

MAN AND VAN





**REMOVALS
MAN AND VAN
DELIVERIES**

HOUSE REMOVALS-COLLECTION-DELIVERIES

SINGLE ITEMS-FULL LOADS-7 DAYS A WEEK
FREINDLY REIABLE SERVICE-ANY DISTANCE
WORKING DRIVER-SHORT NOTICE

👤 + 🚚 + 📦 = 20hr

👤👤 + 🚚 + 📦 = 30hr

👤👤👤 + 🚚 + 📦 = 40hr

HOUSE CLEARANCE-INSURED & LICENCED

HOUSES-GARDENS-BARNES
SHEDS-GARAGES-ATTICS



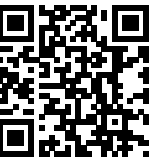
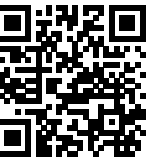
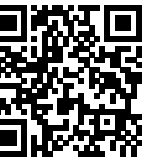



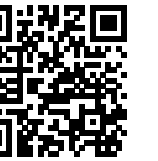
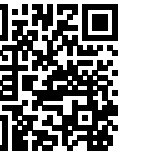
FREE NO OBLIGATION QUOTE-7 DAYS A WEEK

Jack: 07493 619915

Location **South East, East Sussex**
<https://www.freeadsz.co.uk/x-395212-z>

Welcome to Man & Van. We are a growing independent House Removals, House Clearance & Courier Service Company. Based in Hastings, East Sussex offering local and long distance removal services 7 days a week for Household, Offices and small business, whether it be one item or the contents of a whole house/small business! We're much more than the average man and van service offering all our customers a professional reliable service.

We have comprehensive Goods in Transit insurance and will take great care of all your valuables. With a highly cost effective service and dedication we are building a strong reputation for excellent service in and around East Sussex. No job is too small and we tailor our workload to suit your

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