

THE DAILY GRUNCH

SERVING VILLAGE COMMUNITIES IN NORTH BEDFORDSHIRE



Produced by Grassroots Publications

Previously The Rural Grunch

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BUSINESS AND COMMUNITY GROUPS DIRECTORY 2024



DIRECTORY OF LOCAL SERVICES

ACCOUNTANCY/ADMINISTRATION

SJ Tax & Accounting: Professional and Friendly Service. Includes Bookkeeping, Payroll and CIS Subcontractors. sally@sjtax.co.uk 01234 831997, 07899 808592

ESTATE AGENTS

Lane & Holmes: Award winning estate agents. 01234 327744. sales@laneandholmes.co.uk. www.laneandholmes.co.uk

FENCING AND GROUNDWORK

GP Services, Groundwork and Digger Hire. Services include foundations/concreting/drainage, site clearance, tree and root removal, fencing. 01234 782940 07932 002937 enquiries@gpservicesonline.com www.gpservicesonline.com

FOOD

TE Brown Butchers: Rushden: High Class Butchers and Finest Quality Meats. 01933 350866. www.timbrownbutchers.com. enquiries@tebrownbutchers.co.uk

FUNERAL AND MEMORIAL SERVICES

Wrighton & Barker: Independent Monumental Masons. Large selection of monuments on display. Cleaning and restoration work carried out. 01234 352023. Email: office@wrightonandbarker.co.uk www.wrightonandbarker.co.uk

GARDENING

Tree Specific: A comprehensive range of tree services from a dedicated local tree surgeon with over 20 years experience within the tree industry. 01234 828895 or 07949 368374 Email: simonowen@treespecific.co.uk www.treespecific.co.uk

Green Thumb: Lawn Treatment Service. 01234 709345 www.greenthumb.co.uk

JR Gamblen: Mower Servicing & Repairs. 01234 708170 07712 778231

HEALTH AND BEAUTY

Hazel Kaye Hair, Beauty & Facial Aesthetics: Order Products, Book Appointments Online at www.hazelkaye.com Tel: 01234 826502. Email: hazel@hazelkaye.com

Sartori Wellness: Therapeutic Massage. Rushden based. Contact Mary on 07464 100195.

Emma Victoria: Hypnotherapy for stress and anxiety, depression, fears and phobias, addictions, weight management and fertility. Adults and children. www.emmavictoriahypnotherapy.co.uk. 07550 098029

Medulla: Holistic Service in Thurleigh. 07779 088281 Email: anne@medulla.space www.medulla.space

DIRECTORY OF LOCAL SERVICES

LEISURE AND FITNESS

AV Air Flight School: Modern Aircraft. Try a short flight. Email: avairflightschool@gmail.com

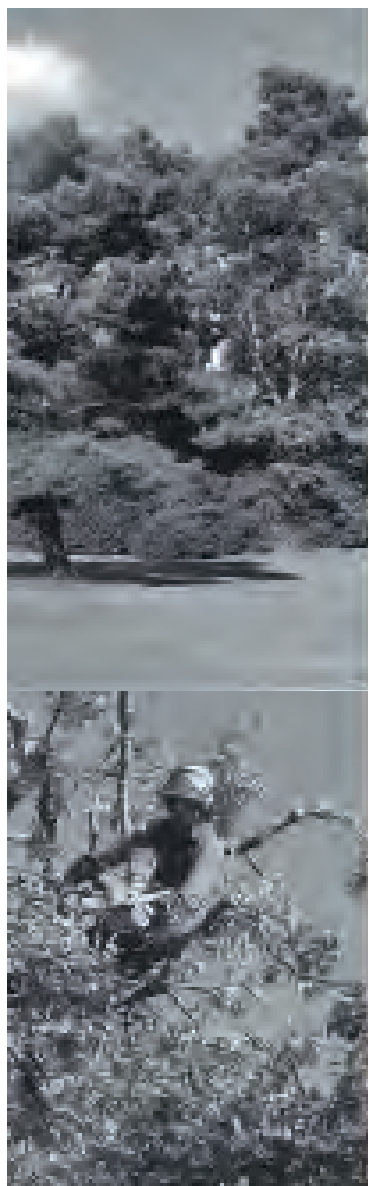
Sackville Flying Club: Hot air ballooning group. Contact Tim Wilkinson 07774 291283
sackville@avnet.co.uk

Simply Flow: Offering a wide range of health and fitness programmes. Weekly tai chi classes.
www.simplyflow.co.uk

Core Form: Pilates classes. Contact Keziah on 07891 862680. Email: coreformpilates@outlook.com

Sharnbrook Golf Club: Contact 07990 622206 Email: membership@sharnbrookgolfclub.co.uk

Claudia von Caron Physiotherapist: Sports injuries, back pain & sciatica, neck & shoulder pain, whiplash & headaches, work related disorders, repetitive strain, injuries to joints & soft tissues, MS & stroke. 01234 781777 Email: claudia@ousevalleyphysio.co.uk www.ousevalleyphysio.co.uk



Treespecific^{Ltd}
tree management

**A comprehensive range of
tree services from a local dedicated
tree surgeon with twenty years
experience within the tree industry**

Contact us today for a free quote

Telephone: **01234 828895**

Mobile: **07949 368374**

Email: **simonowen@treespecific.co.uk**

www.treespecific.co.uk

DIRECTORY OF LOCAL SERVICES

PROPERTY DESIGN AND MAINTENANCE

R.J.F Plumbing, Heating and Mechanical Services Ltd: Roger Flanagan, Director. 01234 771396; 07717 756677; info@rjf-plumbing.co.uk

Andrew Blair Professional Carpet & Upholstery Cleaning: Quality Cleaning Service. 07867 499792. arblair@yahoo.co.uk

Franklin Roofing and Property Services: For all building maintenance issues. . 07747 785320. 01234 709674

WS Carpentry: Covers all aspects of carpentry from skirting & hanging doors to brand new kitchens. 07753 328001 wscarpentry@contractor.net www.wscarpentry.co.uk

The Black Horse Chimney Sweep: Riseley based professional chimney sweep. Fully qualified member of The Guild of Master Sweeps. 01234709163 07899 016129
Email: tpay59@btinternet.com www.black-horse-chimney-sweep.co.uk
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Zack Wlodarczkw: Painter based at Melchbourne. Over 20 years experience in north Bedfordshire. 01234 708983 07513 549843

David James: Local manufacturer of beautiful kitchens. www.davidjameskitchens.co.uk 01525722230

Lee Property Developments: Extensions, bathrooms, kitchens, patios, fencing, decoration, roofing. Contact: Lee Constable: 01933 359780 07747 445470 Email: leec.developments@hotmail.co.uk

APC Design and Planning: Architectural design service, planning permission, building regulations, listed building consent, change of use. 01234 782332 07766 858383
enquiries@apcdesignltd.com www.apcdesignltd.com

Soulbrook Property Services: Extensions, renovations, carpentry and joinery, bathrooms, kitchens 01234 782558 07731 818990 www.soulbrook.co.uk

PETS

Abacab Dog Grooming: A personal service aimed to meet the needs of you and your dog catering for all breeds large and small. Clipping/trimming, hand stripping (terriers/spaniels), nail trims. 01234 720825, 07860 837043

Penhazy Parlour: Qualified dog groomers. Clipping, nail clipping, hand stripping, spa days. Contact Katie on 07774 519694 or Sally On 07768 194367.

K9 Kuts: Professional dog grooming. Range of services. 07538 276993. k9kutsgroomers@outlook.com Facebook: k9kutsgroomers4

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