

SEPTEMBER 2025



# CONTACT

**EAST HARLING – WEST HARLING – BRIDGHAM –  
ROUDHAM – BRETtenham – LARLING – RUSHFORD**

CHURCH SERVICES & NEWS PAGES 3 AND 5

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A MESSAGE FROM OUR MP MR JERMY – PAGE 14

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BRETtenham NEWS – SEE PAGE 18




## **DON'T MISS THIS—**

**\*\*Breckland Council Local Plan  
Consultation – Open Morning  
\*\*Saturday 6th September\*\***

 **The Riverside Centre - 10am-midday**

Harling Parish Council will be hosting an **\*\*informal drop-in session on for residents to \*\*view and share their thoughts\*\*** on land around the village that has been put forward for potential

development. See Poster on P 9

 More information about the sites can be found here: <https://www.arcgis.com/apps/mapviewer/index.html...>

 **\*\*Come along and have your say!\*\***

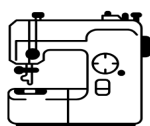


Also published on line on the following web pages:

<https://www.harlingquiltcrossbenefice.org.uk/our-churches/east-harling-st-peter-and-st-paul/contact/>

<https://roudhamandlarlingparishcouncil.gov.uk/2025/03/05/contact-magazine/>

[www.harlingquiltcrossbenefice.org.uk](http://www.harlingquiltcrossbenefice.org.uk)



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Priest in charge: Benefice in Vacancy

Curate Revd Josh Whitnall: email – [revjoshuawhitnall@gmail.com](mailto:revjoshuawhitnall@gmail.com)

Tel: 01953 573077

~ Welcome to our Services in September 2025 ~

Midweek Communion every Wednesday at 11.30 am in E Harling Church

Date	E Harling	Garbl'sham	Wretham	Bridgham	Larling
Sunday 7 <sup>th</sup> Sept Trinity 12	11.00 am All Age  6.00pm Soul Café O S Hall	9.30 am Holy Com'union	9.30 am Service of the Word	11.00 am Holy Com'union	
Sunday 14 <sup>th</sup> Sept Trinity 13 Holy Coss Day	9.30 am Holy Com'union	9.30 am Holy Com'union			11.00 am Holy Com'nion
Sunday 21 <sup>st</sup> Sept  Trinity 14 Mathew	9.30 am Holy Com'union  6.30 pm H. Praise Methodist	11.00 am All Age	9.30 am Holy Com'union	11.00am Service of the Word	3.00 pm Harvest Service
Sunday 28 <sup>th</sup> Sept Trinity 15	9.30 am Holy Com'union	9.30 am Harvest Service 12.30pm Harvest Lunch			

Date	Rushford	Shropham	Brettenham	Riddleswor th	Blo'Norton
Sunday 7 <sup>th</sup> Sept Trinity 12	9.30 am Holy Com'nion				
Sunday 14 <sup>th</sup> Sept Trinity 13					11.00am Holy Communion
Sunday 21 <sup>st</sup> Sept Trinity 14		9.30 am Holy Communion			
Sunday 28 <sup>th</sup> Sept Trinity 15			11.00am Harvest Service then refreshment	6.30 pm Harvest Service	

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SJP APPROVED 18/03/2025

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## ~ Parish Records 2025 ~

None this month

### ~ Floodlighting ~

Requests to sponsor the floodlighting of East Harling Church should be posted/delivered to: Susan Dolling 4 Hamblings Piece, East Harling. NR16 2PZ

#### August 2025

18<sup>th</sup> Remembering Dear Betty (Babette Wood) who would have been 95 today. She left us after a very short illness on Tuesday 11<sup>th</sup> August and will be very much missed by all her family and friends.

21<sup>st</sup> Treasured memories of our dear Mum **DAPHNE HOLDEN** taken from us on the 21<sup>st</sup> **August 2003**. Loving and missing you always Sue and Billy.

September 2025

8<sup>th</sup> In loving memory of **DEREK GRIMES** love from Pauline and all the Family.

Please make sure your requests are clearly written, include the date and add your name and contact number in case of any queries. Donation of minimum £5/night should be enclosed (cheques payable to East Harling PCC please).

Thank you to all who sponsor the floodlighting of East Harling Church

#### **FRIENDS OF EAST HARLING CHURCH**

**Are you interested in local History -**

**Another Light Historical Evening**

**12th September 2025**

**doors open 7.00 pm**

**Stories of the Grigson Family**

**& local gossip of the time.**

**Tickets £5 Each**

**Light Refreshments and Raffle**

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#### **Jam & Chutney Making Day**

**13<sup>th</sup> September**

**10-2 at the Methodist Church Hall East Harling**

Would you like to come and help make something delicious with all our blackberries, plums, marrows and apples?

The EcoChurch team will be making jam and chutney from 10 -12 or 12-2. There is only room for 6 people at each session so if you would like to come please sign up at [lynnandtony@outlook.com](mailto:lynnandtony@outlook.com) or phone 07554930054.

There is no charge for this event. If you have excess produce or would like to contribute something please let us know.

#### **METHODIST CHAPEL WHITE HART STREET** **METHODIST SERVICES FOR SEPTEMBER**

7th 10.30pm Mrs Jane Mottram

6pm Soul Cafe at Old school Hall

14th 6.30pm Rev David McAloon

21st 10.30am Mr Dennis Cartwright

6.30pm Harling Praise at Methodist Church

28th Harvest Festival

10.30am Mrs Janet Browne

6.30pm Mrs Jane Mottram

#### **Quidenham Carmelite Monastery Chapel** **(Roman Catholic) Public Worship**

Daily Mass 8.00am

Sunday Mass 10.30am

Holy Days 8.00am

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David & Gerda Bailey (01953) 717639

#### **IMPORTANT CHURCH NOTICE RE** **THE CHRISTMAS TREE FESTIVAL**

Many of you will know that, for many years, the church has held several fundraising events to raise money, often for the major repairs needed to the very leaky church roof.

For the last four years at Christmas, we have held a magical Christmas Tree Festival thanks to so much local support. However, this year we are sad to announce that there will not be a festival this December, as planning will have begun for the long awaited and necessary work on the roof.

We apologise for any disappointment this may cause, and look forward to holding our next Christmas Tree Festival in December 2026.

Everyone is invited to  
**Soup Church**  
fabulous fresh  
Homemade lunch



East Harling Methodist Church  
White Hart Street

**11.30am Tues 16<sup>th</sup> Sept**

Theme: Parables of Jesus



East Harling Methodist Church invites YOU to...

#### **'Monday Craft Café'**

10am-12noon on the 1<sup>st</sup> and 3<sup>rd</sup> Mondays of the month

**Next on 1<sup>st</sup> and 15<sup>th</sup> September**

In the Hall behind

East Harling Methodist Church.  
White Hart Street.



Bring along any craft you would like to, have a chat, and coffee/tea and cake will be available!

## *Benefice News*

Dear friends,

As you may know, Revd Simon has now left the benefice to take up his new calling in Essex. This marks the beginning of what the Church of England calls an *interregnum* — a period between the departure of one vicar and the arrival of another. While the Latin roots of the word mean “between reigns,” please be assured that this is not a time when the life of the Church stops! Our group of parishes continues in worship, prayer, and service to the community, even without a resident vicar.

### **What does an interregnum mean for us?**

During this time, the day-to-day life of the parish will be overseen by the churchwardens, supported by the PCC (Parochial Church Council), the Rural Dean and other clergy within the benefice. Services will continue, often led by visiting clergy, retired ministers, and our own self-supporting clergy and licensed lay ministers. Baptisms, weddings, and funerals will still be conducted, though sometimes with a little more coordination needed. Pastoral care remains a priority, with the ministry team and churchwardens ensuring that no one is left without support. It's worth remembering that an interregnum can also be a valuable season for reflection — a chance to pray, to discern God's guidance, and to consider the kind of ministry our benefice needs for the future.

### **The process of appointing a new vicar**

The appointment of a new incumbent follows a clearly defined process. Here's a brief outline of what will happen:

- 1 **The Benefice Profile** – The PCCs from each parish in the benefice will work together to prepare a *Parish Profile*. This document describes our churches, congregations, communities, and aspirations for the future. It will also outline the qualities we are looking for in a new vicar.
- 2 **The Vacancy Advert** – Once the profile is agreed and approved by the Bishop and the Patron(s) of the benefice, the post will be advertised nationally (usually via the Church of England and diocesan websites).
- 3 **Shortlisting and Interviews** – Applications are reviewed jointly by the Bishop's representative, the Patron(s), and parish representatives from within the benefice. A shortlist is drawn up, and candidates are invited to interview.
- 4 **Appointment and Announcement** – When a candidate is chosen and accepts the post, there is a formal announcement in church and the community. The new vicar will usually arrive a few months later, after completing their responsibilities in their current parish.
- 5 **Licensing and Induction** – The Bishop will lead a special service to license and induct the new incumbent, marking the beginning of their ministry among us.

### **Our part in this process**

The most important thing we can do during this time is to pray — for our churchwardens, PCCs, the Bishop, the Patron(s), and for the person God is calling to serve here next. Let us also continue to support one another, welcome newcomers, and play our part in the life of the church.

Many of you will ask what my part in this process is, and to be honest - I don't have one. My time in my current post, which is of course a training post, is limited and so in due course it will be for me to start the process of ending my curacy, being signed off as a 'fully fledged parish vicar' and start looking for where God is calling me to serve my next season of ministry. Do, however, rest assured that I am here to help as much as I possibly can - and will, along with Caryl and Lynn, hold the fort for as long as I am here! I am always around for a cup of tea, a chat, to pray with, to answer questions, and to help with the practicalities of church and community life. An interregnum is not a pause in God's work, but a chapter in it. With faith and unity, we can look forward to the future with hope!

God bless you all:

*Revd Josh*

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**The Riverside Centre - 10am-midday**

Harling Parish Council will be hosting an **\*\*informal  
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 residents to **\*\*view and share their thoughts\*\*** on  
 land around the village that has been put forward  
 for potential development.

This is a great opportunity to find out more, ask  
 questions, and have your say on the future of our  
 community.

**\*\*Landowners and developers\*\*** are also welcome to  
 attend to discuss their proposals with residents and Parish  
 Council members.

More information about the sites can be  
 found here: [https://www.arcgis.com/apps/  
 mapviewer/index.html...](https://www.arcgis.com/apps/mapviewer/index.html...)

**\*\*Come along and have your say!\*\***

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## THE GARDEN IN SEPTEMBER

### Where to start?

The weather been weird this year. Early quite hard frosts then mild or hot with very little rain. A real shortage of rain in fact. In spite of this has been a year of flowers and bumper crops of fruit.



My gooseberries, blackcurrants, blackberries and plums have all been exceptional. The tomatoes in my greenhouse have struggled a bit with the heat,

but I am getting more than I can eat. The freezer is already full, so it looks like jam and chutney recipes need researching.

The following advice assumes that the weather does broadly what it should do!

**Lawns:** Grass has struggled this year. At the end of June, it looked dead. Now (early August) with a small amount of rain it is quite lush. This is a good month to repair damage to lawns or to plant completely new ones from seed when the ground is still warm and moist (hopefully) and the temperatures are unlikely to reach extremes in either direction (who knows!). Keep new grass moist and give a cut towards the end of October with the blades of the mower set high.

**Pruning:** Prune buddleia hard when it finishes flowering. Prune summer-fruiting raspberries and blackberries.

**Hedges:** Give evergreen hedges a final light trim.

**Cuttings:** Take semi hard cuttings of evergreen shrubs and trees and shrub roses.

**Plant:** Plant or move evergreen shrubs, trees and hedging later in the month. Keep watered if necessary.

**Perennials:** Keep dead headed (unless you are leaving seeds for the birds) and cut down any dead stems. Plant new perennials. They will grow away well with the warm soil and autumn rains (?)

**Dahlias:** Keep dead headed. Water if necessary and check your supports – we can get some strong winds in September.

**Hardy Annuals:** Sow in a cold frame or greenhouse over the next couple of months ready to plant out in March. Prick out when large enough to handle.

**Biennials:** such as foxglove, hollyhock and forget me nots can be planted out so that they get a good start next year.

**Bulbs:** Plan daffodils. Pot up daffodil and hyacinth bulbs for indoor flowering. Prepared hyacinths can

be planted in pots in a dark cool place for Christmas flowering. Bring into a **cool** bright place when the shoots are about 2 inches (5cms) high. Do not put in full sun or a centrally heated room or they will stretch and grow leggy.

**Strawberries:** A good time to increase strawberry stock, put small pots of compost next to your plants and peg down one runner into each. These will root quite quickly, then cut off runner and pot on.

**Vegetables:** You can still sow radishes and winter spinach. Plant out spring cabbage plants towards the end of the month. Keep tomatoes and chillies in the greenhouse well-watered. They will keep ripening well into October if looked after. Harvest what is ready

**Pots and tubs:** Keep well-watered. Plant some bulbs in small pots which can then be planted on into tubs when you remove the summer bedding.



Daffodils and Tulips can be planted remarkably deep in a tub leaving plenty of space at the tops for planting for Spring flowering colour, (bellis, pansies and primulas all do well). It is too early to plant Tulips in the ground.

Stop feeding potted plants to reduce the risk of winter frost damage. This reduces the amount of soft new growth which is more likely to be injured in a cold winter.

Remove any saucers from under containers, check drainage holes if possible, and lift the pots onto feet, or raise onto bricks with spaces below the drainage holes. This will prevent waterlogging if nature decides to make up for the lack of rain in spring and summer.

**Wildlife:** Some birds use nest boxes to roost over winter. Take them down and rinse out with hot water. Allow to dry out before putting back up. Line with dry grass or straw to make them warmer for small birds.

Leave some seed heads in place to provide an energy rich food source.



Leave fallen apples for the birds – if it is a cold winter, you may even get some interesting winter migrants.

Good Gardening

*Kevin*



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## EAST HARLING GARDENING CLUB

**Wow** what a show!

With the strange hot and dry weather I was expecting a very poor set of exhibits. I couldn't have been more wrong. This was the best show since the pandemic. The number and quality of entries was superb. There were a few notable gaps in the plants that prefer it cooler, the carrots were all small and there were only a couple of fuchsias and pansies.



There were loads of entries in the vegetable section,



and the tomatoes were particularly impressive.



Congratulations to our well-deserved prize winners.

Steve Robb was the very deserving winner of the Peter Sellens Trophy for the vegetable section.



Mary Murray won the Rose bowl for the most points in the flower section, and she also won the flower arranging trophy.

The top three entrants in terms of overall points were:

in 3<sup>rd</sup> place Ann Lake  
in 2<sup>nd</sup> place Steve Robb

in 1<sup>st</sup> place Mary Murray who took away the Montgomery Rose Bowl

It was also a really good social evening with the members bringing along snacks to share on their tables, catching up with old friends and making new ones.

Our September meeting is on Tuesday the 9th at 7.30 in the Old School Hall in School Lane and is a talk by Horse Welfare from Snetterton.

The table competition this month is a pineapple plant and /or either 2 blooms or sprays of dahlias or Chrysanthemums.

Admission is included in the annual membership or visitors are always welcome at £3. We look forward to seeing you!

## **HARLING OLD SCHOOL HALL**



### **CAN YOU SPARE A FEW HOURS A MONTH?**

**We urgently need a new BOOKING CLERK.**

Our current clerk is moving from the area.

**Duties include-** Being the first point of contact for Bookings at the village hall,

**Responsibilities -** Ensuring the Hirer has all the necessary forms etc., updating the booking Calendar on the website, liaising with the treasurer regarding bookings.

**This is a Voluntary position.**

If interested please contact our current clerk at [bookings.hosh@gmail.com](mailto:bookings.hosh@gmail.com) or

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Charity number 285674.

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## **AUCTION OF PROMISES (and other items)**

**Friday 17<sup>th</sup> October 2025**

**Old School Hall, East Harling**

**We will be raising money for the  
CHURCH ROOF**

Please can you help by donating things or promises that we can auction?

Any new items that you don't need

(No electrical items unless they are new and in the original box)

or maybe you can promise....

A ...A Morning's Gardening

Wine & Chocolates for a Romantic evening

A pot plant

Bake a Cake

Fruit basket etc.

Or if you have a business...

Vouchers for Meals; Manicure; Pedicure; Haircut;

Or maybe you would like to sponsor the event?

We will be very pleased with anything we receive

**Contact Dorothy Jubb 07384 571794**

(Timings for the Auction will be in October  
CONTACT)



## **RESPECT AND ENGAGEMENT ARE KEY**

Across the country we have seen political turmoil for the past decade, from Brexit and the pandemic to the UK's shortest serving Prime Minister and a disastrous mini-budget.

Amongst the unsettled political landscape, many people feel disconnected and trust in the political process is at an all-time low.

This is something I've been very conscious of, which is why engagement and listening have been at the core of my work over the past year.

When I stood against the former Prime Minister, Liz Truss, I made a promise that I would be a dedicated constituency MP. I wanted to represent the people I grew up with, the community who raised me, educated me and had now put their faith in me.

My recent summer listening tour took me to 36 of the 72 villages in my South West Norfolk constituency and provided a huge insight into the place I have called home my entire life.

During the tour, we would arrive at the village green or pub car park, open the boot of the car and pop up a table and chairs. Around 300 people took the time to meet with me, many of which had not engaged with me or my office previously.

Around 75% of the issues raised were entirely local – speeding and other highway issues being the most frequent topic of discussion, followed by the environment. People care deeply about their communities and want leaders who understand and advocate for them.

In an increasingly turbulent political atmosphere, with much discourse online, chatting with people face-to-face, remains by far, the best form of engagement.

In recent years, many politicians have thrived on sowing division, using catchy slogans and press conferences full of

bombastic promises to create conflict in communities, but it's easy to make promises when you're not the one responsible for delivering them. While some may like being the loudest voice, others are quietly doing the real work that benefits our local communities.

Throughout my summer listening tour, I also met with many of our local Parish Councils. Each of the villages in my constituency is unique with its own set of challenges and opportunities, and so often it is the Parish Council that binds a community together. As MP, supporting and advocating for Parish Councils, and joining-up national and local services is a key focus of mine.

I recently hosted two work experience students, and something I highlight to everyone who has an interest in politics, whether you're a student or someone later in life – if you want to get involved in your local area, start by joining your local Parish Council. There are plenty of vacancies, so please do look into joining.

*Terry Jermy MP for South Norfolk constituency since 2024.*

---

### **HARLING 10K 2025.**

This years race will take place on Sunday September 21st, start time 10.30 as usual from the Rec. Anyone wanting to take part should either go to the Harling Athletics Club Website or to Total Race Timing and follow the link to register.

I will be contacting last years marshals again shortly to see if you are available again to help us out and also our onfield helpers .

If anyone knows anyone else who would like to help on raceday please let me know as the 3 or 4 hours of the race as you know can be very hectic but good fun. (many hands make light work.) In anticipation thanks everyone for your help, as I have said before without your help we could not stage the race.

Chid Blades and Harling Athletics Club.

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## THE HISTORY OF NORFOLK ORCHARDS

*Thanks to Tony Fry*

As we enter the season of mellow fruitfulness I thought the following taken from Norfolk magazine October 2016 by Clare Stimson might be of interest.

Fruit trees have been a part of the Norfolk landscape since at least the Norman Conquest. The county's earliest record of fruit orchards appears in the foundation charter of Castle Acre Priory of about 1089. By 1662, when Thomas Fuller described Norwich as,

"either a city in an orchard, or an orchard in a city, so equal are houses and trees blended in it".

Fruit growing was widespread. Large-scale commercial orchards arrived with the coming of the railways in the 19th century. These were concentrated in two areas of the county, in the west, centred on the town of Wisbech, and in the east, on the Broadland rivers of the Waveney, Bure and Ant. Gaymers Cider Works in Banham and later Attleborough, was also a large consumer of Norfolk apples. However, by the late 20th century the UK fruit-growing industry was in decline due to cheaper imports and a lack of government support. By 2006 Norfolk's orchard acreage had been reduced to around 14pc of its 1950 level.

As the older orchards disappeared, so did the range of local varieties and the wildlife associated with traditionally-managed orchards. In 1994 a group of enthusiasts set up the Norfolk Orchards Project to raise awareness of the county's fruit heritage. By 2003 this group had developed into a charity - the East of England Apples and Orchards Project - still based in Norfolk but working across seven counties in the east of England. Still run largely by volunteers, it has been surveying and saving orchards, re-discovering lost varieties, encouraging the planting of new orchards and making sure the skills to manage them are passed on.

In 2012 the group established the East of England Fruit Collection at its headquarters near Fakenham. This contains more than 270 varieties of apple, pear, plum and cherry whose origins lie in the region, ensuring their safety for the future. The charity sells all these varieties, ensuring everyone can share in this unique heritage, with half of its sales each year going to schools and community groups. Tree sales also fund much of the charity's work.

Nearly 50 of these varieties (37 apples, two pears and 10 cherries) originate in Norfolk, offering an astonishing range of flavours and uses.

If this autumn you are thinking of planting some fruit trees perhaps consider some heritage varieties and contact the Norfolk Orchards Project.



## Macmillan Coffee Morning

The Hub will be hosting a Macmillan coffee morning on  
Monday 29th September  
from 10 am until 1 pm.

We look forward to seeing as many people as possible for this very worthwhile event for a coffee and a piece of cake.

There will also be a raffle.

Please note the date in your diary

## KNIT AND KNATTER



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## Frost, Flats & For Sale Signs: Your Car's Guide to Surviving Winter

We are having such a fantastic summer that we do not want to use the W word yet, but preparation is key my Mum always said.

As the weather turns colder and your windscreen becomes a sheet of ice every morning, your car is silently screaming for attention. Winter isn't just hard on us—our vehicles feel it too. Whether you're planning a holiday getaway, battling the school run in sub-zero temperatures, or thinking of selling before the new year, now is the time to give your motor some much-needed TLC.

Start with the basics. Check those tyres—bald ones are not fashionable this season. Top up your antifreeze, inspect your battery (cold kills weak ones), and make sure your heater actually heats. Nobody wants a daily commute that feels like a polar expedition. And if your wipers sound like they're begging for mercy, do them a favour and replace them.

If you're selling, presentation is everything. Clear out the takeaway wrappers, remove mystery stains, and give it a good polish. Buyers are more likely to say yes to a car that smells of pine rather than wet dog. **Bonus tip: a full service history makes you look responsible, even if your car snacks tell another story.**

Holiday travel? Be prepared. Keep an emergency kit in the boot: de-icer, torch, blankets, snacks, phone charger—and a snow shovel if you're anywhere north of Birmingham. And don't forget entertainment; a good playlist can keep passengers happy even when stuck behind a tractor on a frosty B-road.

Whether you're selling it, fixing it, or taking it on a winter adventure, your car deserves some seasonal attention. Treat it right, and it might just return the favour—by starting on the first turn and not embarrassing you in front of the in-laws.

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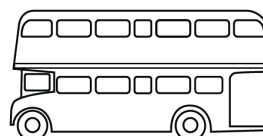
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## Ramblings from Brettenham

Once again, I am sitting at my desk, contemplating what to bore you with and recalling that in 2023 and in 2024 I have mentioned the weather and the farm at harvest time, just to keep the same pattern, I am going to find that I am repeating myself, but it is now 2025!!

Harvest has been and gone – basically good riddance to bad rubbish as the saying goes, no seriously, it was awful. All the corn crops suffered when there was such a drought early in April/May, no rain when you are trying to grow in sand, makes it difficult for the plant to flourish and the consequence is that when harvest time comes along a few weeks later, the seed is thin, the straw is short and generally the number of bales produced for use later in the year for the stock are less than required. All this means that the returns for the sale of the seed, the price of the straw and taking into account all the costs to harvest the crop is much more of a minus than a plus, such a shame when you consider all the work, dedication and care that goes into the production of the barley or wheat which is all dependant on the rain - but as we all know none of us can control it. If and when it does rain, it never seems to be at the time of day or night when most needed or convenient – if only we could arrange with prayers for it to be available when we would like it, I might find that I am on my knees most of the day and it would still not be at the right time for some folk with outings and events!!!. What do they say, An Englishman is never satisfied with the weather and can always chat about it!!

I am sure the gardeners have found the dry conditions difficult as well, my tomatoes and runner beans have really suffered, so much so, that I am close to writing this year off as 'year of drought' for so many whilst other parts of the country having had floods have suffered in other ways. Really brings home that Climate Change is with us and seems to become more apparent each year, I think today they mentioned that this is the fourth heatwave for 2025 and we still have several weeks to go before the glorious season of Autumn is with us and the leaves all begin to drop and the colours of the leaves and trees become magical in the evening sunlight.

September will see the Harvest Festival in the Church on the 28<sup>th</sup> at 11.00am. It would be great to see you and if you are able to join us, we will be having a light lunch after the service when we will be able to spread fellowship and

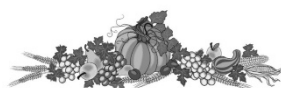
friendship as well as possibly enjoying the odd sausage roll or some other tasty temptation.

Soon after the Harvest Festival the Sugar beet harvest will start and those of you travelling to Bury St Edmunds will see that the factory has started processing all over again. Please try and support the British farmers in all ways that you can, remember it is not easy to produce the food that is grown in this area for you all to eat with so many demands and regulations regarding the environment and welfare standards.

Parsnips and carrots growing on the land have been subject to restrictions regarding the amount of irrigation available to use. The Authorities had to regulate the amount of water being used from the local rivers, but I am pleased to say that now the restriction has been lifted so all being well you will be able to have carrots and parsnips which have been grown here in Brettenham available in abundance for the Christmas dinner plates!! Take care and keep safe and remember that if you fancy a few minutes quiet, in a rural setting with a churchyard which has not been mown as we have followed the No Mow May Rule, you are welcome to visit St Andrews Brettenham. All good wishes Peter and Mary

### ST. ANDREW'S CHURCH BRETtenham

**HARVEST FESTIVAL**  
**SUNDAY 28<sup>th</sup> SEPTEMBER**  
11.00am



*ALL WELCOME TO CELEBRATE IN THIS  
DELIGHTFUL RURAL CHURCH.*

Seasonal refreshments will be served after the service. If you are unable to attend the service please join us and celebrate with us afterwards, it would be great to see you.

### Bridgham Church



**COFFEE MORNING**

*Saturday*  
**10-12noon**  
**27th September**  
**in Bridgham Church**





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### Fit, Fed, and Fabulous: The Real Secret to Living Longer

We all want to live a little longer—and feel a lot better while doing it. But the road to fitness isn't paved with fad diets and punishing workouts. It's built on small, sustainable habits: eating well, moving more, and looking after your body like it's the only one you've got. Because, well, it is. **So, what does it really mean to be "fit and healthy"?**

It's not about six-packs or squeezing into skinny jeans. True fitness means having the energy to do what you love, keeping your body strong and mobile, maintaining a healthy weight, and lowering your risk of chronic diseases like diabetes, heart disease, and high blood pressure. Bonus: it can add years to your life and life to your years. **Weight Loss 101: Eat Less, Move More (But Make It Work for You)** A calorie-controlled diet helps create the energy deficit your body needs to burn fat. But it doesn't mean starving. Aim for meals that are balanced, satisfying, and real. For example: Here's a simple daily meal plan for a 1,500–1,700 calorie day:

**Breakfast:** Greek yoghurt with berries and a spoon of oats or seeds

**Snack:** Apple with peanut butter or a boiled egg

**Lunch:** Grilled chicken or tofu salad with olive oil dressing

**Snack:** Carrot sticks and hummus

**Dinner:** Baked salmon, sweet potato, and steamed greens

**Drinks:** Water, black coffee or tea, herbal infusions

#### Exercise Made Easy

You don't need to live in the gym. Start with this simple weekly routine:

**3 x 30-minute walks** – brisk enough to raise your heart rate

**2 x strength sessions** – bodyweight exercises like squats, push-ups, planks

**1 x stretch or yoga day** – for flexibility and joint health

Even 15–20 minutes a day can transform your mood, metabolism, and motivation.

#### The Long Game: Health as a Lifestyle

Being healthy isn't a punishment—it's freedom. It means climbing stairs without puffing, chasing kids (or dogs) without collapsing, and ageing with grace, not groans. Combine regular activity with sensible eating, and you'll not only look better—you'll feel unstoppable. So, skip the gimmicks. Eat real food. Move your body. Sleep well. Laugh often. You've only got one life—make it a long and healthy one.

### GIRLGUIDING IN EAST HARLING DESPERATELY NEEDS VOLUNTEERS

1<sup>st</sup> Harling Rainbows is a thriving unit which meets on a Thursday. The current leader is stepping down after 10 years and it would be wonderful for the unit stay open but this can only happen with volunteers

Established in 2012 it has flourished through the pandemic and is currently full to capacity with a waiting list. It has supported in excess of 200 girls to be the best they can be making new friends, challenging themselves, learning new skills going on to future clubs with confidence.

#### WITHOUT VOLUNTEERS THIS UNIT WILL CLOSE.

We are asking for your support in finding a new leader where help, support and guidance will be given to maintain this flourishing unit.



**DIARY DATES 2025** for fundraising events, outings etc. in the parishes in the Harling United Benefice.  
Full details appear in the magazine pages

**A note on short forms for Venues for some events**

1. EHSSC is East Harling Sports and Social Club (opposite E Harling Church on Church Road)
2. OSH is Old School Hall in Harling on School Lane
3. Feline Care is on Roudham road
4. BVH is Bridgham Village Hall

**SEPTEMBER 2025**

- 1<sup>st</sup> Hub Coffee Morning -10-12 followed by exercise class 12noon to 1pm also on Mon 8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup>
- 2<sup>nd</sup> E Harling Film Night 7.15 for 7.30 OSH
- 3<sup>rd</sup> OSH Coffee Morning 10-12
- 6<sup>th</sup> **Community Café E Harling Church 10-12**
- 6<sup>th</sup> **Breckland Local Plan drop in at Harling Riverside (opposite Church) hosted by Harling Parish Council 10am-12pm**
- 6<sup>th</sup> Feline Care Pop up Shop 10-1pm
- 7<sup>th</sup> OSH Yard Sales 9.00-2.00 pm see page 10
- 9<sup>th</sup> Gardening Club OSH 7.30 talk Horse Welfare
- 11<sup>th</sup> EHSSC Rudd Room Camera Club 7pm
- 12<sup>th</sup> EHSSC Bingo – Eyes down 7.30pm
- 12<sup>th</sup> Harling Camera Club EHSSC Rudd Room 7pm
- 12<sup>th</sup> Friends of E Harling Church History&Music evening
- 13<sup>th</sup> Methodist Church Hall Jam and Chutney making 10am – 2pm details see page 5
- 13<sup>th</sup> Harling Back to the Future film show OSH 7pm
- 17<sup>th</sup> OSH Lunch 12 for 12.30
- 20<sup>th</sup> Harling Back to the Future film show OSH 7pm
- 21<sup>st</sup> HARLING 10 K race 10.30 see page 14
- 27<sup>th</sup> Bridgham Church Coffee Morning 10-12
- 27<sup>TH</sup> POSTPONED -EHSSC – BIG QUIZ till Nov 8<sup>th</sup>
- 28<sup>th</sup> Brettenham Harvest Service followed by lunch
- 29<sup>th</sup> OSH Macmillan Coffee Morning 10-1pm hosted by the Hub – (no exercise class this week)

**OCTOBER 2025**

- 2<sup>nd</sup> E Harling Film Night 7.15 for 7.30pm
- 4<sup>th</sup> Community Café E Harling Church 10-12
- 7<sup>th</sup> E Harling Film Night 7.15 for 7.30pm
- 9<sup>th</sup> Harling Camera Club EHSSC Rudd Room 7pm
- 11<sup>th</sup> EHSSC - Open Mic Night hosted by Mike & Gemma, 8pm
- 12<sup>th</sup> E Harling church Harvest Lunch 12 noon
- 14<sup>th</sup> Gardening Club OSH 7.30 pm
- 17<sup>th</sup> E Harling Church Auction of Promises see p 13
- 24<sup>th</sup> EHSSC - Kids Halloween party & disco, 6:30pm
- 31<sup>st</sup> EHSSC- Harling Fireworks Display, Followed by Starbrite Disco from 8pm to late

**CONTACT** is published monthly by East Harling Parochial Church Council and items for the August edition should be submitted to the editor by email by 12<sup>th</sup> July at the **ABSOLUTE LATEST**. Please ensure that the sender's name and address or telephone number is included in all communications .Please don't wait until the last day as we cannot guarantee last minute items will be printed.

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**Jam & Chutney Making Day**

13<sup>th</sup> September 10-2 at the

Methodist Church Hall

East Harling. Would you like to come and help make something delicious with all our

blackberries, plums, marrows and apples?

**There is only room for 6 people at each session so if you would like to come please sign up at**

[lynnandtony@outlook.com](mailto:lynnandtony@outlook.com) or phone 07554930054. See P5 for more details.



Have your say on the Breckland Local Plan for new housing and development in your area which is hosted by our local Parish Councillors at the Riverside opposite the Church and pop over the road for a coffee and cake afterwards and have a chat!!

**SATURDAY 6TH SEPTEMBER**

**East Harling Church  
10am-12.00 noon**

Coffee, tea and soft drinks will be served all morning. You will find a warm welcome, the opportunity to chat with neighbours and friends, to sample some delicious home-made cakes and browse the second hand book stall.

**Tuesday 2nd September  
FILM NIGHT**

**In Harling Old School Hall**

**Film starts at 7.30 pm**

**Open at 7.15pm for crisps, popcorn, soft drinks, teas & coffees  
Bring Your Own Bottle!**

Amid the political turmoil of 1970's Argentina, a down-cast English teacher finds a new lease on life when he rescues a stranded penguin. This film is based on true events; heartwarming, heartbreaking and hilarious in turns—starring Steve Coogan playing a British teacher at a posh private school.

**£5.00**

**EVERYONE WELCOME**