



JANUARY 2026

CONTACT

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

VILLAGE NEWS AND EVENTS

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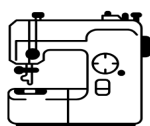
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For in unity, we find strength, peace and light.**

Also published on line on the following web pages
<https://www.facebook.com/ehsspp20/>

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

<https://roudhamandlarling-pc.norfolkparishes.gov.uk/2020/08/17/contact-magazine/> for
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Priest in charge: *Benefice in Vacancy*

Associate Priest: Revd Lynn Fry: Tel: 07554930054,

Email: lynnandtony@outlook.com

Welcome to our Services in January 2026

	Sunday 4th January Epiphany Sunday	Sunday 11th January Baptism of Christ	Sunday 18th January Epiphany 2	Sunday 25th January Epiphany 3
East Harling	11:00 All Age 6.00pm Soul Café in the O S Hall	09:30 Holy Communion	09:30 Holy Communion	09:30 Holy Communion
Garbold- isham	09:30 Holy Communion	09:30 Holy Communion	11.00 All Age	09:30 Holy Communion
Wretham	09:30 Service of the word		09:30 Holy Communion <i>(To be confirmed)</i>	
Bridgham	11:00 Holy Communion		11.00 Service of the word	
Larling		11:00 Holy Communion		11.00 Service of the word
Shropham			09:30 Holy Communion	
Blo’Norton		11:00 Holy Communion		
Riddles- worth				06.30 BCP Evensong
Rushford	9.30 Holy Communion <i>(To be confirmed)</i>			
Brettenham	Due to the Interregnum	there are no services this month		

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ECO CHAPLAIN -Revd Lynn Fry



At a special Choral Evensong in Norwich Cathedral, in Celebration of Chaplaincy, four new Eco Chaplains were commissioned by the The Bishop of Lynn, the Rt Revd Dr Jane Steen, on Sunday 16 November. **Lynn Fry, Helen Blake, Meg Forster and Iain Grant** have been trained to help

parishes embed creation care in their mission and ministry, through worship, teaching, pastoral care, discipleship, witness, buildings and land across the diocese.

The primary purpose of this voluntary role is to encourage and support churches to respond to the climate and ecological crisis, by advocating for environmental action, resourcing others, and helping churches on their Eco Church and net zero journey. Eco chaplains are frontline missionaries for many people who may not darken the door of a church; remaining faithful and speaking truth to power – a *“bridgehead between a world that needs God and a Church that offers God.”*

As Associate Priest (SSM) in the East Harling benefice, and a Spiritual Director for the Diocese, Lynn will be available to support churches on their eco journey in the South West of Norfolk. *“Working in Papua New Guinea really opened my eyes to the truly wild spaces we still have in the world and the need to support the people who care for them. In our own context, this means caring for every small space of ground we have and consciously making*



good choices for the well-being of all. Sometimes that means putting nature first, God's gift to us all. As a church, we have the potential to be leaders in this work of environmental justice – a call for us to be prophetic voices in the places where we live.

METHODIST CHAPEL WHITE HART STREET METHODIST SERVICES FOR JANUARY

4th 10.30am Local Arrangement
6pm Soul Cafe at OSH
11th 6.30pm Mrs Linda Spencer
18th 10.30am Mr Nev Hodson
6.30pm Harling Praise
25th 6.30pm Mr Pat Mottram

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

Daily Mass 8.00am
Sunday Mass 10.30am
Holy Days 8.00am
For further information contact:
David & Gerda Bailey (01953) 717639

Parish Records 2026 ~ **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

January 2026

1st January **RICHARD ADAMS**
Always close in our hearts and thoughts
With much love, Carole, Caroline and Alix

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

A BIG THANK YOU.

A big thank you to **The Market Stores. The Post Office. E Harling Pharmacy. The Butchers. The Cake Shop** for displaying and selling copies of my book 'Tales Of Old Harling'. You sold 300 copies, and the profits of £1,500 have now been passed to E Harling Church PCC for funding The CONTACT magazine
David Bailey

Benefice News



Dear Friends,

Thank you so much for the many kind messages, cards, conversations and prayers we have received over the past few weeks. They have meant more to us than we can properly express. Our time here in the Harling and Guiltcross Benefice has been a real joy, and we leave deeply thankful for the welcome, generosity and care we have known within the church family and across the wider community.

As we prepare to leave at this Christmas season, we do so with hearts full of gratitude and affection for you all. Christmas reminds us that God is faithful in every season — in beginnings and in endings — and that the light of Christ continues to shine, even when things feel uncertain or unfamiliar.

Although it may feel for a while as though the parish is without a vicar, please be assured that you are very much in safe and capable hands. Your Churchwardens and PCC will continue to care faithfully for the life of the church, and a generous team of clergy have kindly offered their time and support to ensure worship, pastoral care and the sacraments continue. Nothing is “on hold”, and the church remains very much open and alive.

Please do continue to come — for Sunday worship, for quiet prayer during the week, or at moments of joy and sorrow when the church is needed most. You will always be welcome, and help is never far away — just be in touch.

As we step into a new year, we go with thanks for all that has been, and hope for all that lies ahead. Be assured of our prayers for this wonderful Benefice, for the church, the schools, the groups whom I have got to know and the whole community, and may God’s peace and blessing be with you this Christmas and always.

With every blessing,

Revd Josh

It was announced on the 2nd of November that Revd Josh is to be the next Rector of the Gayton, Grimston, Massingham and District Benefice in the Diocese of Norwich. His institution and induction will be taking place at 3pm on the 11th of January 2026 in St Botolph’s Church, Grimston - all are warmly invited to share in the start of Josh’s new ministry.

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BIG GARDEN BIRD WATCH IS BACK 23- 25 JANUARY 2026



HOW TO TAKE PART – MORE INFORMATION AT

<https://www.rspb.org.uk/whats-happening/big-garden-birdwatch>

1. get your free guide and stock up on bird food
2. Spend an hour watching the birds in your patch, between 23 and 25 January, and record the birds that land.

Tell us what you saw (even if that's nothing at all)! You can submit your results online or by post.

Record the highest number of each bird species you see at any one time

Most spotted in 2025

- 1 House Sparrow 1,211,260
- 2 Blue Tit 946,698
- 3 Woodpigeon 859,780
- 4 Starling 784,741
- 5 Blackbird 732,472

What's on at the Village Hall

Check our website www.harlingoldschoolvillagehall.co.uk

JANUARY



WED 7 JAN

Coffee morning
Bacon rolls
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10-12 noon

WED 21 JAN

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BOOK REVIEW - SALLY MAC JAN 2026

I hope you all had a good Christmas with the potential of book tokens or gifts brought to you via Santa Claus. Here are some books you may not have tried before. It's always great to read something new at the start of a New Year. How many books do you intend to read this year? Do you just read/listen to as many as you can or set yourself a target? I know a lot of the books I review are crime related, but not this month as I hope you find.

I see you by Clare Mackintosh

This author is a newly found author by me, and I have thoroughly enjoyed her books so far. This is the second book in her series, the first book was called "I let you go," it was so good I read that one in a day. Unheard of for me. Whilst this book is the second in the series the books don't follow on from the previous one, but they do have a common theme amongst them. With this one, you "think" you know who the villain is, but how wrong can you really be. Very is all I would say, without any spoilers, but it is most certainly one of the best books I read in 2025. Try it, you won't be disappointed, just make sure you start it earlier in the day!

In the Waning Light by Loreth Anne White

This book was recommended by a member of the Norfolk Online book group I attend. Whilst this book is American, the narrator's voice (as I heard it on Audio) was very soothing to listen to. I thoroughly enjoyed this book. You could say it was a crime book, but actually it is better to describe it as a modern novel. A delightful story of relationships across the various areas in the US from big cities to country life. Yes, there was a crime committed many years before, but really this is just a happy story.

The Bookshop on the Shore – Jenny Colgan

My stepdaughter recommended this book to me, a novelist I did not come across until now. Actually, I was really pleased that it "wasn't a traditional crime type of book." As others have said in her reviews, the author has a way of writing that makes you melt inside, I certainly had that feeling when I read it. I didn't finish it in a day like the other books I often read, but it was a book I looked forward to returning to. It is very warm hearted and spirited, something you could imagine happening on the edges of a loch in Scotland. It sounds idyllic, although perhaps not in wintertime. The main character Zoe has moved to Scotland to run a bookshop with her daughter. All I would say is, make sure you start it on a rainy day with a good fire going, then when you're ready, enjoy.

More next month, hopefully you'll send any feedback to the editor, although I'm guessing if you don't like the books I review, I would know by now. Happy New Year to you.

We shall either find a way or make one



Save the date
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charity fundraiser

Race Night

Saturday 7th March 2026

7pm – 11pm

at The Old School Hall

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11.30am Tues 20th Jan

Theme: Parables of Jesus



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Douglas James Frost

(with thanks to all the family; Ed)

Where do I start to describe my dad who has lived to the wonderful age of 96 and 10 months! I'm sure you all raised a chuckle when the walk in music "Run Rabbit Run" was played, but I'm sure you will all appreciate that rabbits were a theme right throughout his life.



He was born at Thorpe Farm West Harling on the 10th November 1928, the 9th child of 12, and 10 minutes after his dear twin sister Dorothy. She always took great delight in telling him she was the eldest of the twins.

He went to Harling Primary School but often by the age of 12 skipped school to go out with his dad who was working as warrener for Shadwell Estate. It was during this time that he learned how to trap a rabbit, use a ferret, set a mole trap and shoot a gun. These skills would later form a major part of his life.

He left school at 14 which was in the middle of WW2 and he went to work in Harry Rudd's garage in the village. During the war it was difficult to buy a bicycle and the only way you could get one was to build it from scratch. Dad was an expert at this and this set the scene to turning his hand to build anything.

As war ended, Dad was called up for National Service and he joined the Royal Norfolk Regiment. After basic training he was given the opportunity to join the parachute regiment which he jumped at (no pun intended). He was posted to Germany where he got to see the brutal aftermath of war. It's here where he learnt to parachute, first from balloons then through the floor of a Dakota aircraft. He absolutely loved it, he was fit and fearless the real "Action Man". He was always nominated as number 1 first to jump as they knew he would never refuse to do it no matter what the conditions were.

After his 2 years were up the army wanted him to stay, but home was calling with his childhood sweetheart waiting for him. Plus the offer of a job on Shadwell Estate that would provide a house in Rushford for when mum and dad married. They married in Harling church on 21st February 1953 and he worked on the Shadwell Estate for three years and then moved to a better job at a Farm in Huntingfield near Halesworth. We stayed there for 3 years before escaping back over the border and home to East Harling as the farm in Suffolk was sold and dad was offered a job on Town Farm here. This is where dad started his love of working with dogs. From then onwards East Harling was home where we moved from Town Farm to the Crescent and then for the last 30 years mum and dad lived at Hamblings Piece.

When we moved to the Crescent, dad decided a career change was needed so in the early 60's he joined the construction company called Walter Lawrence based in Swaffham. This was at the height of the cold war. This company had contracts to build runways and bomb shelters at RAF Bentwaters and West Raynham. Dad used to drive the works minibus every day ferrying the workers around

and in his time he laid yards of concrete. He had hands like shovels! However, when the opportunity arose in the late 60's to go and be a pest controller with the Depwade Rabbit Clearance Society and he jumped at the chance. They had contracts to control rabbits and vermin on farms and woodland all over Norfolk. He absolutely loved this job and being in the great outdoors and he continued to do it well beyond his retirement age. Even after he retired he was still the village "mole catcher" looking after the Bowling Green right up until he stopped driving at age 94.

Dad wasn't one for holidays, he would rather be in his shed making stuff and he carved over 200 birds, made dozens of walking sticks that are all over the world and some wonderful replica farm carts and a gipsy caravan.

When mum was in hospital last year, dad was telling the nurse how they had been married for 71 years and she said "what's your secret?" As quick as a flash he replied "I spent a lot of time in my shed!"

He did leave his shed to undertake a holiday of a lifetime to celebrate their 40th wedding anniversary when he and mum along with his sisters Dorothy, Janet and Beryl went to Australia to visit their youngest sister Sheila and her husband Roy. He absolutely loved being in the great outdoors and swimming in their pool.

As he got older the production from the shed continued, he made bird tables and bird boxes that are distributed all over the village, and he loved sitting in the lounge watching the birds feeding outside in the garden. Not to mention if the odd pigeon landed on the lawn the air rifle was always standing beside the lounge window ready for a shot.

He was a true Norfolk Man, he loved the countryside, he always had an opinion, a brash exterior but a heart of gold. His love and knowledge of the countryside led to him appearing on the BBC TV with television royalty. Dad and Richard Frost were featured on a TV series about the countryside hosted by David Dimbleby when he visited Norfolk. They were featured with their dogs and ferrets and putting Mr Dimbleby right in terms of conservation and the need to control vermin to protect nature. Dad certainly had very strong opinions in this area to say the least. He also provided the voice over for the warrener feature at the Ancient House Museum in Thetford.

He was a very strong man both physically and mentally and an inspiration to us all. He beat stomach cancer in his mid sixties, he made a rapid recovery following an operation in Addenbrooke's for a bleed on the brain when he was 94.

He dealt with loss of mum and his twin sister within a month of each other last year, it was tough but he was determined to remain independent and in his words "curling his toes up in the bungalow". Kim and I strived to grant his wish, which we did, but this would not have been possible without the support and companionship given by his wonderful neighbours David and Vivien, which Kim and I are profoundly grateful for.

Just to finish with I thought I would give you one of his favourite little ditties,

"If you want to keep a pet, keep a chicken,
It will lay you an egg each day, with no vet bills to pay,
Once it's laid its lot, it's ready for the pot,
And you can start all over again!"

Tony Frost

EAST HARLING HUB –SUPPORTING COMMUNITY WELLBEING

Since launching in December 2022, the East Harling Hub has grown from a simple idea into a thriving community space. Created to offer a warm, friendly environment where anyone can drop in for a chat, a cup of tea and a chance to connect with others, the Hub has quickly become a valued weekly fixture. Held every Monday, it provides a social lifeline for many residents and offers new members of the village a welcoming introduction to community life.

Over the past three years, the Hub has hosted a wide range of activities – from craft workshops and first aid training to visits from local organisations and seasonal celebrations, including Easter and Christmas events. This year's VE Day afternoon tea attracted more than 50 people, and the Hub's Macmillan Coffee Morning fundraiser has now raised over £1,700 across two years.

Earlier this year, the Hub team explored new ways to support wellbeing in East Harling. With the village now recognised as a Breckland Mindful Village, and with the introduction of the "Happy to Chat" bench at the Recreation Ground encouraging conversation, the team then asked an important question: could the Hub offer a free, gentle exercise class to help improve balance, mobility and confidence, reduce the risk of falls, and create another welcoming social space?

In June, the first Strength and Mobility class launched, led by local yoga teacher Catherine Seipp Coe and fully funded for its first year by the Harling Combined Trust. The response has been exceptional. Around 30 people now attend each week, representing a wide range of ages, abilities and health needs. The sessions are friendly, lively and supportive, with plenty of conversation and laughter before the group begins exercises designed to strengthen the core, improve joint stability and increase overall mobility.

The Hub is delighted to announce today that it has now been awarded £4,400 from Norfolk Community Foundation's Love Norfolk Fund, enabling the class to continue for at least another year.

Kate Filby, Clerk to Harling Parish Council, said: "Our Monday Hub has gone from strength to strength, and it's a project we are extremely proud of as a Parish Council —especially the free Strength and Mobility class, which is making a real difference to the mental and physical wellbeing of so many." Claire Mackintosh MBE, Chief Executive of Norfolk Community Foundation, said:

"Norfolk Community Foundation is delighted to support this much-needed project that will make a real difference in the community. We wish them every success with their work."

The Hub is a Harling Parish Council initiative run entirely by volunteers

EAST HARLING FILM CLUB

We have had an interesting and entertaining year in 2025. We had some technical hitches with the equipment, and occasionally with the DVD's but the sound system and our technical expertise have all improved enormously, and this has all added to the entertainment. It is very much a relaxed welcoming space, and we do get it right in the end!

We have shown films that made us laugh like "Must love Dogs", fascinating thrillers like "Conclave", ones that made us a bit emotional like "One Life", and some that gave food for thought like "Belfast", or "The Viceroy's House".

Our audiences have grown steadily and film goers do have the opportunity to offer ideas of what they would like to see, and provided our licence covers the particular film distributors and it receives enough support, then we can do so. This has resulted in a rich mixture of different types of films and our last showing before Christmas was Jersey Boys a very popular choice!

Under the terms of our licence we are not allowed to advertise what we are showing on any one night although if you email me then I can put you on our general email list which will let you know what the film showing will be. Our advert in CONTACT does give hints as to what sort of film to expect which I trust helps.

We look forward to welcoming new and old film goers in February 2026. Film night is always the first Tuesday in the month at the Old School Hall on School Lane in East Harling 7.15 for a 7.30pm start. Teas and Coffees and snacks or bring your own bottle!

Sue Dolling (sue.wall@uwclub.net)

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Why Advertise in *CONTACT*?

- **Direct access to a loyal, local readership** — Your advert reaches residents who value community businesses. We only deliver **CONTACT** locally and within our Benefice, thus you get the opportunity to build a clientele.
- **High retention** — Our magazine is kept for the entire month, meaning your advert is seen repeatedly. It is also published online for those who prefer more tech savvy options. Many readers have **CONTACT** by their phone as a reference.
- **Trusted environment** — Businesses featured in **CONTACT** benefit from the credibility and goodwill associated with a long-established community publication. All your neighbours use **CONTACT** as a first call, and word of mouth is still the best way to market your business. We can help you with that!!

Last year we encouraged people to take out larger adverts, converting their small block advert to either double or even quadruple blocks. You did not disappoint. Because of this we could “clean-up” **CONTACT**, giving you a neater layout and a better read, as we could increase font sizes and add a few more graphics so the pages did not look so uniform.

We would like to encourage people to do so again this year, and I will extend my offer to do a **FREE** design for those wanting to move from a one block to a two block advert.

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Get in Touch Today

To secure a permanent placement or to discuss advert sizes and rates, please contact the editorial team as soon as possible. We will be happy to help you choose the best option to promote your business effectively. Email: contactmagazine.advertising@gmail.com

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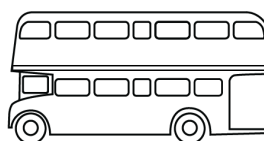
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DIARY DATES 2026 for fundraising events, outings etc. in the parishes in the Harling United Benefice.

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
- =====

JANUARY 2026

- 3rd No Community Café this month
6th No Film Club this month
5th HUB 10 -12 followed by Exercise Class 12-1pm
7th OSH Coffee Morning and bacon rolls
7th BVH Wednesday Social 11-1pm
8th E. Harling Camera Club EHSSC Rudd room at 7pm – meetings take place on every 2nd Thursday all in the Rudd Room at 7pm
9th EHSSC Bingo Eyes down 7.30pm
12th HUB 10 -12 followed by Exercise Class 12-1pm
13th Gardening Club Quiz night 7.30 OSH
19th HUB 10 -12 followed by Exercise Class 12-1pm
21st BVH Wednesday Social 11-1pm
21st OSH Hot lunch of sausage & mash 12 for 12.30
24th Bridgham Church Coffee Morning in Bridgham Village Hall 10-12noon
26th HUB 10 -12 followed by Exercise Class 12-1pm
31st Feline Care pop up shop 10-1pm weather permitting

FEBRUARY 2026

- 3rd Film Club OSH 7.15 for 7.30
7th Community Café E Harling Church 10-12noon
10th Gardening Club 7.30 OSH
12th E. Harling Camera Club EHSSC Rudd room at 7pm
13th EHSSC Bingo Eyes down 7.30pm

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 12th January 2026 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 or new email address from January ehcontactmagazine@gmail.com

TRADE ADVERTISING: contact Ben Yorke tel: 01953 717450 or email Contactmagazine.Advertising@gmail.com

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

Tuesday 3rd 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!

Towards the end of WWII a brisk refugee from Nazi Germany, a doctor, arrives at Stoke Mandeville hospital in Buckinghamshire and is appalled to find the partially paralysed spinal patients heavily sedated and left to rot with bed sores. He immediately initiates a new regimen of treatments and eventually gains the trust of the nursing staff and the patients, when they see he is treating them as people, not patients, talking to them and involving them in musical entertainments and sporting activity. An excellent story about caring and nurturing people to enable them to achieve their best.

£5.00 donation
EVERYONE WELCOME



An early VALENTINES DAY SATURDAY 7th 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!

DON'T FORGET The RSPB's Big Garden Birdwatch Friday 23 to Sunday 25 January 2026)

This is the world's largest garden wildlife survey!

Last year, nearly 600,000 people took part and over nine million birds were counted. We've lost a staggering 38 million birds from UK skies in the last 60 years. With birds facing so many challenges, it's more important than ever to get involved in the Birdwatch. See the details on how to take part, on page 9.

You can download a free guide and ID chart to help you identify the birds you spot on the RSPB

website. Find out more at:

rspb.org.uk/whats happening/big-garden-birdwatch