



JANUARY 2025


# CONTACT

## EAST HARLING - WEST HARLING - BRIDGHAM - ROUDHAM - BRETtenham - LARLING - RUSHFORD VILLAGE NEWS AND EVENTS

CHURCH SERVICES & NEWS PAGES 3 AND 5  
REVD SIMON CHRISTMAS MESSAGE - PAGE 6  
CHRISTMAS TREE FESTIVAL REPORT-  
SEE PAGE 9  
EVENTS - SEE PAGE 10  
BIG GARDEN BIRD WATCH - PAGE 10

MESSAGE FROM OUR MP TERRY JERMY ON  
IMPROVING ACCESS TO GP SURGERIES -  
SEE PAGE 14  
SOME ECO-FRIENDLY NEW YEAR'S  
RESOLUTIONS - SEE PAGE 14  
BRIDGHAM & LARLING NEWS - SEE PAGE 18  
CONTACT DIARY SEE PAGE 20

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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 5 <sup>th</sup> Jan Epiphany Sunday	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 12 <sup>th</sup> January Baptism of Christ	9.30 am Holy Communion	9.30 am Holy Communion			11.00 am Holy <u>Com'union</u>
Sunday 19 <sup>th</sup> January Epiphany 2	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 26 <sup>th</sup> January Epiphany 3	9.30 am Holy Communion	9.30 am Holy Communion			11.00 am Service of the Word

	Rushford	<u>Shropham</u>	Brettenham	<u>Riddlesworth</u>	<u>Blo'Norton</u>
Sunday 12 <sup>th</sup> January Baptism of Christ					11.00am Holy Communion
Sunday 19 <sup>th</sup> January Epiphany 2		9.30am Service of the Word			
Sunday 26 <sup>th</sup> January Epiphany 3			11.00am Holy Communion	6.30 BCP Evensong	

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SIP APPROVED 10/04/2024

**St James's Place**

~ Parish Records 2024 ~

~ Funerals ~

We offer our condolences to the family and friends of:-

Anne Houston whose funeral took place in East Harling Church on 29<sup>th</sup> November 2024 followed by cremation.

~ Floodlighting ~

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

12<sup>th</sup> December 2024 in memory of **ANNE HOUSTON** of East Harling who passed away on the 30<sup>th</sup> of October 2024. She will be dearly missed by so many and leaves behind her children, Shaun, Andrew and Neil and four grandchildren.

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

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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.

All items must be 'in date'.

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Thank You!

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5th Jan 10.30am Local arrangement  
6.00pm Soul Cafe at Old School Hall  
12th 10.30am Rev David Ely  
6.30pm Mr Pat Mottram  
19th 11.00am United service at Garboldisham Parish church  
6.30pm Harling Praise  
26th 6.30pm Rev David Ely

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



Friends and neighbours

I don't know about you, but I love winter ... or at least I do until we get to January. Up until the New Year, it's all bright lights and getting ready to celebrate. But then, everything changes.

I heard a story once about an American Bishop, walking down the street in New York on Boxing Day ... to his astonishment, he nearly lost an eye as a Christmas tree was jettisoned from an apartment above him. Christmas Day had happened – and now it was back to normal, in the frozen darkness of winter.

However, in the Christian faith, Christmas (which lasts for twelve days, beginning, not ending with Christmas Day) leads into Epiphany, when we celebrate the visit of the Wise Men, the Baptism of Christ, and on into February, the Feast of Candlemas, when we recall the child Jesus, forty days after his birth, being presented at the Temple in Jerusalem. Here the prophet Simeon recognises him as the Messiah, and calls him the Light to illuminate everybody.

Along with the natural darkness, many of us feel the gloom in our own lives. But the Light that shines in every darkness is always with us, on Christmas Day, on Candlemas, and on that grey, rainy Tuesday in January when it just feels a bit much. Sometimes it's a tiny, flickering light, and even those of us most acquainted with finding it have to look really hard to see it. But the Light is always there.

I hope that this New Year, this dim and dingy January, with darkness all around us in the world, you will find that Light, Light that will guide your every footstep, Light that will warm your heart, Light that will always lighten the way home.

Yours with every blessing

*Simon.*

Revd Br Simon.

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## EAST HARLING CHRISTMAS TREE FESTIVAL 2025

Once again this year's event has been very successful with more trees, more lights and more visitors than ever before! We officially have 125 Christmas Trees on display.

This year the PCC took the decision to leave the church open each day throughout the two weeks that the festival is on. This is to allow many more people to visit during the day even though the lights are not on. In the day light the Christmas Trees are still an amazing spectacle with so many inventive and novel ways of decorating trees. In addition this year we have many more "Creations" made out of all sorts of materials which serve as Christmas Trees including this one by Rachel Robb (see below).



The Festival was officially opened by Bishop Ian the Bishop of Thetford, following a lovely medley of Christmas Carols played by Nick Sacker on his cornet. The Bishop's opening speech and some of the Carols have been posted on the St Peter and St Paul Facebook page along with some lovely photos of the illuminated trees, a magical sight!



As I write this we are only half way through the two weeks but already we have had well over 500 visitors on the three days it has been open.

It is great that various people when stepping through the door and viewing the scene have said Wow!. Radio Norfolk have visited and broadcast an interview with Revd Simon and Susan Wilson so we expect that there will be even more visitors in the second week!



A further report will appear in the February magazine. Meantime thank you to all who have been involved one way or another



The above is the "Holey Church Roof" decorated with silver buckets, chunks of rotted wood and pictures of creatures that inhabit most church roofs, beetles and bats!. This Tree is intended to remind us all that St Peter & St Paul, East Harling is on the At Risk register because of the poor state of the roof which is indeed "Holey" with perished roof lead and leaks of rain water through holes and gaps in the roof coverings making the bucket and mop a necessity. Hopefully work will start in the autumn of 2025 on the repairs!

*Editor*

## NORFOLK WILDLIFE TRUST BRECKLAND LOCAL GROUP

Last month we had a slightly different but very interesting talk by Lynne and Tony Fry. They spent some time living and working at [Hilfield Friary](#) in Dorset, where the community manage the land and grow their own food sustainably and working with nature. This also sounds a lovely place to stay if you need some peace.

This month we will be instructed on Conserving Norfolk's Adders- but at least they're hibernating so they won't be joining us!

2025 kicks off with NWT CEO Eliot Lyne talking about the Trust's vision for the future. This is Wednesday 8th January at 7.30pm, The Methodist Centre, High Street, [Watton](#), IP25 6AB. Cost is £2 [members](#) £3 non-members. We wish you all a Happy, Healthy and Peaceful New Year.



### REGISTRATION FOR BIG GARDEN BIRDWATCH 2025 IS NOW OPEN!

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Go on line to this link [Big Garden Birdwatch](#) where you will find all you need to know. Simply count the birds you see from your garden, balcony or [local park](#) for an hour, then go online to tell us what you saw.

You can watch from inside with a cuppa or wrap up warm and sit quietly with the birds outside. Simply choose an hour between 24<sup>th</sup> and 26<sup>th</sup> January and count the birds you see land in your garden, on your balcony, or in your local park. Then tell us what you saw. Even if you saw nothing, it still counts.

Right now, in the face of the nature and climate crisis, nature has never needed you more – and, with Big Garden Birdwatch, it's easy to get involved. Your results have been helping us to see how the UK's garden birds have been faring since 1979.

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## THE GARDEN IN JANUARY



More than most months January gardening is very weather determined.

Over recent years long very cold spells have become less

common, while prolonged wet periods are becoming the norm. Walking on the soil when it is waterlogged can cause excessive compaction which makes it harder for air and water to get through the top layer.

If the soil is reasonably dry and frost free there are many jobs that can usefully be carried out this month.

1. **Shrubs and young trees** After the very strong winds of the autumn these may have rocked about, and need the soil firming around them, and possibly staking. It is a good time to tidy up and remove dead and damaged wood.

Move deciduous trees and shrubs that are in the wrong place.

Plant bare rooted deciduous trees, bushes and hedges (including fruit trees and bushes).

Deciduous hedges can be cut hard to encourage new growth before the birds start nesting towards the end of February.

2. **Dahlias** If you dug and stored your dahlia tubers, bananas or cannas they should be checked and use a fungicide if needed.

3. **Potatoes**. If you have space in a cool room to spread out some seed potatoes it is worth buying a few to have a better choice of varieties. Cardboard egg boxes/ trays are ideal for spreading them out. Don't leave them in their plastic bags, and certainly not in the dark. Planting under fleece in cold greenhouse late February, outdoors not until mid March onwards.

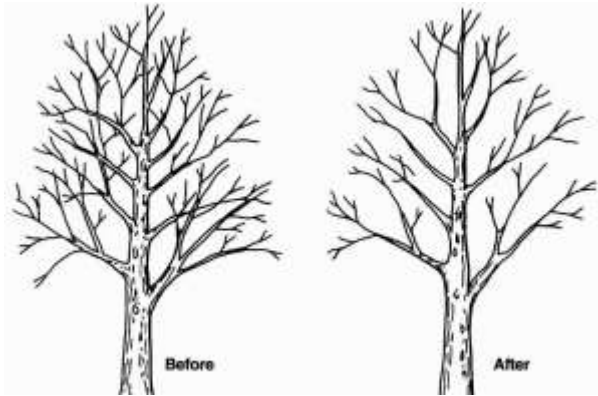
4. **Bulbs** Bring last pots of Hyacinths and other bulbs indoors to force early flowering – don't subject to excessive heat or over water or they will stretch and become leggy.

Lilies can be planted indoors for an early display under glass or in the house.

5. **House plants** Remove faded flowers and leaves. Do not over water. Give plenty of light, but don't leave behind curtains at night, even with double glazing it can get very cold.

Keep indoor cyclamen healthy by placing in a bright, cool room. When the compost is dry, stand the pot in water for about 20 minutes until the top is slightly moist. Remove damaged leaves and dead flowers regularly.

6. **Fruit Trees** Continue winter pruning (not cherries, apricots, peaches or plums which are subject to fungal diseases if open wounds are left).



7. **Blackcurrants** Start pruning towards the end of the month. Cut out approximately a third of the old branches including any that are trailing along the ground

8. **Vegetables** Keep harvesting

9. **Sweet peas** Sow in a cool but frost free greenhouse. Sow in deep pots or old toilet roll middles. Keep moist but not wet.

10 **General** Clear paths of algae and moss. Clean and sharpen tools.

11. **Birds** Scrubbing bird feeders with a mild disinfectant and hot water occasionally can help prevent the spread of bird flu. Feed with fat-rich food.

Top up your bird feeders and fill up your water containers so that you are ready for the Big Garden Bird Watch see page 10.

*Good Gardening*  
*Kevin*

---

### **GARDENING CLUB**

December was a busy month. We had a fabulous Christmas lunch at the Swan who coped well with 33 of us having a variety of options and with some dietary needs. (I can highly recommend them for their Sunday lunches).

We decorated a tree at the church Christmas tree festival.

Also hopefully (I am writing this before we go to meet Contact deadlines) we had an awesome trip to the Christmas show at Cromer (thanks Jenny for organising it).

January meeting is, as always, the second Tuesday of the month, and as has become tradition, it will be a quiz night (no prizes, just a gentle start to the year with a chance to relax in good company).

Visitors as always are welcome.

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## IMPROVING ACCESS TO GP SERVICES

On the doorstep during the general election period one of the main issues discussed was access to a GP. To many it feels like they cannot get an appointment and are forced to fight against the "8am scramble". These experiences were not uncommon.

According to the most recent NHS data, 124,101 people in Norfolk and Waveney waited for two weeks or more, with 70 per cent of surgeries above the national average of 1,721 patients per GP due to the lack of funding.

My number one campaign priority during the election was health and social care. During the campaign I spoke to a number of residents around East Harling and Garboldisham about GP services and visited a session in Kenninghall Village Hall with Healthwatch Norfolk.

Amongst all of the health and social care related concerns it was GP services specifically in this corner of South West Norfolk that took priority. Since taking office in July the new Government has begun to tackle the issue and the backlog announcing more than 1,000 newly qualified GPs will be recruited thanks to government action to remove red tape currently preventing surgeries from hiring doctors.

The government have asked NHS England to start collating 'examples of best practices' in general practice, as the objective of this review is to 'reduce bureaucracy through a rapid review of the issues'.

The bureaucracy review will focus around five groups, which will cover:

- Medicines and prescribing
- Data, digital and technology
- Workforce, training and education
- Contractual and financial flows
- Metrics

Also, the Health Secretary has struck a deal with the Junior Doctors. Since December 2022, a variety of NHS worker groups have taken industrial action, which has caused the NHS to postpone 1.5 million consultations, procedures, and operations at an estimated cost of over £3 billion which will now stop additional pressure that has been put on our general practitioners.

This is the beginning towards shifting the focus of healthcare out of hospitals and into the community to "fix the front door to the NHS". I will continue to lobby the Government on this issue to improve access to GP services for residents in Kenninghall and surrounding areas.

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

## SOME ECO FRIENDLY NEW YEAR RESOLUTIONS

1. Walking more, driving less and using the bicycle for short journeys. This is good for the environment and very good for your health – get your steps in!

2. Buy Second-hand and buy less un-necessary items like make-up, hair products, or those spider lashes! Shop for "new" clothes in charity shops, on various online outlets such as Vinted, and do clothes swaps with a friend. Perhaps try not buying new for a period of a month or so and see how you get on.

3. Stop using single-use plastic - stop buying food in plastic wraps and trays in the supermarket. Buy loose vegetables and try buying meat and poultry direct from the farmer. Stop the use of plastic films in your kitchen opting for paper wraps instead.

4. Take your re-usable cup when you go for a coffee. You could save 10.3kg of CO2 over the lifetime of the mug. Buy bamboo cutlery instead of plastic.

5. Saving water - using less water is an easy New Year's resolution to make having shorter showers, opting for showers instead of baths, using the shorter wash cycle on your machine can all save on this precious resource.

6. Stop food waste - Do freeze items you are not going to use before their use by date, and save your left overs to incorporate in some other meal in the freezer. If you have your own garden start a compost bin habit! Make sure you store food correctly to start with. All these measures will ensure you use up all the food you buy in one way or another and none of it will finish up in land fill.

Whilst you are not going to be able to completely transform the way you shop and manage your life, by the end of the second week in January, just by taking one or two of these actions and incorporating them into your routine you are helping to reduce your carbon footprint and go a long way to helping our planet recover from the effects of climate change.

*Thanks to "Green Energy" - Editor*

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### TALES OF OLD HARLING 21. David Bailey. A little light on the dark ages. A.D. 400-1068.

For over 5,000 years there have been four small farming communities nestling within the protective bends of the River Thet. Since the stone ages these four communities were connected to each other by the River, by a trackway we now call the West Harling Road and later by two Roman roads. When the Roman army left our shores in the early 5th century to defend their homelands, history tells us that our country was invaded by waves of Germanic tribes-- Jutes, Angles, Saxons and Vikings. Over the next 600 years or so these peoples transformed our country, giving us the English language and the bases of many of our laws. Even though Christianity was gaining a firm foothold in Britain at this time, surprisingly little in the way of written records survive, it is why this era is known as The Dark Ages and why this vacuum of knowledge was often substituted with myths and legends. To understand what happened to our four small riverside communities during these troubled times, we have to turn to records written 600 years later and, more reliably, the study of their place-names, surviving landscape features and some archaeology. So, what IS known about our four riverside communities during these years? They had no names as yet and we had to wait until 1086 when the Domesday book revealed them collectively as THE HERLINGAS. Today they are East Harling, Middle Harling, West Harling and Harling Thorpe. After the Roman army returned to Rome in 410 A.D it left the 'Herlingas' in a very vulnerable position. There was a constant threat of invasion from the directions of the Rivers Thet and Little Ouse or from both of the now undefended Roman roads--leaving wide-open flanks in all directions. A dangerous situation! Sometime during this period of threat all able bodied men, women and children of the 'Herlingas' joined forces with those from neighbouring villages, and with much sweat and toil built a palisaded bank and ditch between the two rivers to plug the gaps. It was an incredible feat of achievement and co-operation. A small section of this once impressive defensive earthwork still survives as 'The Devils Ditch'.

The earliest surviving written records that may enlarge our story date from 1046 and c.1050 where EAST Harling is called HERUNGHAM and HERUNGE respectively. More information followed a few years later in 1086 when each of the four HERLINGAS were assessed for taxation purposes in the Domesday book. There are five entries, two for East Harling and one each for West, Middle and Harling Thorpe (continued overleaf on page 16) not mentioned by name until 1254 as 'Herling Media'. The fact that East Harling has two entries does not mean it was any bigger or more important, the manor assigned to Middle Harling had FOUR 'carucates' of land and the other three manors had only five between them.

Continued from page 15

A 'carucate' is a medieval term for the amount of land a plough team could till in an annual season--approximately 120 acres. Clearly, from this and other evidence East Harling had not yet become the biggest of the 'Herlings'. In a conflicting Domesday entry East Harling is recorded as having a Church!\*\* Does this mean the others did not? Or that there were more Christian converts living in East Harling rather than more people? Each entry is frustratingly brief, so we will never know. This earlier church, undoubtedly built of wood and daub, would almost certainly have stood on the same prominent site as the one today, enjoying the security of a bend in the River against Viking raiders. Again, we will never know as evidence of its existence would have disappeared when the present magnificent stone-church was built over it a couple of hundred years later.

A closer look at the place-name HERLINGAS may give more clues about its origins. The suffix '-ingas' in a place-name is Anglo-Saxon and, controversially, taken to mean 'the people of --', with a personal name added accordingly. 'The Herlingas' thus becomes **The People of Herla**. There was a mythological King of the Britons called Herla in Germanic-Saxon legend but presumably our Herla was real--and a local tribal leader-- but there is no evidence of his existence. This is not to belittle this explanation, I'm only suggesting that it should not stop us from considering an alternative origin of our place-name which I offer here as **The People Of The Misty Lake\***. Allow me to elaborate:- Prominent features in the local landscape were also incorporated into ancient place-names, like many Welsh villages today, but whilst we don't have any mountains, ravines or waterfalls near Harling, we DO have a few landscape features which 1,500 years ago were dramatic and prominent enough to define its location and potentially explain our place-name. Again, allow me to elaborate:- Each of the four ancient Harlings were situated around the edge and just above the flood plains of the River Thet, which often flooded to create a large shallow LAKE about two miles long and half a mile wide. It has silted up now, but its waters are not far below the boggy surface. It is an inaccessible area today and its eastern edge is now called **Black Carr**. In the middle of this damp and marshy landscape there is a **HILL** --high enough to be an island when the lake formed. On top of this hill are the remains of two Iron Age roundhouses, where our ancestors lived 2,000 years ago. It is called **Micklemoor Hill\***. Today frequent morning and night-time banks of **FOG** creep across this ancient flood-plain, people who live in that area now and who witness this phenomena from their gardens along the West Harling Road, describe it as "mysterious"-- "spooky"-- "beautiful, especially at sunset!". Our Dark Age ancestors would have experienced exactly the same fear and the same beauty when the same sun slipped down across their Lake. Why would they not not have included a reference to this impressive event within the name of the place that defined them? What's the evidence? Maybe some of the following Old-English words within the place name HERLINGAS, along with some imagination, could translate as **The People Of The Misty Lake?**

Bearing in mind local dialect forms with no spelling rules. Haar or Harl = FOG ( sea fog or fog over open water). Ingas = **THE PEOPLE OF.**-- Lyng = **BANK** or **RIVER TERRACE**. e.g The origins of Lyng, Norfolk (the village. Lynn / Lin(g) (as derivatives of Llyn) = **LAKE**, ( e.g the origins of Kings Lynn i.e. Kings 'Lake'). I first proposed this theory some decades ago in talks and elaborated on it in a Contact article\*.

Finds of Saxon pottery sherds from the later dark ages have been found in the plough-soil at Middle, West Harling and Thorpe. Unfortunately all evidence of Saxon occupation in EAST Harling is hidden beneath its streets and houses. Soon after Saxon times the higher lands of EAST Harling became a more popular place in which to live and farm, consequently the focus of occupation shifted uphill and away from the damper lands. By 1350 the population decline was serious and by the 17th century these three communities were almost deserted. That's another story, but can explain why there is little evidence of Saxon history in EAST Harling.

An appeal to readers of this article, please keep an eye open for anything you find that looks ancient--especially any shards of unglazed pottery. I found two rims of a large 10<sup>th</sup> century cooking vessel about a metre down whilst digging the foundations for the porch on our cottage in White Hart Street so the evidence is there, it just needs to be recognised.

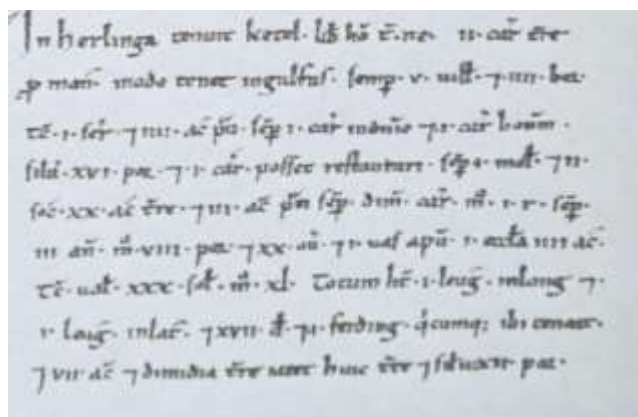
A small archaeological dig was carried out in the area of West and Middle Harling during the early 1980's. It showed this area had enjoyed continuous but small-scale occupation for 5,000 years. Occupation during the Dark Ages was shown from finds of late-Saxon pottery which re enforced the Domesday entries. Some coins from the middle Saxon period were also discovered which, importantly, changed some ideas about the territorial frontiers of the three middle Saxon Kings among whom the kingdom of East Anglia was divided in the mid-eighth century. Some medieval ditches were found that ran northwards from the site towards the area of the seasonal Lake which would be tempting to think were built as moorings for shallow bottomed fishing boats, but this remains unproven. Slots and post holes showed evidence of a small building here of middle Saxon date---but the excavation was too small to determine its purpose.

Some people reading this may recall that some pits were found containing numerous disarticulated bones. Assumptions followed that these were "Plague Pits". The bad news is that they were found to be re-buried skeletons disturbed from a nearby cemetery whilst digging for chalk in the 19th century, proved by the discovery of a VICTORIAN BUTTON at the very bottom of the pit!

**David Bailey.**

**References:- \* Contact.Tales Of Old Harling. David Bailey. Numbers—9-10-11-13-16-17-18 -19.**

**\*\* Domesday. Entry ref' number 8, under 'Lands of William de Ecouis'.**



Extract from Domesday Book referencing Herlinga





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**AQUAFABA (CHICKPEA WATER)**  
**MERINGUE**



This is a great recipe which allows you to make meringue without using egg whites substituting the water from a can of chickpeas instead (called Aquafaba)

**Ingredients**

4000g can chickpeas

100g castor sugar

**Method**

1. Heat oven to 110C / Fan 90 C/ gas ¼ and line a baking tray with baking parchment.
2. Drain the can of chickpeas into a large clean bowl, saving the chickpeas for a another recipe.
3. Using an electric whisk, beat the chickpea water until soft peaks form (similar to egg white (this takes rather longer than beating egg whites so be patient!))
4. Add the sugar a little at a time whisking constantly until thick and glossy. This step is crucial to helping the meringues hold their shape and you'll be whisking for up to 10mins far longer the traditional meringue
5. Spoon or pipe the meringue mixture over the tray in 8cm blobs. bake for 1hour 15 mins until crisp. Leave to cool then pile with cream or (soya cream great dessert for vegans) and fruit if using.

(Recipe from Good food Barney Desmazery)

BRIDGHAM VILLAGE PRESENTS

## Wednesday Social

Come join us for some fun and games, a cup of coffee or tea. Bring your crafts, cards or just yourself.

**Start@11am**  
Bridgham Village Hall

ON THE 1ST AND 3RD WEDNESDAY MONTHLY

Please note there is just the one Social this month on the 15<sup>th</sup> January and we look forward to seeing you! Happy New Year!

## FELINE CARE

rescue sanctuary advice rehoming

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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**

**JANUARY 2025**

- 4<sup>th</sup> There will be No Community Café today
- 6<sup>th</sup> OSH The Hub coffee morning 10-12
- 7<sup>th</sup> E Harling Film Night Old School Hall 7.15 for 7.30pm
- 8<sup>th</sup> OSH Coffee Morning 10-12
- 9<sup>th</sup> E Harling Camera Club EHSSC Rudd Room 7pm
- 10<sup>th</sup> EHSSC Bingo Eyes Down at 7.30pm
- 12<sup>th</sup> St Ethelberts Plough Sunday service Larling 2.30pm
- 13<sup>th</sup> OSH The Hub coffee morning 10-12
- 14<sup>th</sup> Gardening Club OSH 7.30pm Quiz Night, all welcome
- 15<sup>th</sup> Bridgham Village Hall Wednesday Social 11-1pm
- 16<sup>th</sup> Roudham and Bridgham Parish Council meeting  
7.30 pm at Bridgham Village Hall
- 20<sup>th</sup> OSH The Hub coffee morning 10-12
- 21<sup>st</sup> E Harling Parish Council meeting OSH 7.00pm
- 22<sup>nd</sup> OSH Lunch 12 for 12.30
- 25<sup>th</sup> Bridgham Church Coffee Morning in the Village hall  
10-12 noon
- 25<sup>th</sup> Feline Care Pop-up-Shop Roudham 10 – 1pm  
weather permitting
- 27<sup>th</sup> OSH The Hub coffee morning 10-12

**FEBRUARY 2025**

- 1<sup>st</sup> E Harling Church Community Café 10-12 noon
- 1<sup>st</sup> EHSSC Live Music with Kickdown 8pm
- 4<sup>th</sup> E Harling Film Night OSH 7.15 for 7.30pm
- 5<sup>th</sup> OSH Coffee Morning 10-12
- 13<sup>th</sup> E Harling Camera Club EHSSC Rudd Room 7.00pm
- 14<sup>th</sup> Bingo Eyes Down at 7.30pm
- 19<sup>th</sup> OSH Lunch 12 for 12.30

**MARCH 2025**

- 1<sup>st</sup> Feline Care Pop Up Shop 10am - 1pm  
weather permitting
- 1<sup>st</sup> E Harling Church Community Café 10-12 noon
- 1<sup>st</sup> EHSSC Live Music with Mark Anthony & Isaac 8pm
- 4<sup>th</sup> East Harling Film Night 7.15 for 7.30pm
- 5<sup>th</sup> OSH Coffee Morning 10-12 noon
- 13<sup>th</sup> E Harling Camera Club EHSSC Rudd Room 7.00pm
- 14<sup>th</sup> Bingo – Eyes Down at 7.30pm
- 19<sup>th</sup> OSH – Lunch 12 for 12.30

**APRIL 2025**

- 1<sup>st</sup> East Harling Film Night 7.15 for 7.30pm
- 5<sup>th</sup> E Harling Community Café 10 -12 noon
- 11<sup>th</sup> EHSSC – Bingo Eyes down at 7.30pm
- 20<sup>th</sup> EHSSC – Live Music with Lick & a Promise 8pm

**CONTACT is published monthly by East Harling Parochial Church Council and items for the February edition should be submitted to the editor by email by 12<sup>th</sup> January 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.**

**EDITOR:** email [sue.wall@uwclub.net](mailto:sue.wall@uwclub.net)

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For enquiries regarding deliveries and insertion of flyers please contact the Editor by email.

**Tuesday 7th January**  
**FILM NIGHT**  
**In Harling Old School Hall**

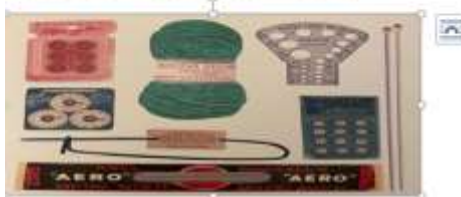
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**Thursday 23<sup>rd</sup> January 2025**  
**9.30 to 11am**

**Change of Venue: By Kind invitation:**  
**Carrick House, West Harling Road, East Harling**

**Please contact Karen 07818063844 if you require any information.**  
**All are welcome**

**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!**