

# Man and Van



**MAN AND VAN SERVICES**

**DELIVERIES - HOUSE REMOVALS - CLEARANCE**

From single items to full van  
Any Distance  
Short notice available  
No job to big or small  
Household waste removed  
Garden waste removed  
Furniture disposal service  
Collections and deliveries

Available 7 days a week, Evenings and Weekends

Call us now for a free no obligation quote

**Ring or Message - 07840300783**



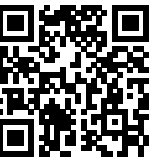
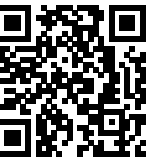
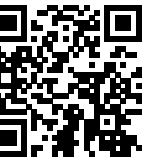
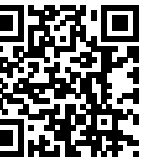
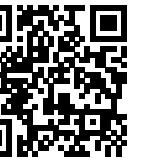
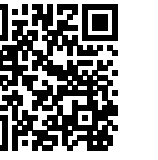
Location

**South East, East Sussex**

<https://www.freeadsz.co.uk/x-271405-z>



Man and Van Services in Eastbourne and surrounding areas -House Removal - Collections - Deliveries  
-From single items to full van -Any distance -Short notice available -No job to big or small -All the of  
house clearance -Household - garden waste removed -Furniture disposal service Call us now or Message  
us on Facebook for a Free No Obligation Quote Tel - 07840300783 07934996574  
[https://www.facebook.com/Man-and-Van-427218447459945/?view\\_public\\_for](https://www.facebook.com/Man-and-Van-427218447459945/?view_public_for)

 <p><b>Man and Van</b></p> <p><a href="https://www.freeadsz.co.uk/x-271405-z">https://www.freeadsz.co.uk/x-271405-z</a></p>	 <p><b>Man and Van</b></p> <p><a href="https://www.freeadsz.co.uk/x-271405-z">https://www.freeadsz.co.uk/x-271405-z</a></p>	 <p><b>Man and Van</b></p> <p><a href="https://www.freeadsz.co.uk/x-271405-z">https://www.freeadsz.co.uk/x-271405-z</a></p>	 <p><b>Man and Van</b></p> <p><a href="https://www.freeadsz.co.uk/x-271405-z">https://www.freeadsz.co.uk/x-271405-z</a></p>	 <p><b>Man and Van</b></p> <p><a href="https://www.freeadsz.co.uk/x-271405-z">https://www.freeadsz.co.uk/x-271405-z</a></p>	 <p><b>Man and Van</b></p> <p><a href="https://www.freeadsz.co.uk/x-271405-z">https://www.freeadsz.co.uk/x-271405-z</a></p>	 <p><b>Man and Van</b></p> <p><a href="https://www.freeadsz.co.uk/x-271405-z">https://www.freeadsz.co.uk/x-271405-z</a></p>	 <p><b>Man and Van</b></p> <p><a href="https://www.freeadsz.co.uk/x-271405-z">https://www.freeadsz.co.uk/x-271405-z</a></p>	 <p><b>Man and Van</b></p> <p><a href="https://www.freeadsz.co.uk/x-271405-z">https://www.freeadsz.co.uk/x-271405-z</a></p>	 <p><b>Man and Van</b></p> <p><a href="https://www.freeadsz.co.uk/x-271405-z">https://www.freeadsz.co.uk/x-271405-z</a></p>
---	--	--	--	---	--	--	--	--	--