

# MAN AND VAN



**REMOVALS  
MAN  
AND  
VAN  
DELIVERIES  
COLLECTIONS**

**HOUSE REMOVALS-COLLECTIONS-DELIVERIES**

**SINGLE ITEMS-FULL LOADS-7 DAYS A WEEK**

**FREINDLY REIABLE SERVICE-ANY DISTANCE**

**WORKING DRIVER-SHORT NOTICE**

1 person + 1 van + 1 box = 20hr  
 2 people + 1 van + 1 box = 30hr  
 3 people + 1 van + 1 box = 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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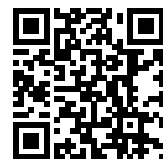
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