcotec.co.uk

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



Manufacturing

Anglian Bespoke Corrugated

01603 873 100 | info@abcpack.co.uk
Shepherds Business Park, Norwich Rd, Lenwade, Norwich, NR9 5SG | abcpack.co.uk

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



Bowles and Walker Ltd.

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

"Bowles and Walker is a trade plastic injection moulder, manufacturing quality parts 0.1g to 2000g for many industries from medical to manufacturing and assembly. Full CAD-CAM engineering processes are used with modern equipment and expert staff. 3D printing is available on site to bring your idea to manufacture."



Other

Anglia House Clearance

07872995152
20 East Hills Rd Norwich NR5 OPE | angliahouseclearance.com

"Anglia House Clearance operates across Norfolk, Suffolk or Cambridgeshire. Specialising in house clearance, office clearance and probate valuation. If you are searching for a reliable house clearance company in East Anglia, we can help. We will clear all areas of the property including lofts, basements and garages. In addition, we pride ourselves in professional office and warehouse clearances. The team can even carry out clearances of storage units, and should you need a probate valuation we are the team for you."

BreakerLink

breakerlink.com

"Formed in 2002 and based in Norfolk, BreakerLink provides an online car breakers, car parts and car spares service to the public and trade sector. With a platform linking hundreds of independent part suppliers, breaker yards and dealers across the UK and Ireland, we can find the part you need. We've combined over 40 years of experience in the car parts industry to bring you a fast and friendly one-stop location service. We make it easy for you to find, order and take delivery of any new or used car part."



Other

Trott Rentals

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

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



Professional Services

Abacus Accountancy

07851 600355 | accounts@abcbabacus.co.uk
The Willows, Ipswich Road, Long Stratton, NR15 2TG | abcbabacus.co.uk

"More than just a book-keeper or payroll provider – as a qualified accountant accounts preparation can be undertaken – but whichever service is required advice & communication is maintained along the way."



Adrian Flux Insurance Services

01553400399 | contact-us@adrianflux.co.uk
Adrian Flux Insurance Services, East Winch Hall, East Winch, King's Lynn, PE32 1HN | adrianflux.co.uk

"Adrian Flux is a nationwide insurance provider, a household name, based in the heart of West Norfolk. The company has been providing motor, home, and motorbike insurance for 45 years – becoming the UK's largest specialist insurance broker with a reputation for expert staff, great service and hard-to-match policy prices."



Aston Shaw

01603 616300 | norwich@astonshaw.co.uk
astonshaw.co.uk

"Aston Shaw are award-winning accountants, auditors and advisors with six offices across East Anglia, including Norwich, Cambridge, Ipswich, Dereham, Great Yarmouth and King's Lynn. Get in touch today and book your free, no-obligation consultation: www.astonshaw.co.uk"



Belmore Wood Ltd.

0345 500 5111 | gary@belmorewood.com
28 Belmore Rd, Norwich, NR7 0PT | belmorewood.com

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



Clapham & Collinge

01603 693500 | enquiries@clapham-collinge.co.uk
St Catherine's House, All Saints Green, Norwich, NR1 3GA | clapham-collinge.co.uk

"Clapham & Collinge is a local, leading firm of expert solicitors based in Norfolk. With offices in Norwich, North Walsham and Sheringham, we provide a full range of legal services for businesses and individuals."



Crab Bookkeeping

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

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



Grow Your Business (East Anglia) Ltd

01760 723830 | info@gybea.co.uk
30 The Market Place, Swaffham, PE37 7QH | gybea.co.uk

"Grow Your Business (East Anglia) Ltd are friendly accountants from Swaffham and Fakenham, believing that an accountant's job is as a friend to the business. We will do your accounts, tax-return, payroll or anything you want, but also answer your questions, or give advice if you want it. We work for you, not the tax-man and want your business to grow."



Hansells Solicitors

01603 615731 | info@hansells.co.uk
Cambridge House, Tombland, Norwich, Norfolk, NR3 1RE | hansells.co.uk

"Hansells Solicitors, one of the county's leading law practices, working from its six offices across Norfolk. The firm's head office is in the picturesque setting of Tombland in Norwich, and county offices in Aylsham, Cromer, North Walsham, Sheringham and Wymondham."



Professional Services

Heritage Wills

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

"Award-winning Heritage Wills 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."



Hulbert West Financial Planners

01603759784 | info@hwfp.co.uk
8 St. Mary's Court, Carleton Forehoe, Norwich NR9 4AL | hwfp.co.uk

"We help you plan your financial future and manage your pensions and investments. We are financial planners providing independent financial advice to individuals, couples and small business owners in Norfolk. A straightforward personal service without the jargon. Experts in all pension and investment matters. Ethical investment and tax planning are part of our standard service."



Larking Gowen

0330 024 0888 | enquiry@larking-gowen.co.uk
Larking Gowen, Prospect House, Rouen Road, Norwich, NR1 1RE | larking-gowen.co.uk

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



Lovewell Blake LLP

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

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



Orchard K Lettings

01953 799188 | kathy@orchardklettings.com
Orchard Farm Mile Road, Carleton Rode | orchardklettings.com

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



Pymm & Co

01603 305805 | norwich@pymmmand.co.uk
2-6 Ber Street, Norwich, NR1 3EJ | pymmand.co.uk

"Professional estate agents and Lettings Agents with 6 branches in and around Norwich, focusing on providing a high level of dedicated service to their customers. Pymm & Co have a wealth of experience in property management, offering trusted advice and support throughout the process of buying, selling, letting or renting a home."



SCS Accounting Solutions Limited

01362 691275 / 01328 851440 | client@scsaccountingsolutions.co.uk
scsaccountingsolutions.co.uk

"Recommended by our clients, we pride ourselves on our friendly, personal service at competitive prices. We will tailor a package to suit each clients individual needs. We offer every business and individual client, clear, trusted and valuable support with their financial records to help them focus on the important task of making their business profitable."



Shaper Accountants

01603 516304 | info@shaperaccountants.co.uk
3 Station Court, Station Lane, Hethersett Norwich NR9 3AY | shaperaccountants.co.uk

"Shaper Accountants are chartered management accountants offering a full range of services from bookkeeping, accounts, tax & VAT to management accounts, dashboards & business advice – we are your business's flexible financial director."



Terry Collins Associates Ltd

01603 700 474 | martin@terrycollinsassociates.co.uk
30 Woodland Drive, Thorpe End, Norwich, NR13 5BH | terrycollinsassociates.co.uk

"Pensions: Do you know your options for how and when you can have your money? Do you know your state pension date? Would you like me to help make sense of your annual pension statement? Let's have a cup of tea at my expense and I will answer these questions and any others you have."



Professional Services

Together Accounting

01603 627963 | hello@togetheraccounting.co.uk
17-19 St Georges Street, Norwich, NR3 1AB | togetheraccounting.co.uk

"We are business advisers and accountants based in the centre of Norwich. We specialise and are passionate about enabling and empowering our clients to develop, grow and prosper. We do this by giving financial and operational insight into business performance."



Retail

4Work

01362 854413 | sales@4sportsgroup.com
23 Bertie Ward Way, Rashes Green Ind Est, Toftwood, Dereham, Norfolk, NR191TE | 4sportsgroup.com

"Workwear, Teamwear and Trophies. We specialise in producing workwear, sports kits, schoolwear and trophies for businesses, clubs, organisations and those in the education sector. We do all print and embroidery in house are driven to offer a personal purchasing experience for you."



Beautifully Buxom Ltd

01508 528106 | rosiemusgrave@gmail.com
Loddon Business Centre, High Street, Loddon, NR14 6AH | beautifullybuxom.co.uk

*"Lingerie & Loungewear for Ample Bosom's
Unique sizes covering UK sizes 28-44 DD-KK, 6-26. Designed and made in the UK."*



Blaines

01760 724418 | sales@blaines.co.uk
10 London Street, Swaffham, Norfolk, PE37 7DG | blaines.co.uk

"Blaines are one of mid-Norfolk's most established family businesses since 1982 and have grown from strength to strength with two sides to their business: Blaines Electrical offering electrical appliances and Blaines Interiors specialising in kitchen, bedroom & bathroom installations which now incorporates accessible kitchens and bathrooms."



Cator Family Car Sales

1953 789504 /07793 037926 | hello@familycarsales.co.uk
Industrial Estate, Bottle Corner, Besthorpe, NR17 2LWf | amilycarsales.co.uk

"Supplying a safe and reliable car is our number one priority, which is why we only sell cars that we're prepared to put our own children in. With our exceptional pre-sale vehicle preparation, our 7 Day Money Guarantee and our 3 month in-house comprehensive warranty, our 5 Reviews on Facebook and Google speak for themselves. If you're not happy, we're not happy!"*



Jarrold and Sons Ltd

01603660661 | enquiries@jarrold.co.uk
Jarrold, 1-11 London Street, Norwich, NR2 1JF | jarrold.co.uk

"UNIQUE AND INDEPENDENT SINCE 1770. A family owned department store in the heart of Norwich. A city that celebrates the independent, stimulates creativity, promotes change and encourages diversity As one of the UK's oldest cities it enjoys an eclectic mix of the historic and culture that sits happily alongside the state of the art."



Norfolk Gift Box

07756 655082 | norfolkgiftbox@outlook.com
norfolkgiftbox.com

"We offer an online bespoke gift box service for any occasion, show casing handmade, award winning local products all in one place. Delight your recipient and reap the rewards."



Pooch's Treats Ltd

01485609091 | woof@poochs.co.uk
W2,W3 & W4, Flitcham Barns, Abbey Road, Flitcham, Norfolk, PE31 6BT | poochs.co.uk

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



Pride & Seek

07757670795 | prideandseekshop@gmail.com
Unit 3, Cuthbert Court, Norwich Street, Dereham NR19 1AD | prideandseek.com

"Quirky, inspired products, championing local LGBTQ artists and fabulous, fun gifts for yourself and others."



Retail

Sonkai Jewellers

01603 625533 | mail@sonkai.co.uk
9 Royal Arcade, Norwich, Norfolk, NR2 1NQ | sonkai.co.uk

“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.”

sonkai

Telecoms

Cedaro

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

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



RPM Business Communications Ltd

0333 6006999 | info@rpmsols.co.uk
Wensum Mount Business Park, Low Road, Hellesdon, Norwich, NR6 5AQ | rpmsols.co.uk Units 3-5

“RPM provides an extensive range of fixed and mobile telephony capabilities accessed through an easy-to-use web portal. It allows you to easily manage your telecoms environment whilst enabling your employees to maximise their productivity.”



Training, Education & Personal Development

Blend Associates Ltd

07775631510 | info@ltdblend.com
217a Newmarket Road, Norwich, NR4 7LA | ltdblend.com

“Blend Associates offers support to the individuals, leaders, teams, and organisations that make the world tick. In May 2020, Blend created a coaching faculty of 25+ experienced individual and teams coaches. Since then, our coaching faculty have been / are coaching senior leadership teams and senior leaders in the NHS and Social Care.”



Connect Mind Care

07486885771 | glenn@connectmindcare.co.uk
connectmindcare.co.uk

“Connect Mind Care provides caring and professional counselling services as well as Mental Health First Aid courses. The aim of Connect Mind Care is to help others improve their wellbeing and mental health.”



First Class First Aid Ltd

07775873775 | rachael@firstclassfirstaidltd.co.uk
firstclassfirstaidltd.co.uk

“First Class First Aid Ltd deliver a range of Ofqual regulated, HSE compliant workplace first aid training courses across all sectors. With 21 years of hands on first aid experience I trained to teach in July 2020 and now help a multitude of workplaces in Norfolk stay safe and compliant.”



How-2-Drive

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

“How 2 Drive is your local Norfolk driving school providing lessons to people of all ages and ability. We offer quality driving lessons with both male and female instructors in both manual and automatic cars.”



Keith Sandle Limited

07766407870 | keith@keithsandle.com
Swaffham | keithsandle.com

“Keith Sandle Limited boasts over two decades of experience and specializes in providing comprehensive training services. Our consultancy services cover all aspects of training, including Training Needs Analysis, course development, document production, training delivery, post-course evaluation, and after-course support.”



Training, Education & Personal Development

Nudge Club by RIMANO

01603 336084 | hello@rimano.co.uk
nudgeclub.co.uk

“Nudge Club is a low-cost membership club for small businesses that offers daily social media content suggestions, expert marketing advice, and resources. Members receive support through a private group, daily emails, and personalised assistance, all aimed at helping them grow their business effectively. Join from £25 a month.”



Supporter Members

Over the years, we have come across some fantastic organisations and individuals who are right behind the Buy Local Norfolk ethos. However, for one reason or another, they're not eligible to become a member. That's why we offer a Buy Local Norfolk Supporter Membership option. We hope this provides a route for non-eligible organisations and individuals to show their support for our cause and our members.

What is a Supporter Member?

A supporter member is a definable individual, group or organisation (one with a generally recognisable brand or title) which meets our criteria for supporter membership and shares our pride and passion for the brilliant county of Norfolk. A supporter member would typically be a public sector, community or social enterprise organisation. Our supporter members have a desire to help and support Buy Local Norfolk and/or its members.

Broadland Council Training

“Broadland District Council has been a trusted training provider for more than 15 years. We pride ourselves on offering high quality training at affordable prices to help local businesses develop and succeed. Our courses are delivered by a range of carefully selected tutors who are experts in their own field. Training takes place at Carrowbreck House, just off the Drayton High Road, just minutes from Norwich's outer ring road.”



The Enterprise Centre, UEA

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

“The Enterprise Centre is a leading business hub at the University of East Anglia. We have a large vibrant community of small business tenants across our flexible work space options. Our stunning building also offers inspirational meeting and event spaces.”



North Norfolk District Council

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

“North Norfolk District Council is proud to be a supporter Member of Buy Local Norfolk. We are committed to supporting local businesses.”



Join us today!

Buy Local Norfolk is a social enterprise. Our purpose is to highlight the hugely important sustainability, diversity and community roles played by businesses that are proudly local and independent to this fine county.

All our members are truly local businesses. They love Norfolk and share our desire for better economic, environmental and social outcomes for all that live, work, play and visit here.

Membership has many benefits (including a FREE entry in our directory!)

To find out more, please head along to our website for the full list of benefits:

buylocalnorfolk.org.uk/join-buy-local



Your Buy Local Norfolk Directors



Keith Sandle
(Chairman)

I am passionate about Norfolk and passionate about small businesses succeeding. So, it was an easy choice to join the board of Buy Local Norfolk and put my passion to work. There are so many benefits to businesses to work together and support each other and keep the Norfolk economy strong and vibrant. Buy Local Norfolk is a great organisation to do just that



Rick Notley
(Director)

I love small businesses and I love Norfolk. When I first came to Norwich in 2017 and started RIMANO, it was networking and working with fellow small business owners that was key to my success. A year into my BLN journey, I became a Director with a mission to boost membership and improve their marketing and social media efforts. I'm a firm believer that some of Norfolk's best businesses are yet to be discovered, and I am eager to change that with BLN. I've been in Sales & Marketing all my working life and running my own businesses for the last 15 years so understand how tough it can be, I love to help, and love the creative side of coming up with ways for businesses to get more clients.



Clair Abrey
(Vice Chair)

I joined BLN as a Virtual Assistant and straight away was made to feel welcome and included. I love that BLN is run by local businesses for local businesses and focusses on supporting the fantastic range of diverse and independent small businesses that Norfolk has to offer. I wanted to be a Director as the more networking events I attended, the more I realised that their principles and beliefs aligned with my own and I felt empowered to be more involved, to have a say and be a part of everything that BLN stands for and wants to achieve. At my core, I'm a helper and bring with me over 20 years of admin experience, fresh eyes and hopefully some inspiring ideas.



Chris Lewer
(Director)

As a business owner, I've been a BLN member for over two years now and have always been impressed by the organisation's mission and values. It's my fundamental belief in what BLN has to offer local businesses that influenced my decision to become a Director. Although my own company has clients throughout the UK and overseas, I find that there is nothing more gratifying than supporting and building relationships with other Norfolk-based businesses. I've lived in Norfolk most of my life. It's a wonderful county, with so much to offer. BLN is uniquely placed to bring Norfolk businesses together for the mutual benefit of all and for the betterment of our local economy. As a Director, I'm proud to be a part of that and look forward to sharing in BLN's journey as it grows and evolves.



Glynn Burrows
(Director)

I became a Director of Buy Local Norfolk because I want to influence what we do as a group. My own aim is to get the powers that be to realise just how important it is that we all spend our money with local independent businesses. I would love to see all of our local councils and all establishments within the public sector buying the majority of their goods and services from independent businesses which are based here in Norfolk. I don't think that is too much to ask, do you?



Kerry King
(Director)

When I joined Buy Local Norfolk as a member, I realised early on that I wanted to become a Director. The other Directors were so passionate about the organisation and I felt the same. I believe it's incredibly important to redirect business back into our local economy, increasing job prospects for our county and revenue for all of us. Being part of the LGBTQ+ business community is another plus point I feel I can bring to the table. Norfolk has some amazing entrepreneurs and companies and I have the awesome privilege of shouting about them every chance I get.



Peter Bussey
(Treasurer)

As a member I had made the most of the Directory exposure, taken advantage of cost effective stand space in the BLN marquee at the Royal Norfolk Show and frequently attended the free monthly networking events. When the opportunity to volunteer as a director presented, to add to the existing strengths of the leadership team I stood by my motto 'if you want something doing – ask a busy person' and stepped forward (to the dismay of my wife!). I assist with my financial knowledge and personal understanding of the 'pain points' small business owners experience, helping to find ways BLN can further help and support our members.



Grace Appleby
(Director)

BLN as an organisation shares a lot of my own personal values. To me, nothing is more important than community. Having moved to Norfolk in 2016, I've spent every moment falling in love with our fine city. One of my highlights? The independent scene. We're incredibly lucky to have so many brilliant businesses on our doorstep and it's in all of our best interests to support them, to ensure they can continue to thrive and continue to make our local area so special. I'm a networker by nature and love nothing more than meeting new people and connecting them with the things they need - be that a business, a service, or a friend. Just like BLN.

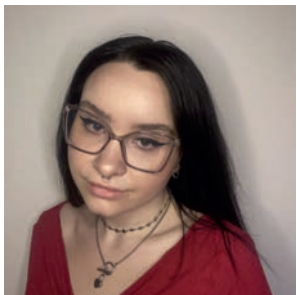


James Martin
(Director)

I've always championed the hard work and dedication shown by Buy Local Norfolk to raise awareness of supporting local business. Now more than ever it's so important to support each other and I feel my experiences in business development and mentoring can be mutually beneficial to the fantastic Buy Local Norfolk members. My experience puts me in a good position to understand the day-to-day challenges we all face as business owners, to constantly achieve the small wins, which make all the blood sweat and tears worthwhile. This is my continuing motivation and what I bring to my position on the board of directors.



The Admin Team



Connie Wallace

(Member Liaison)

Connie is your first point of contact for anything membership related. She was initially one of our Kickstart recruits, and has been working full-time at BLN nearly 3 years. She is very passionate about her role, and especially enjoys the opportunity to meet and connect with our members at the monthly networking meetings.



William Lubbock

(Events & Social Media Assistant)

Events & Social Media Assistant William is our latest Norfolk born and bred employee, who has been kept on full time after working 6 months as a Kickstart recruit. Will is looking forward to continuing to meet new people and represent Buy Local Norfolk at the many exciting events we have planned for the future.

Thank you

We would like to say thank you to Barnwell Print for printing our FIRST magazine, and to Chris Rea for all the advice and help he gave us while we were designing this publication.

To Martin Lake for graciously storing our equipment, and for all his continued support.

To each and every one of our members. They truly make Buy Local Norfolk an incredible community.

To our supporter members - Broadland District Council, North Norfolk District Council and The Enterprise Centre at the UEA.

To all the businesses who kindly host our networking meetings.

To Paula Sparkes for the beautiful cover-page photograph.

To our board of directors who volunteer their time and expertise to support Buy Local Norfolk.

To William for all of his hard work creating new & exciting posts on social media, event planning and so much more.

To Connie for all her work supporting members behind the scenes, and for creating this magazine.

And last but not least - thank YOU for reading this directory!
By supporting independent Norfolk businesses you are helping keep money flowing in the local economy.

Did you know...

Buy Local Norfolk organise two networking meetings a month! One is held virtually, and the other is an in-person meeting. All the dates, times and locations of our upcoming meetings can be found on the events tab of our website: buylocalnorfolk.org.uk
We hope to see you soon!

What Our MPs say...



“I am delighted that Buy Local Norfolk continues to go from strength to strength. As a firm advocate of all things local, there is no better way to support your local economy than by buying products and services made by the immense talent our region has on offer. Remember when you buy local, that money goes back into the regional economy protecting and enhancing jobs and growth for Norfolk to continue to grow and prosper.”

- Duncan Baker, MP for North Norfolk



“Norfolk is home to so many small businesses that are offering high quality products and services. From food and drink to manufacturing firms, we are fortunate to have such diversity on our doorstep and I encourage everyone to back our local businesses.”

James Wild, MP for North West Norfolk



“Local business is the engine of our local and national economy. That’s why, if we are to ensure we have a strong Norfolk economy with thriving towns and vibrant villages, it’s imperative we do all we can to support our local entrepreneurs and businesses. If we don’t shop locally, we risk losing our High Streets and precious local retailers - potentially forever.”

George Freeman, MP for Mid Norfolk



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By using Carbon Balanced Paper through the World Land Trust on this publication we have offset 248kg of Carbon & preserved 47sqm of critically threatened tropical forests.



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Our IT specialists will work with you to deliver the right solution.
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Communication solutions to meet the needs of your business.

01603 425209 | enquiries@intouchsystems.co.uk



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01603 904047 | www.itsfibre.co.uk | info@itsfibre.co.uk