



FEBRUARY 2025

CONTACT

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

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Don't forget its Valentines Day on Friday 14th February!

ST PETER AND ST PAUL'S CHURCH BY HISTORIC LAMP LIGHT

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Also published on line on the following web pages:

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

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Sunday 2 nd February Candlemas	11.00 am All Age Soul Café Old School Hall 6.00pm	9.30 am Holy Communion	9.30 am Service of the Word	11.00 am Holy Communion	
Sunday 9 th February 4 th Before Lent	9.30 am Holy Communion	9.30 am Holy Communion			11.00 am Holy Com'union
Sunday 16 th February 3 rd Before Lent	9.30 am Holy Communion 6.30pm Harling Praise	11.00 am All Age	9.30 am Holy Communion	11.00am Service of the Word	
Sunday 23 rd February 2 nd before Lent	9.30 am Holy Communion	9.30 am Holy Communion			11.00 am Service of the Word

	Rushford	Shropham	Brettenham	Riddlesworth	Blo'Norton
Sunday 2 nd February Candlemas	9.30 am Holy Communion				
Sunday 9 th February 4 th before Lent					11.00am Holy Communion
Sunday 16 th February 3 rd before Lent		9.30 am Holy Communion			
Sunday 23 rd February 2 nd before Lent			11.00am Holy Communion	6.30 BCP Evensong	

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SIP APPROVED 10/04/2024

~ Floodlighting ~

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

February

4th **Geraldine Fletcher** remembering you Mum on your Birthday. Love Joyce, Darrall and Janette xxx.

16th **Alan Fletcher**, you left us 43 years ago. You are always in our thoughts and we miss you lots. All our love, Mum, Dad and Janette xxx.

27th **Edie Barber** remembering you Mum on your Birthday. Lots of love, Joyce, Darrall and Janette xxx.

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

How about Joining **Friends of East Harling Parish Church Lottery**

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FOOD BANK

Please Remember!



Items for delivery to Thetford Food Bank can be left in the hamper at the rear of the pews in East Harling Parish Church.

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No fresh fruit or vegs please.

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Thank You!

METHODIST CHAPEL WHITE HART STREET **Methodist Services in February 2025**

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9th 6.30pm Mr Dennis Cartwright
16th 10.45am Sectional service at Diss
6.30pm Harling Praise
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VALENTINE'S
COFFEE
MORNING

Sat 15th February,

10am -12noon.



All Welcome!





Dear friends

One of the great privileges that I have as a Priest is to meet with people, to listen to them when times are tough, or when they are trying to work things out, and to do what little I can to help. Obviously. I would rather that everyone's life was all plain sailing ... but in a world where that rarely, if ever, happens, it is wonderful to be able to sometimes offer some help.

Recently I met with someone going through a really tough time ... something has happened in his family life that affects him, his children, his work life – absolutely everything. But he said to me that I hear so often, that I'm almost always expecting it now ... 'Well, there are other people out there who have it tougher than me.'

He's right, of course. His troubles may well be much easier to bear than someone else's. But this isn't a competition. Your burden is your burden, and it's mostly irrelevant what other people are bearing. Importantly, though, facing reality is nearly always the first step to not only coping, but thriving. Naming, acknowledging, accepting that this present moment really is awful is the first step to really dealing with it, and journeying through it, and past it. Of course, what is usually happening is that people don't want to wallow in misery – and that's entirely right and wise. But facing the truth, however hard that might be, is always the right thing.

From a Christian point of view, I've heard it said that God never gives us more than we can handle. I don't think I agree with that. My own experience has taught me that life frequently hands me things I can't handle ... but the one who can handle all things is always with me. Bereavement, sickness, divorce ... all of these things could have broken me; but knowing that Jesus is with me in every single situation has always given me the strength and hope to press on.

The miracle here is that Jesus is with you too. The task is to turn to him, to open our heart to him, to place into his hands the things our hands can't grasp. This isn't magic – there's no sudden flash of light or solution (or rarely there is). It is awakening to the presence of God within each one of us, who will walk alongside us every day, shining love, joy, peace, hope and faith into our lives, whatever the day brings. I pray that you would come to know this for yourself – and am always available to share more of the wonderful truth about Jesus with you at any time.

Yours with blessing

Simon.

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Thursday 27th February 2025
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All are welcome - no need to knit, come to knatter!

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East Harling Methodist Church invites YOU to...

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Next on

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WHAT'S YOUR CARBON FOOTPRINT?

The wildfires in Los Angeles have brought vividly and tragically to the front of our

minds the effect of increasing temperatures on our planet. Worldwide governments, scientists and institutions are thinking of ways to slow this down. You might think that it is too big to think about or 'not our problem' but each of us can make some small decisions that collectively can make a difference.

It's not easy to make a start and we want to know that changes we think will make a difference actually do. One way is to do a personal carbon audit and find out your own personal carbon footprint. This is the amount of greenhouse gases - most often, carbon dioxide - released into the atmosphere as a result of our lifestyle. Calculating the carbon footprint is a complex task and there are several methods and calculators that have been created over the years. This month in church we will be calculating our carbon footprint and setting ourselves one or two goals to improve our score.

You can do your own carbon footprint online - 2 easy ones to access are www.footprint.worldagroforestrycentre.org or www.carbon-calculator.climatehero.org.

Individuals can lower their carbon footprint in a variety of ways including eating less meat, taking fewer flights and line drying clothes rather than using a tumble dryer.

A hundred mile journey starts with a single step.

HOW WELL DO YOU KNOW RECYCLING LABELS?

If you're at a large event, such as a festival or sports match, where compostable plastics mixed with food waste can all be gathered together in a particular bin and disposed of at large scale, compostable products such as cups, plates and cutlery have a place. Food waste and compostable crockery can be collected together, processed and broken down organically.

However, this isn't an option when it comes to your council-run household recycling. Also, what's worse is that compostable packaging added to plastic recycling bins can clog up machinery and break it. The only real household-waste option for compostable packaging is putting it into your general waste bin.

The exception to this is packaging that carries the home compost logo (below left), which is not the same as the seedling logo (below right). It's most likely to be found on compostable caddy liners. Items with this symbol can go into your garden compost or council food-waste collection (as a caddy liner) – but should still never go into your plastic recycling.



WHICH asked 1097 members in July 2022 about the different packaging symbols and found 48% thought the green dot logo (see left) meant something can be recycled. (it actually means the manufacturer has complied with packaging waste legislation but has nothing to do with the packaging's recyclability).



32% of people thought the compostable seedling logo meant packaging was recyclable when in fact **compostable products contaminate recycling**. The best label to look for is the On-Pack Recycling Label (OPRL; examples below). This collection of labels is becoming increasingly used on packaging in the UK. They're some of the clearest available in terms of letting

green background...>



people know what they can do with the item in question.

For packaging to carry the OPRL green 'recycle' label, 75% or more of UK local authorities must collect and effectively recycle it. That means if you know your local authority has particularly strict recycling conditions they may not take it, but the majority will.

If the packaging is labelled 'don't recycle', it means fewer than 50% of local authorities collect it. It's still worth familiarising yourself with exactly what is and isn't accepted for your area. You can enter your postcode into the [Recycle Now website](http://www.recycle-now.org) to see what your council allows.

It used to be very difficult for people to recycle plastic bags and wrapping, and while kerbside collection is still limited to a small number of councils (12% of UK councils in 2023 according to RECOUP), most supermarkets now offer a front-of-store recycling service for this packaging. Some also accept pet food and baby food pouches and salad bags. Or you can try specific store schemes such as the Pets at Home pet food pouch recycling.

This packaging logo indicates that the item can be recycled but may not be dealt with by your local council so cannot be recycled at home. Some plastic wrapping is now labelled with this logo and a notice which tells consumers not to recycle at home but to 'recycle with bags at large supermarkets'. Other soft plastic bags and wraps may not carry the label yet, but are still likely to be recyclable at supermarket collection points, so it's worth checking to see whether your local supermarket has a collection.



The seedling logo actually indicates that the packaging is compostable but only in industrial composters and certainly not in your home compost. At home you should put items bearing this symbol in general rubbish and not in recycling.



This symbol has nothing to do with recycling it simply indicates the type of plastic the packaging is made from.

Please Do Not 'Wishcycle' Putting things that can't be recycled – especially batteries – in the recycling bin can cause serious problems. Recycle glass, paper and textiles at designated drop off points at supermarkets and recycling centres. Lithium-ion batteries are a particularly bad problem. At least 250 fires are started every year by 'zombie batteries' in recycling or waste management facilities causing plant shutdown and endangering lives.

Batteries in power tools, children's toys, smartphones and tablets should all be disposed of properly at a local council recycling centre. You can also find local battery recycling points at www.takecharge.org.uk.

Editor with thanks to WHICH magazine

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THE GARDEN IN FEBRUARY

I am writing this in mid-January on a day of freezing fog. All the grass and trees are covered in ice crystals making everywhere look magical.

Of course, this is what the weather is supposed to do at this time of year, and is a great friend to gardeners. Hopefully, many of the overwintering pests (bugs and slugs particularly) will have their numbers brought down to more sustainable levels.

The downside is the effect on small wildlife such as voles and birds. Keep feeding the birds and do make sure they have access to non-frozen water.

Snowdrops and aconites: If you are lucky enough to have clumps of Snowdrops, wood anemone, English bluebells and aconites, they should be flowering from late January onwards. When they finish flowering is a good time to split them and plant them "in the green" – far more successful than planting dry bulbs and rhizomes in the autumn.



Perennials: Remove dead material before new growth starts. Split established plants and plant new ones.

Notes:

a) small plants from garden centres establish better and grow faster than large ones.

b) Look around the village - there are several stalls outside houses selling surplus plants at a fraction of the garden centre prices.

c) Don't forget the garden club plant sale in May!

Dahlias: Tubers are now available in garden centres. These can be planted in large pots in a frost-free greenhouse. Don't store packs in dry centrally heated rooms for more than a few days.

Sweet peas: Sow in pots in a cold greenhouse or cold frame. Soak seeds in water overnight (no longer) before sowing.

Annuals: Not until next month

Vegetables: Most packets of open pollinated seeds contain far more than you need. If resealed and kept cool and dry most seeds will remain viable for several years (not parsnips).

Sow in a heated greenhouse or on a warm windowsill:

Peppers, chillis aubergines and cucumbers which all need a long growing season for best cropping and wrinkled peas.

Sow in a cold frame or unheated greenhouse:

Broad beans, Brussels sprouts, cabbage, radishes and salad onions

Sow outdoors when ground is not frozen or waterlogged:

Parsnips, round seeded peas and summer spinach

Plant: early potatoes (towards the end of the month), garlic and new rhubarb crowns.

Chit: second early and main crop potatoes - place potato tuber upright in an egg box, in a light, airy, frost-free place such as an unheated room. If you chit your potatoes in a heated room this will speed up the process, but beware, unless your ground outside is similarly warm when you plant them, your potatoes will sulk!

Lawns: So long as the soil is not frozen this is a good month to lay turf so that it has time to produce a good root system ready for summer. (Wait until April to sow seed).

Hedges: If you haven't already, cut deciduous hedges hard to promote new growth before birds start building nests.

Pruning: Prune bush roses hard to outward facing buds. If you haven't done already prune apples and pears.

Houseplants: get dusting and may be wash with a little rain water from your water butt.

Have a good gardening month

Kevin



NORFOLK WILDLIFE TRUST BRECKLAND LOCAL GROUP

It was good to have such a big turn out for NWT CEO Eliot Lyne's talk on 8th January. Especially as it was a very cold evening. Eliot talked on NWT's Vision for the Future of Norfolk's wildlife and how the trust will be building on education and inclusivity, as he said you have to learn to love nature to want to help it. They are having a lot of success in the communities around Sweet Briar Marshes and hope to do similar work in our area, including Wayland Wood. Personally I think it would be great to get more understanding of just what this lovely ancient wood has to offer and why we must conserve and protect it.

Our talk on 12th February follows our brief AGM and is James Symonds giving an update on the work of the NWT Brecks team's work last year.

On 12th March James returns with a talk on Lichens. As Eliot said James is a walking encyclopaedia and his enthusiasm and passion is amazing.

Both talks are at The Methodist Centre, High Street. Watton. IP25 6AB. They start at 7.30pm with the AGM being about 7.15pm. Cost is £2 members, £3 non-members.



Have Your Say on the Future of the NHS

It's been a busy start to the year with a focus for the Government on health and social care – something I very much support having made it my number one campaign priority in South West Norfolk.

Wes Streeting, the Health and Social Care Secretary began 2025 by announcing a funding boost of more than £1.3m for Norfolk Councils as part of an £86million boost nationwide to the Disabled Facilities Grant scheme. However, as we are all aware, the NHS is still under severe pressure and the Government has made it a key priority to address the problems it faces. Whether you use the NHS or work in it, you see first-hand what's great, but also what isn't working. There is further information available at <https://www.gov.uk/government/news/new-reforms-and-independent-commission-to-transform-social-care>.

The Government have launched the biggest conversation about the future of the NHS since its founding in 1948 – and as your MP I'm inviting you to have your say. If you rely on, work in, or care about our NHS – I am asking you to contribute your views on the Government's proposed 10 Year Health Plan to help build a health service fit for the future.

This plan is being developed with people who use our NHS, the staff who work in it, NHS leaders, health experts, industry, and the wider public.

On the 1st of February, I'll be holding an event for residents in Downham Market and on the 8th of February I will be hosting an event for residents in Thetford so that you can have your say. These are open to all residents in South West Norfolk and I hope you will be able to come along and that you will invite your friends, family and neighbours too. To sign up to one of my in-person workshops, or to take part in the online survey and for further information on venues and times please email: terry.jermy.mp@parliament.uk.

We all owe the NHS a debt of gratitude for moments in our lives when it was there for us, when we needed it most. We need to do everything we can to make the NHS fit for the future. I hope you will take this chance to have your say. Thank you for all your help.

Office of Terry Jermy MP
Member of Parliament for South West Norfolk

GARDENING CLUB

In January we had our annual quiz evening. Well done to the "Lovely Ladies" and the "Wines Team" who came joint first with 71 points out of a possible 90.

In February we are welcoming Guy Barker to give us an illustrated talk on Snowdrops and Winter Jewels. We meet at 7.30 at the Old School Hall on the second Tuesday of every month. Visitors are always welcome at a cost of just £3.

The March meeting will be a brief AGM followed by a social evening.

We have a full program of talks lined up for the year beginning April (programme in next month's Contact)

Christmas Day Lunch

In December 2023 Simon and Tyrone first discussed with each other the idea of hosting a Christmas Day lunch in our villages for Christmas Day 2024. So, the Hall was booked in December 2023 with the risk there may not be an interest for such a thing. We then discussed this with some others within our churches and local communities and felt we should at least explore any interest. This was then advertised on various platforms locally.



On Christmas Day, the village hall became a warm haven of joy and togetherness as we prepared, cooked, served, and shared food with one another. The scent of festive spices and freshly baked goods filled the air, creating an atmosphere of comfort and celebration.

The table was laid with festive decorations, and there were many willing volunteers, to cook and serve lunch. Many others donated to the cause or helped in so many different ways. Thank you all for your much appreciated contributions! There were more than 20 guests and 14 volunteers who all made this Christmas Day such fun and so enjoyable for everyone. *(As a guest I can vouch for that - it was a truly joyous occasion – Editor).*

It was a traditional Christmas roast dinner with all the trimmings and the desert trolley had to be seen to be believed! The atmosphere of joyous celebration sharing stories and laughter over the meal fostered a sense of community that warmed our hearts even more than the delicious food. As we savored each bite, we reflected on the importance of connection, gratitude, and the joy of sharing with others. It was a beautiful reminder of how food can bring people together, celebrating not just Christmas, but the bonds that unite us across our villages. Our hearts were full, not just from the meal, but from the love and joy shared in that magical space.



(With thanks to Tyrone Best – Editor)

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BOOK REVIEW from Sally MacMillan

I know it is too late to wish you a Happy and Healthy 2025, but I'm going to anyway. For me, 2024 was not a wonderful year, due to living with long-covid, always there it seems and still is in 2025. The good news is that I am now able to read books, in the initial stages I wasn't at all, very long days. Thankfully reading books is the thing I love doing, my husband is very keen to hear this.

A mixed bunch this time around, but I hope you get to read new books as I have done.

My Last Supper by Jay Rayner

Jay Rayner is one of those personalities you either really like or really don't. I really like him; he makes me laugh and that's a good thing these days. You would think this book would be really depressing, but it is not at all. It makes you think about life from someone else's perspective, good to do sometimes. Put yourself in their shoes. There is a lot of discussion about food and what to do choose, the ending is most certainly interesting, not what you expect, definitely worth reading.

The Trial by Rob Rinder

This book was one of the books in the book group I attend in Thetford, c/o U3A, worth going to btw. I had never read any of this author's books before, it's a slightly tricky read in a way as it deals with legal terms, an area I know very little about. However, it's a really enjoyable book and I highly recommend it. There is another book, this is the only one I have read from this author.

Broadland by David Blake

I saw the David Blake series in our local bookshop, in Old Buckenham, Old School Buckenham (open from Friday to Sunday). I'm not able to read hard copy books now, so use a Kindle or Audible/Libby to hear books. The important thing about this author is that David Blake is a local author, i.e., he lives in Norfolk. His books relate to local areas and it's great to be able to identify them. He's a great crime author, I highly recommend that you read them in order though, Broadland is the first one. Why not try it if you haven't already?

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SOME WINTER WELLNESS TIPS

The dark winter mornings can get us all down. For all sorts of reasons, the beginning of the year can be tricky for lots of people. To counter this, the RSPB have offered these Winter Wellness tips to get you through till spring!

Go outdoors for some Vitamin N

Wrap up warm and go outside - spending time in Nature is good for our health and wellbeing. There is plenty of research that links access to green spaces with a lower risk of mental health problems, improved mood and increased life satisfaction. Why not head to your local park or nearest nature reserve and see what nature can do for you. Our local RSPB site at Lakenheath is a great place to visit and has access for wheelchairs and pushchairs too.

Listen to birdsong

Switching off and taking time to be present in nature by listening to birdsong can be very therapeutic. Open a window or go outside and listen for a Robin singing its heart out. They are one of the birds that you are most likely to hear singing at this time of year. Birds sing to mark their territories and to attract a mate, and their singing is a great reminder that spring is on its way and with it the promise of nesting, chicks and renewal. Go to <https://merlin.allaboutbirds.org/> An app which will identify birds from their song and has loads of other info.

Watch for signs of spring

Nature is constantly changing. Noticing the changes can help connect us with seasons, making us feel closer to the world around us. Take a look at our Springo Bingo activity for some inspiration on what to look out for. Phenology is the study of seasonal events in nature, especially in relation to the impact climate has on timings. You can help scientists monitor the effects of climate change on wildlife by recoding your sightings on the [Woodland Trust's Nature's Calendar](#) <https://naturescalendar.woodlandtrust.org.uk/> [Play Springo Bingo](#) <https://www.rspb.org.uk/helping-nature/what-you-can-do/activities/signs-of-spring>.

Gardening for wildlife

Think about what flowers, vegetables or herbs you might like to grow this year. On the RSPB web site there is a whole hub dedicated to wildlife gardening. Check out Nature on Your Doorstep and see what you could do. Plan a window box if you don't have a garden, or putting up a bird feeder or a window feeder can all make a difference to the local birdlife.

Lastly - don't forget to record your Big Garden Birdwatch results at <https://www.rspb.org.uk/whats-happening/big-garden-birdwatch>

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Donations gratefully accepted. There will be a raffle and there is a small charge for teas and cakes.

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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 Parish 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**

FEBRUARY 2025

- 1st E Harling Church Community Café 10-12 noon
 1st EHSSC Live Music with Kickdown 8pm
 3rd OSH The Hub coffee morning 10-12
 4th E Harling Film Night OSH 7.15 for 7.30pm
 5th OSH Coffee Morning 10-12
 5th BVH Wednesday Social 11 – 1pm
 10th OSH The Hub coffee morning 10-12
 11th Gardening Club OSH 7.30pm
 13th E Harling Camera Club EHSSC Rudd Room 7.00pm
 14th EHSSC Bingo Eyes Down at 7.30pm
 15th Harling Methodists Chapel White Hart Street
 Valentines Coffee Morning 10-12
 17th OSH The Hub coffee morning 10-12
 19th BVH Wednesday Social 11-1pm
 19th OSH Lunch 12 for 12.30
 22nd Bridgham Church Coffee Morning 10-12 in the Village Hall
 22nd **East Harling Church by Lamplight 4-8pm (see front page) on show are over 200 lamps! All welcome to this free amazing spectacle**
 24th OSH The Hub Coffee Morning 10-12
 27th Knit and Natter at 12 Greenfields 9.30-11am

MARCH 2025

- 1st Feline Care Pop Up Shop 10am - 1pm weather permitting
 1st E Harling Church Community Café 10-12 noon
 1st EHSSC Live Music with Mark Anthony & Isaac 8pm
 4th East Harling Film Night 7.15 for 7.30pm
 5th OSH Coffee Morning 10-12 noon
 13th E Harling Camera Club EHSSC Rudd Room 7.00pm
 14th Bingo – Eyes Down at 7.30pm
 19th OSH – Lunch 12 for 12.30
 20th-22nd Harling Theatre presents “The Vicar of Dibley” in the Old School Hall (see page 9)

APRIL 2025

- 1st East Harling Film Night 7.15 for 7.30pm
 5th E Harling Community Café 10 -12 noon
 11th EHSSC – Bingo Eyes down at 7.30pm
 12th OSH Quiz Night
 12th East Harling Church Pulham Orchestra in Concert 7pm
 20th EHSSC – Live Music with Lick & a Promise 8pm

8	3	4	2	1	5	9	6	7
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2	8	3	6	5	9	7	1	4
9	1	7	3	4	2	5	8	6
6	4	5	1	8	7	2	3	9



SATURDAY 1st February
 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.

Everyone Welcome!

Tuesday 4th February
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!

A 2024 biographical drama based on the life of a wonderful performer how he overcame adversity, and the journey behind his revolutionary music and featuring rare footage and interviews with those close to him. A journey from his early life to later international success as a reggae superstar and spokesperson.

Rated 12A
 £5.00
EVERYONE WELCOME

COME ALL YOU
MOVERS SHAKERS & BAKERS

Volunteers Needed to help setting up and running the monthly Community Café held on the 1st Saturday every month in Harling Parish Church from 10 – 12

Or If you like making cakes and bakes these would be very welcome too!!

EAST HARLING GARDENING CLUB
STOP PRESS

We are considering running a coach to the Spalding Tulip Festival on Saturday 10 May. Cost will be £23. Further details on our Facebook page, and in March Contact Magazine.

CONTACT is published monthly by East Harling Parochial Church Council and items for the March edition should be submitted to the editor by email by 12th February 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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