



JULY 2022

CONTACT

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

CHURCH SERVICES & NEWS PAGES 3 AND 5
REVD SIMON'S NEWSLETTER SEE PAGE 6
EVENTS SEE PAGES 9 AND 20
GARDENING NOTES - SEE PAGE 10
JUBILEE CATCH UP - SEE PAGE 13

HARLING 10 K RUN SEE PAGE 13
HARLING NEWS SEE PAGES 14 & 16
BRIDGHAM EVENTS - SEE PAGE 18
CONTACT DIARY SEE PAGE 20



SEE THE NEW WEBSITE— www.harlingguiltcrossbenefice.org.uk

Also published on line on the following web pages

<https://www.facebook.com/ehssp20/>

<https://bridghamparishcouncil.norfolkparishes.gov.uk/2020/10/09/contact-magazine/> for
Bridgham

<https://roudhamandlarling-pc.norfolkparishes.gov.uk/2020/08/17/contact-magazine/> for
Roudham and Larling

<https://www.harlingpc.info/> under the News page.

MARKET STORES

BIRTHDAY CARDS & STATIONERY

D.I.Y. & HARDWARE

+ ELECTRICAL ACCESSORIES +

Open Tues/Thurs/Fri & Sat 9 to 5

Open Wednesday 9 to 1

Market Square, East Harling

Telephone: 01953 717303

East Harling Sports & Social Club

CHURCH ROAD, EAST HARLING

THE HOME OF LOCAL SPORT AND RECREATION

F: east harling sports & social club

T: 01953 718251

E: enquiries@ehssc.org.uk

www.ehssc.org.uk

K & J NEWS

Newspapers and Magazines

Home Delivery Service

7 days a week

or days to suit you.

Friendly, efficient, reliable
service whatever the weather

Phone: 01953 718791

VILLAGE HALL FOR HIRE

- FULLY EQUIPPED CATERING KITCHEN WITH TABLE SETTINGS FOR 100
- STAGE, PIANO, DRESSING ROOM
- PA AND WIRELESS MIC CAR PARKING
- MODERN TOILETS (WITH DISABLED)
- **NEW FOR 2022- WIFI THROUGHOUT**

"EXCELLENT KITCHEN FACILITIES"
"GREAT SPACE FOR OUR WEDDING RECEPTION"

TO BOOK, PHONE MARY

01953 717768

07766 745674

www.harlingoldschoolvillagehall.co.uk

Harling Old School Village Hall
Registered Charity No. 285674

newton press

Family Owned & Run • Over 25 Years Experience

COST EFFECTIVE DESIGN & PRINT SOLUTIONS

DESIGN • PRINT • FINISH

Established 1995

WHAT WE CAN DO FOR YOU

- LOGO DESIGN
 - BRANDING
 - BUSINESS STATIONERY
 - WEDDING STATIONERY
 - BROCHURES
 - VAN GRAPHICS
 - SIGNS
 - INVOICE PADS
 - ROLLER BANNERS
 - LABELS
 - CALENDARS
 - YEAR PLANNERS
 - CLOTHING
 - BANNERS
 - PROMOTIONAL ITEMS
- & SO MUCH MORE

Units 7-8 Clowfield Industrial Estate, Lopham Road, East Harling, Norfolk NR16 2JT

www.newtonpress.co.uk 01953 711994 sales@newtonpress.co.uk

EAST HARLING POST OFFICE

Mon-Fri. 09:00 - 17:30

Sat. 09:00 - 12:30

Cash withdrawals – most banks

Cash deposits

Car Tax

Bill payments

Parcels accepted up to 30kg

Local collect available

Pay Station top-ups

Mobile Phone top-ups

Good range of gift items

Cards for all occasions
(constantly changing)

Pet supplies – competitive
prices

Most brands of pet food
available to order

Dry cleaning

Tel: 01953 714602

East Harling Pharmacy

Part of East Harling since 1896

Memorial Green, East Harling.

Tel: 01953 717207

Closed for lunch 1pm - 2pm

Open MON-FRI 9am to 6pm

SAT 9am to 1pm.

- Prescriptions Services.
- All NHS services.
- Influenza Vaccination.
- Dispensing for Nursing Homes.
- Weight Loss Advice (Lipotrim)
- Disposal of Unwanted Medicines.
- Delivery Services

EAST HARLING YOUTH CENTRE FOR HIRE

We offer a hall and kitchen
for hire at very
reasonable rates.

Ideal for children's parties.
Ample parking.

To book please contact Graham Jubb
at grahamjubb@yahoo.co.uk or
telephone 01953 717128

East Harling Window Cleaning

Local, friendly and reliable

Traditional method

All types of windows

Inside and out — Frames and sills

Conservatories

Gutters, fascias and soffits

One-off or regular visits

Competitive prices

Call today to arrange a free quote!

07919 345887/01953 714681

Or find us on Facebook



24hr Local Locksmith CCTV supplied and installed LHS Locks & Home Security Ltd

Free Security advice

All Locks Fitted to BS 3621 incl uPVC Door Multipoint Locks

All Types of Keys Cut for Doors and Windows

Alarm Systems - from Bells Only to Monitored Systems

Call Rick on 01953 681805 or 07841 714026



MUSIC LESSONS IN EAST HARLING

Piano, Sax, Flute, Clarinet,
Singing, Music Theory

LIVE MUSIC FOR YOUR EVENT

Sax and Piano Duo available
for Weddings, Garden Parties,
Birthdays etc

07851 098652/07538 578 788

www.roundmidnightmusic.co.uk

RoundMidnightMusicNorfolk

HARLING AND GUILTCROSS BENEFICE

Priest in charge: Rev'd Simon Richardson, Tel: 01953 558763
The Rectory, Church Road, East Harling. NR16 2NB



~ Welcome to our Services in July 2022 ~
Midweek Communion every Wednesday at 11.00am in East Harling Church

Date	East Harling	Garbl'sham	Wretham	Bridgham	Larling
Sunday 3 rd July St Thomas the Apostle	11.00am All Age NB NO Soul Café this month	9.30am Holy Communion	9.30am Holy Communion	11.00am Holy Communion	
Sunday 10 th July Trinity 4	9.30am Holy Communion	9.30am Holy Communion			11.00am Holy Com'union
Sunday 17 th July Trinity 5	9.30am Holy Communion 6.30pm Harling Praise Methodist Chapel	10.30am All Age (with Methodists)	9.30am Service of the Word	11.00am Service of the Word	
Sunday 24 th July Trinity 6	9.30am Holy Communion	9.30am Holy Communion			11.00am Service of the Word
Sunday 31 st July Trinity 7		11.00am Benefice Service Holy Communion			

Date	Brettenham	Riddlesworth	Blo'Norton
Sunday 3 rd July			
Sunday 10 th July Trinity 4			11.00am Holy Communion
Sunday 17 th July Trinity 5			
Sunday 24 th July Trinity 6	11.00am Holy Communion		
Sunday 31 st July Trinity 7		6.00pm Holy Communion	



ATTLEBOROUGH SERVICE CENTRE



MOT IV & VII
CARS & VANS
UP TO 3.5 TONNES

VEHICLE SERVICING
AND REPAIRS
Roudham Road, East Harling
01953 718224



Clarke Gosling VEHICLE ENGINEER



- All makes servicing and repairs
- Diagnostics
- Punctures repaired
- Tyres fitted
- MOT tests (Class 4)
- Free local collection/delivery service
- Estimates/quotes provided

MOT test appointments available
Saturday mornings

Open: Monday-Friday 8am-5pm
(Lunch 12-1)

Call us on: 717137
Or text: 07704 337344



A local family-run business providing quality work at affordable prices

A&B TYRES (East Anglia) Ltd

FOR YOUR TYRES & BATTERIES

ROUDHAM PARK INDUSTRIAL ESTATE
EAST HARLING, NORWICH.NR16 2QN

On site service available in
East Harling - No extra cost.

Have your tyres & battery checked NOW!
TELEPHONE: East Harling 718437

DW Services

2 The Bungalow, Roudham Road, NR16 2QN



Vehicle mechanic with many years' experience.
Friendly, reliable & competitive rates.
We offer car & 4x4 fault reading/diagnosing, servicing, repairs,
tyres, recovery, welding & MOT repairs.

Contact Duane on 07920011059 Email : info@dwservices90.co.uk

HARLING TAXIS

- Friendly & reliable drivers
- Drivers in East Harling and surrounding areas.
- All occasions catered for.
- Airport transfers.
- Hospital appointments & visits.
- Minibus now available.

www.harling-taxis.co.uk
enquiries@harling-taxis.co.uk

Call 07950 189260 or 01953 714626

JUST PERFECT PROPERTY MAINTENANCE

JUST PERFECT
PROPERTY
MAINTENANCE



Kitchen and Bathroom Installation
Floor and Wall Tiling
Wood and Laminate Flooring
Loft and Garage Conversions
Loft Boarding and Insulation
Painting and Decorating
Fencing and Gates
Roofing, Roof Cleaning and Painting
Gutter, Fascia and Soffit Replacement!

CALL NOW FOR A FREE QUOTE

01953 542313 - 07756 776995

FULLY INSURED

info@jp-propertymaintenance.co.uk

www.jp-propertymaintenance.co.uk



PROPERTY SERVICES

Handy Man for General
Repairs, Carpentry,
Plumbing, Decorating,
Fencing, and Gutters Cleaned
Pressure Washing

Most aspects of work covered.

Paul: 01953 456397
OR 07909 731091

www.handyman-property-
services.co.uk



TAPESTRY COTTAGE

44 White Hart Street, East Harling
Comfortably furnished studio,
sleeps 2, full central heating,
linen provided, ideal for
visiting family and friends.

Ring for brochure 01953 717642
English Tourist Board

Approved Rating
www.tapestrycottage.co.uk



The Dower House
TOURING PARK

*The award winning touring park in
the heart of the forest*

For more information or to book
call or visit online

T: 01953 717314
www.dowerhouse.co.uk

The Dower House, East Harling
Norwich, Norfolk, NR16 2SE

HOUGHTON HOME REPAIRS HANDYMAN



Painting & Decorating,
Plastering, Tiling, Carpentry,
Small brickwork projects,
Fencing, General Home
Maintenance & More.

Cliff Houghton
07594 179 744

www.houghtonhomerepairs.co.uk

FLOODLIGHTING

Requests to sponsor the floodlighting of East Harling Church should be posted/delivered to:
The Rev'd Varlie Sheldrake, 12 Kemps Barns, East Harling. NR16 2TS

JULY 2022

13th In loving memory of **George Bernard BOND**,
Ann and Angela.

Undated Sponsorship for Floodlighting:
A Thank You for Dorothy and Susan and their band of helpers for a superb Jubilee Tea Party,

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 E Harling PCC please).

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

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.

Tinned and non-perishable dry goods (eg sugar, cereals) and toiletries welcome.

No fresh fruit or vegs please.

All items must be 'in date'.

Your gifts will be collected regularly.
Thank You!



Youth Café

Open to all young people in year 6 and above

**Every Tuesday in term
time 7-8.30pm**

In the Methodist Church Hall
Run by East Harling Churches.



Come and see what we do:
snacks and fun activities!

for more info contact Jane on 01953 714629.

METHODIST CHAPEL WHITE HART STREET Services In July

3rd 10.30 am Rev David Ely Communion service
6.00 pm Soul Cafe (on the Poplars)
10th 6.30pm Mr Pat Mottram
17th 10.30am United service, with and at
Garboldisham Parish Church.
6.30pm Harling Praise
24th 6.30pm Mrs Jane Mottram
31st 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

For further information contact:
David & Gerda Bailey (01953) 717639

HARLING BOOK SWAP SHED UPDATE

Whilst it is really great to see the Book Swap being used and enjoyed, can we politely remind you all that the shed is NOT designed to take books donated en masse as it simply isn't big enough.

We were disappointed to find the shed with broken shelves this month, as a result of overfilling. Please only leave a book or two if you take a book or two. Please don't double stack the shelves and also we need you to leave the floor area clear so people can use it as a step.

Please don't use the bottom shelf as a step! If there is no room in the shed, Please don't double stack books, just come back another time. We do appreciate your donations but damage which we will have to repair is at cost to the village hall. We are a charity which barely breaks even as it is, it is a real problem for us, not to mention frustrating and time consuming. If we all use it as it's intended to be used, as a book swap rather than a donation point, it should give the village years of enjoyment. Many thanks Lydia O'Gorman Tel: 07851 098 652

EAST HARLING METHODIST CHURCH

Thank You to everyone who supported us at our Coffee morning on 11th June!

We raised £203 for Chapel funds and £86 for the emergency Ukraine appeal.

MIDWEEK COMMUNION



This short communion service continues every Wednesday in St Peter and St Paul's Church at 11.30am..

Feel free to bring your lunch with you so that we can share some social time together. Tea and coffee will be provided.



Dear friends

As I write this, it is almost the middle of June ... we've had the Platinum Jubilee celebrations ... the weather is quite often sunny and warm (even hot, occasionally) ... and I am looking forward to things being a little quieter over the next couple of months (which, now I've said it, probably means things will get busy now!)

Likewise, I'm writing this on Trinity Sunday, which is, in a way, the day that marks the end of the Church's most intense focussing on the birth, life, death and resurrection of Jesus Christ. From the beginning of Advent, until Trinity Sunday, we remember all those events, and celebrate them in different ways. But from now until Advent begins again (which will happen soon enough!), Christians are invited to reflect on their own walk of faith, and the way in which they live their lives, and to focus on how they will grow in both.

That's what I hope to gain from a quieter couple of months. A chance not to just stop and do nothing; but a chance to pause, take stock, reflect on the last while, and to think about what lies ahead. So often we live our lives at a fast pace, just trying to get things done, and keep up with it all. It is good if we are able to take time to review.

But it is also very important just to rest – and I hope you get a chance at some point in the day, through the week, and through the year, to rest, to relax, to restore yourself. Jesus said this: 'Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.' (Matthew 11.28,29). Jesus achieved a great deal, but it is recorded how often he rested, and spent time in prayer and reflection. If he needed it, I know I do! And so does each one of us.

So I hope that you get the opportunity for little moments of rest over the summer ... but I also know that as a Christian, because I have been given a share in God's peace, I constantly carry that peace around with me, even in the busiest and most frantic moments. If you are ever looking to know that peace for yourself, I would love to share what I know of it with you – so please do get in touch! And keep an eye out for opportunities to find out more in your Church in the months ahead.

So I wish you a happy summer as it approaches, and lots of opportunities to relax, reflect, renew and restore!

Every blessing

Your friend and priest

Simon

Hannah Tabram
SPORTS MASSAGE
THERAPY

Mobile and clinic based
sports and relaxing massage

 07791 085504
 hello@hannah.tabram.com
 www.hannah.tabram.com

Cher Hair and Beauty

Mobile hair and beauty consultant
A lovely wide range of treatments

Call Cherilyn

01379 688116
mobile 07881563303

Beautylicious

Over 15 Years Experience
Fully Accredited
Beauty & Massage Therapist
Facials - Body Wraps - Massage
Manicures - Pedicures - Hot Stone Massage
Indian Head Massage - Hopi Ear Candles
Gel Overlays - Waxing - Tinting
Dermaplaning - Reflexology - LVL Lashes
20% off First visit to new customers
Open Monday - Saturday
For a brochure or bookings
Call Katherine - 07923297134

 Hopton Dental Surgery

Dentistry for all the family

Dentists
Dr Danusia Nicklin BDS
Dr Elizabeth Cockerton BDS
Dr Stephen Manson BDS
Dr Maija Whittingham BDS (Locum)

Hygienist
Mrs Gemma Ralfe FdSc
t: 01953 688 110

w. www.hoptondentalsurgery.co.uk
e. dentist@hoptondentalsurgery.co.uk



**EAST HARLING
DENTAL CARE**

Old Court House, Church Road, East Harling, NR16 2NB

New Patients Welcome ! Bookings Open

■ General Dentistry ■ Preventative Dentistry ■ Cosmetic Dentistry
■ Restorative Dentistry ■ Dentures ■ Tooth Whitening ■ Teeth Straightening

Beautiful Smiles That Last a Lifetime

Visit www.eastharlingdental.co.uk or find us on social media
Call Now on 01953 661395 or get in touch with us on info.ehdc@gmail.com



ZUMBA
FITNESS
PILATES
STEP AEROBICS

in Kenninghall, Diss,
Garboldisham, Morley
& Thetford

 01842 815074
Mob: 07796603643
Email: zumba-penny@hotmail.co.uk

James Ball

CARPETS

- * Large Range of Carpets and Vinyls, supplied and fitted
- * Home Selection service
- * Competitive Prices

TELEPHONE: 01953 883288

**BRECKLAND GIRLS
PAINTING, DECORATING & MORE**

Internal, external painting.
Sheds and Fences.
End of let painting.
New build painting.
End of let/tenancy cleaning.

For a free quote call
01953 717737 or 07922 490207
Email: brecklandgirlsp_d@hotmail.com

REUPHOLSTERY



JON MELLOR
ANTIQUUE AND MODERN
REUPHOLSTERY SPECIALIST

*Willow Cottage, 159 Hargham Road,
Attleborough, Norfolk NR17 1BA*

Free & Friendly Estimates and Advice
Tel: 01953 454919

MADE TO MEASURE

Curtains made and roman
blinds and cushions

Fabric samples available

Call Dena
on **07842 110240**

Chiropody/Podiatry

David Houghton



HCPC Registered Chiropodist / Podiatrist
CH12503 B.Sc. (Hons) M.Ch.S.

Tel: **07804188375**

for Home Visits or at my Attleborough clinic

Telephone for an appointment

bodthePod@ntlworld.com



Garnet House Drapes
Hand-made Curtains & Blinds
Julie - 07568 365694

BESPOKE, QUALITY HANDMADE

**CURTAINS
AND
ROMAN BLINDS**

Materials available
Tel: Sarah Southgate

01953 456397
07780 757985

www.sarahsouthgate.co.uk

Foot Health Clinic

For the treatment of:
Corns, Nail cutting
Fungal & Thickened nails
Callus & Cracked heels
Ingrowing toe nails
Diabetic foot maintenance

Call Jane on:
01379 688002 / 07554175513

South Lopham clinic
every Monday and Friday

ANDY MAGUIRE
ELECTRICAL CONTRACTORS



**FULLY QUALIFIED ELECTRICIAN
PART P REGISTERED
DOMESTIC AND COMMERCIAL
INSTALLATIONS AND REPAIRS**



**NAPIT NEWBUILDS EXTENSIONS REWIRES
TESTING & INSPECTION FREE ESTIMATES ESTD 1983
HIGH QUALITY WORK AT LOW PRICES - WWW.A-F-MAGUIRE.CO.UK
01953 718365 - 07973 735916**

QUIET WAYS, FEN LANE, EAST HARLING



Local Reliable Electricians
Domestic - Commercial - Industrial
Electric vehicle charging specialists

01953 860876
office@harlingelectrical.co.uk
www.harlingelectrical.co.uk

BAYWING
**HEATING & PLUMBING
SERVICES**

**30 YEARS EXPERIENCE
CITY & GUILDS QUALIFIED
CORGI REGISTERED NAT & LPG**

For a friendly reliable service
CONTACT - MARTIN
01953 714956 or 0771 3276713
email baywinghps@aol.com



PC
GAS SERVICES

Gas Safe No.206478 CITB Cert.
**GAS INSTALLATION,
SERVICING AND REPAIR**

Central Heating ~ Boilers ~ Fires
Cookers ~ Domestic Plumbing

For friendly service call Phil on
East Harling ~ Tel: 01953 718194
Mobile: 07736 721871

D.S.Cromack
Plumbing & Heating Ltd.

Boiler Servicing & Replacement
Installation of Heating Systems
Bathroom Installations inc. Tiling
General Plumbing Repairs
Gas Safe Registered

07867 552295/01953 452506
dscromackplumbing@gmail.com

Clayton's Heating & Plumbing
GAS, OIL & LPG
Servicing, Repair & Installation
Landlord Safety Certs.
Caravans, Motor Homes.
GAS SAFE & OFTEC Reg.



Honest. Friendly.
Local. Reliable.
Call Matt on
07890 130 079

P.G & J.LEA

All types of plumbing.
Installation of Oil fired central
heating and Boiler servicing.
Kitchens & Bathrooms
supplied and installed.
Water Softeners & Salt



East Harling
01953 717312

Blue Sky Plumbing
24 Hour Emergency Call Out
Unvented Systems
Water Softeners
Plumbing and Tiling
Fully Fitted Bathrooms
Reliable High Quality Service
Fair and Honest Pricing
Tel. 01953 714684
Mob. 07967 677508

**ANTIQUE FURNITURE
RESTORATION & CONSERVATION**
Cabinet Making, Veneering, Gilding,
Brass Inlay Traditional Hand Polishing
and Wax finishes

Rod Larwood
01953 717937



www.rodlarwood.co.uk
Email: info@rodlarwood.co.uk

Member of the British Antique Furniture
Restorers Association

DRAINAGE PROBLEMS?

Blocked Drains cleared
Drain & Sewage Treatment
Systems installed
CCTV Drain Surveying
Conversion of existing Septic Tanks to
Sewage Treatment Systems
Drain & Pipe Jetting

Plus all associated Groundworks, Concreting etc.

Over 25 years experience

Contact **PAUL HOWE**
at Breckland Contractors Ltd.
01953 498851
07836 518901

WOOD IS OUR BUSINESS
Oak - Ash - Meranti - Maple
Sapele - Iroko- Keruing - Doug.fir
Cedar - Larch
Softwoods - Decking

Supplied sawn or machined to order for:
Floorings, Matchings, Skirtings, Doors
Conservatory Sections, Solid Worktops,
Window Boards, Shop Fittings, Furniture.

Burtons Timber
Snetterton. Tel: 01953 887555
www.burtonstimmer.co.uk

**RVH PAINTING
& DECORATING**



Interior &
Exterior

Free
Quotes

T: 01953 714839
M: 07881758946

James Styles
**Interior and
Exterior
Decorating
Services**

Home 01953 714613
Mobile 07894014535

Domestic Appliance Repairs

All makes and models covered
Washing Machines, Tumble Dryers,
Dishwashers, Electric Ovens and Hobs
- Dyson repairs.

Out of hours service our speciality.
Standard call out charge is £65 + VAT
+ price of parts. Additional cost for
integrated appliances. Fully insured.

Contact Paul Goodacre
(Gt Hockham) 07905 442610
email: paulgoodacre@yahoo.co.uk

HARLING OLD SCHOOL VILLAGE HALL

Candle Lit Supper



On 3rd June the Harling Old School Village Hall hosted a supper for residents to celebrate our Queen's Platinum Jubilee. The decorations and the food were enjoyed by 80 people.

Everyone agreed it was a fantastic evening and a delightful way to express our thanks to the Queen for her long years of dedication and service to the country.

The Hall committee worked very hard to ensure the event was a success but would like to thank the many other people who helped on the day.

DATE\$ FOR THE DIARY

East Harling Village Fete
Sunday 3rd July, 12 – 4pm
on Poplars Playing Fields

Our traditional village Fete is back after 2 years owing to COVID restrictions. Come along and join in the fun for all the family with lots of stalls, games, live music and arena events. Entry is free

Coffee Morning – Wednesday 22nd June,
10 – 12pm In the Hall

Enjoy a chat with friends while having coffee with sausage rolls or cheese scones.

Registered Charity: No 285674

www.harlingoldschoolvillagehall.uk

Harling Old School Village Hall



THE FRIENDS OF EAST HARLING PARISH CHURCH (reg charity 280087)

The Friends will hold their AGM at 9.30 am on Saturday 2nd July 2022 in the Church before the Coffee Morning.

Please do come and join us and find out what events and other fund raising initiatives the Friends do to raise much needed funds for our Parish Church and also to have some fun!

All Welcome

SATURDAY 2nd July
come and join us!
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.

East Harling Methodist Church invites YOU to...

Monday Craft Café'

10am-12noon on the 1st and 3rd Mondays of the month

Next on 4th and 18th July
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!

Tuesday 5th July **FILM CLUB**

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 loving Mother becomes compelled to reconnect with her creative passions after years of sacrificing herself for her family. Her leap of faith takes her on an epic adventure that jump starts her life and leads to her triumphant re-discovery. Stars Cate Blanchett, Billy Crudup, Kristen Wiig, Judy Greer, and Laurence Fishburne.

Adult £5.00 / Child £2.50
EVERYONE WELCOME

THE GARDEN IN JULY

Lawns - Grass growth slows down in summer so keeping the mower blades high allows the grass to grow stronger, helping it to withstand drought for longer. Why not let the lawn weeds (wild flowers) bloom to provide food for pollinating insects.

Wild areas and mini wild flower meadows

When out walking around the village fringes look at the wild flowers - those that are growing happily like the soil that we have. Lopham Road past the new houses is particularly rich, I counted 24 species in flower - more if you count the nettles, brambles and grasses. I have just returned from the Ashdown Forest (not a million miles from here), and it was noticeable that most of the flowers were very different. Lesson - plant seeds that like your soil and leave mother nature to do the rest.

Shrubs Take semi-ripe cuttings (base of stems just hardening and turning brown). Cut back early summer flowering shrubs as the flowers die.

Mediterranean herbs Take cuttings from new seasons growth of lavenders, rosemary, sage and thyme and put in damp compost in a bright place out of direct sunlight

Hedges Cutting can continue.

Roses Keep dead heading repeat flowering varieties. Single flowering varieties can be left unpruned to set rosehips for autumn colour.

Annuals Keep bedding displays watered in warm weather - they generally don't have very extensive roots. In baskets and containers they need watering daily in warm weather, feed weekly with a high potassium feed eg. tomato fertiliser. Keep deadheading for continued flowering.

Perennials including Dahlias - Keep deadheading unless you want to keep the seed heads for the birds.

Bearded Irises Divide the rhizomes to increase numbers and to improve flowering next year. You may need to split neglected clumps with a spade. Select the largest, healthiest rhizomes, trim leaves down to about 8" (15cm) and plant with the top of the rhizome showing

Fruit Cut back summer fruits. Blackcurrants can be pruned hard after picking, with next years fruit being mainly on the new growth. Select a few new canes from each raspberry and tie to wires for next years fruit, cut the rest down to the ground

Look out for fungal disease on apples, pears and plums. Remove and bin any affected fruit to prevent spreading. Don't put affected fruit in your home compost heap - they are ok in the brown bin if you

have one - commercial composting is at a higher temperature than you can achieve.

Vegetables Start sowing for winter and spring (I know we haven't had summer yet) Sow spring cabbage, spring greens, fennel, turnips and winter salad. If you have any seed left plant a few climbing French beans to grow through existing climbing beans - if the weather is kind you will get a few beans right through into late autumn. Sow last few summer lettuces and radishes

Lift second early potatoes as needed.

Put a couple of egg sized potatoes in large pots or old buckets with holes in the bottom, cover tubers with a thin layer of compost.

Netting If you have bird netting tighten it up to prevent birds getting caught up

Relaxation There should be a few days when you can sit in the garden and drink your morning coffee and your evening glass of wine remember why gardens are so precious..

Good gardening

Kevin

CHRISTMAS TREE FESTIVAL

Many of you enjoyed our first Christmas Tree Festival in the church last December. The church looked absolutely amazing and magical and this was only made possible by all of you. As it was so successful, we are already planning our next one for December, 2022. Because we are expecting more contributors this year, as several more people expressed an interest last year, we would like to start making a list right now.

As last year we are hoping for local schools, clubs, businesses, shops and individuals to take part by decorating a tree. Each contributor will need to bring their own tree, decorations and battery powered lights, as there are not enough power points in and around the church. There is, however, plenty of room for lots of trees.

If you would like to participate this year please contact Susan Wilson by phone 07890 102392, send a message or email: susanmwils@gmail.com More details will follow over the next few months.

NORFOLK WILDLIFE TRUST BRECKLAND LOCAL GROUP

Our next event is a walk led by James Symonds the warden for NWT Weeting Reserve. James will be looking for butterflies in Bradfield Wood, an ancient woodland under the care of Suffolk Wildlife Trust.

The date is Sunday 24th July at 10.30am until 12.30pm. Booking is essential: 01953 718119 - Cost £2 member £3 non-members Meet in car park at SWT Bradfield Wood, Felsham Road, Bradfield St George, Bury St Edmunds, IP30 0AG. We hope this takes your fancy and we see you there.

P GARWOOD

Building and Alterations
Paving & Driveways
Groundworks & Drainage
Fencing and Decking
Mini Digger work

Call Paul on
Telephone: 01953 718303
Mobile: 07775 621721

Free estimates—friendly advice
Work Guaranteed

W. P. FULCHER

CIVIL & GENERAL BUILDER
JCB3CX & MINI DIGGER HIRE

RENOVATIONS & EXTENSIONS
PAINTING & DECORATING
HARD LANDSCAPING
GROUNDWORKS
FREE ESTIMATES

Tel/Fax: 01953 453267
Mobile: 07774 626709



Rich
Walpole
Roofing



- New roofs
One off self builds to complete sites
- Re-roofing from:
Complete strip & re-tiling to roof repairs
- Lead work.
- Moss removal.

Fully Insured
07747784742

TAYLORMADE BATHROOMS

- Bathroom & Kitchen Design and Installation Specialist
- All aspects taken care of including tiling, flooring & plastering
- All plumbing enquiries welcome
- Qualified Plumber
- Free Estimates

www.taylormadebathrooms.co.uk

To see examples of our work please follow us on Facebook: [Taylormadebathrooms1](https://www.facebook.com/Taylormadebathrooms1)

Call Robert Taylor on 01359 221015
or 07979 590528

TIM'S MAN AND MINI DIGGER FOR HIRE CONSTRUCTION LTD

New Roads & Streetworks Act
City & Guilds Approved
Over 30 Years Experience

FREE ESTIMATES, NO OBLIGATION QUOTE



- Dropped Kerbs
- Driveways
- Block Paving
- Patios & Paths
- Drainage & Footings

07786 223 141
01953 688 301

tim.taylor141@yahoo.co.uk

S B Services

Windows and Doors



PVCU Doors, Windows
and Double Glazing Repairs
New Installations
and General Maintenance
Over 30 years experience
Friendly and Reliable

Based in Great Hockham
Call Shane on 07508 941086

Email: shanebloss@btinternet.com

MILTS FITTED BATHROOMS & KITCHEN FLOOR & WALL TILING SERVICES



FREE ESTIMATES
FRIENDLY SERVICE
PHONE: 01953 717900
MOBILE: 07919074194

Complete Bathrooms & Kitchens fitted & tiled
Showers & cloakrooms. Wet floors.
Any tiling undertaken.

Ian Aspinall Renovations

City & Guilds Qualified Carpenter

- * Kitchens
- * Bathrooms
- * Conservatories
- * Windows
- * Roof Repairs
- * Alterations
- * All uPVC products
- * All carpentry work
- * Building Maintenance

07917 680857 - 01953 718512
e: 77asprin@gmail.com



S&C Window
Repairs

01953 525049 or 0800 160 1932

Repairs to double glazed windows,
doors and conservatories

Repairs include: steamed up windows,
broken handles and hinges plus cat flaps
door panels and more.

sandcwindows@gmail.com

www.sandcwindows.co.uk

School Lane,
East Harling

SPBLADES
CONSTRUCTION



Residential to Commercial
New builds to Bathrooms.
Call for friendly advice

Office/Fax: 01953 718706

Mobile: 07778780104

Email: steven@spblades.co.uk

Web: www.spblades.co.uk

BILLY HOWE Builder

BRICKWORK
EXTENSIONS
ALTERATIONS

Free estimates

Tel: 01953 718219

Mob: 07919991097

M J ALLEN



Telephone:
01953 718 363
Mobile:
07789 488 402

* UPVC WINDOWS, DOORS, FASCIAS,
GUTTERING, REPAIRED & REPLACED
* GENERAL HOME & GARDEN IMPROVEMENTS.
* ANYJOB CONSIDERED

K.J. Beales Ltd

Building and Home Improvement Specialists

Kitchens Windows Extensions
Bathrooms Fascias and Guttering Renovations
K Rend Landscaping

Superior Quality and Craftmanship

All aspects of building work undertaken - Established 2003

Kevinjbeales@gmail.com / Mobile: 07881622516

Philip Moule

LANDSCAPING

Garden Maintenance
Private and Commercial



Lawns Turfed
and Seeded

Patios - Driveways
Walls and Bases



Mini-Digger Work

Hedge Cutting - Planting
Trees Felled and Lopped



All Types of Fencing,
Gates and Decking

Ponds and Water Features

Tel: 01953 717962 M: 07775623753

LOOKING FOR A GARDENER

DO YOU NEED HELP TO
CUT GRASS, EDGE,
WEED YOUR BORDERS, &
GENERAL GARDEN MAINTENANCE?
IF SO

PLEASE DO NOT HESITATE TO
RING :- JASON CARMAN ON
(DAY) 07857 871628
OR (EVENING) 01379 586792

WHO WILL BE PLEASED TO HELP

R. A. Tree Services

All aspects of tree surgery undertaken.

- * Fully Insured
 - * Free Quotations
 - * No job too Small or Large
 - * Tree and Hedge reduction/removal
- For a friendly local service at a competitive price contact:
Richard Armes - Woodlands, Larling.
Mob: 07551525316
Email: richardames@yahoo.com



ANGLIAN TREE SOLUTIONS

Free
Quotes

Fully
Insured

Professional
and
Competitive
Service

- * PRECISION DEMANTLING
OF LARGE TREES
- * CROWN REDUCTIONS
& LIFTING
- * STORM DAMAGE REPAIRS
- * DEAD WOODING
- * PLANTING
- * STUMP REMOVAL
- * WOOD CHIPS DELIVERED

James Chapman Telephone:

01953 718235

Mobile 07778 957358

www.angliantreesolutions.co.uk

james@angliantreesolutions.co.uk

Charlton House, Redhill, Surrey, GU20 1JH

Eclipse

Gardens & Grounds

- | | |
|-----------------------|-----------------------|
| Regular maintenance | Pressure washing |
| Lawn mowing | Stump grinding |
| Hedge trimming | Garden clearance |
| Lawns turfed | Fencing |
| Scarifying | Decking construction |
| Rozovating | Concrete bases |
| Small & large gardens | Other work undertaken |

01953 714853 or 07786 851895

eclipsegardens@btinternet.com
www.eclipse-gardens.com

ALL PESTS & COUNTRY SERVICES

Wasps • Fleas • Rats • Mice • Moles
Rabbits • Fencing • Landscape

07917203761 | 01953 433030

alpest10@yahoo.co.uk

www.allpestsandcountry.com

www.allpestsandcountry.com

The Flowerpot Man

"For beautiful gardens all year round"

- Regular garden maintenance.
- Lawns mowed & flower beds tended.
- Hedges cut to a high standard.
- See website below for more.

16 years of reliable service.
Fully insured. Competitive prices.

Tel: 01953 681019 or 07837 350494
www.flowerpotman.co.uk

ELITE FENCING (LANDSCAPING)

FENCING, GATES, DECKING, PATIOS,
PERGOLAS, PATHS, BASES, TURFING,
DEMOLITION, REPAIRS, ODD JOBS & MORE!

HARD SURFACE CLEANING
PRESSURE WASHING

FOR FREE ESTIMATES CALL
TREVOR ON 01359 221128 OR
07761651567

TREVOR@ELITE-FENCING.CO.UK
WWW.ELITE-FENCING.CO.UK



NPTC
QUALIFIED

AKERS TREE SERVICES

NPTC QUALIFIED TREE SURGEON
FULLY INSURED. 23 YEARS EXPERIENCE!
ALL ASPECTS OF TREE WORK UNDERTAKEN
/RCL EMERGENCIES 24H PER DAY

CONTACT US FOR A FREE CONSULTATION

01953 308909 or 07825453313

peter@akers-treeservices.co.uk

www.akers-treeservices.co.uk

Breckland Brush Chimney Sweep & Stove Installation



NATIONAL ASSOC. OF CHIMNEY SWEEPS
Qualified Experienced Professional
sweep@brecklandbrush.co.uk
07966 298777 - 01953 881579

LADY GARDENER

RHS trained

All general garden
maintenance.
Roses, shrubs, small hedges
pruned and shaped.
Grass cut, edged.
Borders tidied.



Advice on planting.
LINDSEY KING
07955 284975



CHARLIE THE CHIMNEY

TRADITIONAL CHIMNEY SWEEP
WOOD BURNERS - OPEN FIRES FITTED
AGA STOVES - OIL BOILERS SWEEP
CHIMNEYS RELINED - COWLS FITTED
STACKS REPOINTED - CCTV SURVEYS
HETAS QUALIFIED

charliethechimney@btinternet.com

01842 822411

"We always leave your hearth cleaner than it
was before we arrived."

JUBILEE AFTERNOON TEA

What a wonderful afternoon we had at the Church to celebrate the Queens Platinum Jubilee.

We were a bit concerned that the weather was going to spoil our plans, but although it was a bit breezy and chilly at times, it didn't stop us from serving 93 afternoon teas in the churchyard! Here are a few of the people clearly enjoying themselves, thanks to Tyrone Best for the photos.



A big thank you to everyone who helped in any way, to make it such a successful afternoon, and especially to those of you who came along, and who messaged and sent cards with thanks for the most enjoyable time you had. We raised over £600 which is amazing.

As this was very popular, we may be doing another one in September, **watch this space!!**

HARLING 10K RUN

Planning for this year's 10k is going well with most things sorted.

The race will take place on Sunday July 24th race start 10.30 am.

If you would like to take part you can register online at totalracetiming.co.uk/race/214. **Please Note** registrations cannot be accepted on the day, (sorry).

If you have helped us before, being a marshal or a helper on the Rec or in any other way and can do so again this year, or would like to help for the first time could you please contact myself or Jenny to confirm your availability, please call me on 07881417807 or Jenny on 07901530636 .

As usual we will hold a **Marshal/helpers meeting on the Friday 22nd July in the evening before the race to make sure everyone is ok with their race day position that is at 7.30 at the club please.**

Thanks everyone, it's your help that makes the day, let's have another good one.

Phil Blades and the 10k committee.

HARLING JUBILEE PARTY ON THE REC

On behalf of the Parish Council I would like to say a HUGE thank you to all those involved in making Thursday 2nd June a truly memorable day for our village. We have had some lovely comments from people saying how much fun they had and when is the next event!!

Thanks to our local businesses and individuals who made the day possible: SP Blades Construction, Around Midnight, Foulgers Transport, East Harling Sports & Social Club, Pete Blades, Combat Paintball & Loud FX. And a big thank you too to our sponsors:

Crendon, Harling Water, Clarke Gosling, Newton Press G Prodromou, and Simon Long.



GIRLGUIDING IN EAST HARLING

1st Harling Rainbows are celebrating their 10 year anniversary. To mark the event rainbows have designed their first ever badge and identified challenges they want to complete to earn it. We have lots planned for the coming term and will end our celebrations in true guiding style round a campfire. On behalf of Girlguiding we would like to thank all of the leaders, rainbows, parents and the local community for all of their ongoing support. Happy birthday 1st Harling Rainbows!

In East Harling, Rainbows (girls aged 4-7 years) meet on a Thursday 4.30pm, Brownies (girls aged 7-10 years) meet on a Wednesday 6pm and Guides (girls aged 10-14 years) meet on a Wednesday at 7.30pm; all at the Old School Hall. If you are interested in girlguiding for your daughter or as a volunteer please register your interest at: Girlguiding | The Leading UK Charity for Girls & Young Women

Hedgehog and Rabbit

NEW BIKE PARKING AREA

Villagers might notice work starting at the area opposite the Co-Op this week.



The area will be cleared prior to new paving being laid and following this new bike racks, a bench, bin and some planters will be added. It is hoped this will remove the need for bikes to be propped up against the shop facade and will spruce up an otherwise forgotten corner.



We hope that it will also encourage more people to cycle into the village rather than drive as there will be a safe place to leave bikes, and also somewhere for visiting cyclists to stop and sit.

Thank you from all at the Parish Council
(Images courtesy of LoudVFX)

EAST HARLING WI

In May, we had our annual resolution meeting where we discussed the one resolution that had been raised i.e. Women and Girls with ASD & ADHD. It was very interesting about how women and girls are adept at masking their symptoms. The resolution was passed.

Our July meeting will be our Annual Garden Party. Elizabeth Kemp has kindly offered the use of her garden. Would all members bring a plate of food to share, and a raffle prize. The meeting will be on 19th July at 1.30pm. Also, please bring any subs due - this year the annual fee is £44.00.

Usually, East Harling WI meet the third Tuesday of each month at the Old School Hall for 7.30pm start.

If you have any questions please contact me Jackie Underwood on 07725 126115.

HARLING BOWLS CLUB

Why not come along and give us a try.

We play Short Mat bowls all year and Lawn bowls in the summer months.

We have a Bar and hold social events during the year Contact Val on 01953 717556, or George on 01953 718715. We look forward to meeting you!

EAST HARLING GARDENING CLUB

June saw a change to our normal routine due the Old School Hall not being available. We had a very enlightening visit to East Harling Church for a guided historical tour by Sue Dolling. Many thanks to Rev. Simon for allowing the trip and to Sue for her entertaining and informative talk. There is such a rich and interesting history that a series of articles for Contact would I'm sure be of general interest to the village. Similar tours of some of the other ancient churches in the benefice would be enlightening

We will have just had our members only visit to Eastfield House by the time July Contact is delivered. A massive thankyou to Rebecca and Justin for your hospitality

We will have a stall at the Fete on the Poplars from 12.00 – 4.00 on Saturday 3 July selling plants and offering advice

Tuesday 14 July sees a return to the Old School Hall at 7.30 for a Talk by Helen Hillier about growing flowers for cutting entitled Flowers from the Cutting Garden. Members will also receive details of an extra local trip that we have been invited to partake in!

Entry forms for the members show in August will be available.

Talk is included in your membership, visitors are welcome at a cost of £3 or why not become a member for just £9 – some of our events are for members only, and others members get first refusal. Finally we are proposing to arrange a trip to a matinee performance of the Christmas show at the end of Cromer Pier – watch this space.

A COACH TRIP TO CUMBRIA

The Break is from Nov 28th 2022 for 5 days, Celebrating Christmas Eve, Christmas Day and New Year's Eve. Excursions are included unless there is an entrance fee.

The Price is £499 per person. We shall be staying at The Grand Hotel Grange over Sands. Departing from the Sports and Social Club.

Any interested parties please contact Angie Barnes on 01953 717535 or 07514 266481

CARPET BOWLS

Come and join us for Carpet Bowls in the Old School Hall, at 2pm on Fridays.

Join us for the first time free, tuition will be given, then £2 per session. Have a drink and a biscuit at half time.

Contact heather on 717648 if interested.

Turner
Funerals
SERVING TOWN & COUNTRY



01842 761 333

thetford@turnerfunerals.co.uk

24 HOUR SERVICE

Independent family owned funeral service established 1960

"Professional and friendly personal service that really made me feel like I was one of their family and not just a statistic.

Thank you Lydia, Mal and your wonderful team"



www.turnerfunerals.co.uk



Rosedale
FUNERAL HOME

High Street, Attleborough
Telephone: 01953 452538

www.rosedalefuneralhome.co.uk

We are a family business and promise to provide exceptional care and a truly personal 24 hour service, when you need it most.

Gentle Folk Community Care Ltd



A Family Run Business
Promoting Health & Independence

We meet the needs of hundreds of individuals and families daily, offering a range of personal healthcare and domestic services in the community.

We're hiring too!

Weekend/full/part-time vacancies available.

01953 887187

www.gentlefolkcare.co.uk

Andy Free
Dip FD

Independent family funeral director
01953 452455 24 hours

Professionally helping families for many years now in East Harling and the local area, offering traditional or contemporary services, we consider it a privilege for our family to look after yours....

Guaranteed pre-paid funeral plans available

www.andyfree.com Fairfield House, High Street Attleborough



The Beeches Care Home

The Beeches is a care home providing a relaxing retirement for our residents, aged 65 and over.

The home has been rated 'Outstanding Overall' by the CQC twice in a row, putting it in the top 4% of care homes nationally.

www.blackswan.co.uk

01953 717584

thebeeches@blackswan.co.uk



THE FOX INN

GARBOLDISHAM
Community Pub

www.garboldishamfox.co.uk / 01953 688538 / foxinngarboldisham@gmail.com

RESTORED AND RUN BY THE VILLAGERS OF GARBOLDISHAM

Family Friendly – Local Real Ales – Log Fires – Pool Table – Dogs Welcome – Large Garden
Street food every Saturday from 5pm / See website for other events

Open: Wed 6-9pm, Fri 5-10pm, Sat 12-10pm, Sun 12-5pm

On the A1066 between Thetford and Diss

STORAGE

Secure storage facilities
for hire

Lockable, heated storage
containers located at Roudham

Tel: 01953 717176 or
07860 283974 for more
information

THE ENGLISH
WHISKY COMPANY

VISIT ENGLAND'S
OLDEST WHISKY
DISTILLERY

Take a tour of the distillery
OPEN 7 DAYS A WEEK



TAKE A TOUR OF THE DISTILLERY
VISIT OUR WHISKY AND GIFT SHOP
RIVER WALKS AROUND THE DISTILLERY
FREE TASTERS | FREE PARKING

ORDER ONLINE AT

www.englishwhisky.co.uk

Sign up to our newsletter online
to receive 10% OFF your first purchase

Harling Road, Roudham NR16 2QW • 01953 717939 • englishwhisky.co.uk

**SQUARE DEAL
STORAGE**

Self Storage
Container/Office Hire

CALL US TODAY

T: 01953 714628 / 07801 837227

E: sales@squaredealstorage.co.uk

W: www.squaredealstorage.co.uk

Hereward Way Business Park
Roudham Road, East Harling
NR16 2SR

EAST HARLING FETE IS BACK AND IT'S BIGGER AND BETTER THAN EVER!

NEW FOR THIS YEAR! The Great Harling Bake Off. Who has the best Victoria Sponge? Two Adults categories... "Cake and Biscuits" and "Victoria Sponge" and for the children, 3 age groups "7 and under", "8-11" and "12-16". For more info/entry form [email email_eastharlingeents@gmail.com](mailto:email_eastharlingeents@gmail.com)

EAST HARLING FETE COULD DO WITH HELPERS! Could you spare an hour or so on fete day to help up set up in the morning? Or even better- could you help us pack away? You know the saying... 'Many Hands make Light work!' We would really appreciate some help on the day. So if you can spare some time, **please text or call Lydia on 07851 09862**

THE BRECKLAND MOBILE FOOD STORE

will supply good quality, affordable food, for those most in need, helping them save on the household's weekly shop and if you live in Breckland you can become a member. After showing proof of address and paying a one-off joining fee of £3 per household, members can buy fresh, dried, and tinned food, alongside toiletries and personal care items at discounted cost,

• Save Money

The Breckland Mobile Food Store will provide affordable food for those most in need, helping them save on household weekly shop.

• Healthy Options

The Breckland Mobile Food Store will provide healthy, nutritious food including fresh fruit and vegetables alongside a range of chilled and store cupboard items and other household essentials.

• Help & Support

The Breckland Mobile Food Store will offer signposting to community members helping them to address the challenges that they might be facing such as social isolation, debt and employment advice-debt management, schools and employment, or mental health and well-being.

The mobile food store is in Harling every Friday 13.20pm – 14.30pm at the East Harling Recreation Ground.

BOOK REVIEWS

As you probably know we now have a Book Swap Shed behind the Old School Hall in East Harling. One interested and keen reader has offered to do a few book reviews on books which are in circulation on the Book Swap. Here is the first installment! Thank You Liz!



*****Accepting novels shared often means reading something one wouldn't have thought appealing, and then loving the stories! All written of here should be back in the OSH shed now, unless already discovered by another reader.

Many may have already read Don Piper's account of his 90 Minutes in Heaven in 1989 from his 2004 book with Cecil Murphey. This has also been made into a 2015 film. This story makes one realize the importance of what we endure is to God's Plan!

The Dreamstone by Liane Jones, her first novel an award winner! Surprisingly a very entertaining tale of a 1188 Welsh myth interacting in with characters in 1992 New York. The interaction takes place through their dreams and poetry writing, involving their shared history in mid-west American Indian Culture.

A First novel by Richard Osman, The Thursday Murder Club I did enjoy the story though rather hard to read, being slow to develop and rather repetitive. Has not made me want to try the second novel seen in WH Smith recently!

Eagle Day by Richard Collier 1966 best ever account from actual eye witnesses from all sides during the Battle of Britain!

Eleanor Oliphant is Completely Fine by Gail Honeyman 2017 debut novel and Costa Coffee Book Awards Winner the story centers on Eleanor Oliphant, a social misfit with a traumatic past who becomes enamored with a singer, whom she believes she is destined to be with. The novel deals with themes of isolation and loneliness, and depicts Eleanor's transformational journey towards a fuller understanding of self and life. (Taken from website where confirmed Reese Witherspoon immediately bought film rights and hoped to complete production this year for theatre release.)

Disclaimer

The publishers wish to make it clear that they do not necessarily agree with views expressed or hold any responsibility for the quality of the goods and services offered by Advertisers and reserve the right to refuse to accept or repeat advertisements which may be unacceptable to readers.



**BRIDGHAM VILLAGE HALL
FOR HIRE**

Suitable for parties, events and meetings.
There is a fully fitted kitchen with sufficient crockery and cutlery.

The premise is also licenced.

To book or obtain more information, please email bridghamvillagehall@gmail.com

TECHNOLOGY SUPPORT AT HOME

BROADBAND, WI-FI & NETWORKS
We can optimise your wi-fi and broadband coverage, fix not-spots, extend coverage and deal with problems.

PC, LAPTOP, TABLET & MOBILES
We can diagnose and fix faults, install and repair software and hardware, upgrades and optimise performance.

SMART HOME DEVICES
We can install all smart devices and integrate with other devices where possible, including Alexa, Google, Apple, Hive and others, including CCTV, Thermostats, Door entry, Sound and Vision

- Local, Responsive and Reliable
- Fully insured, All work guaranteed
- Low Cost !



07841 204778
rwg@ots.digital
www.OTS.Digital

www.facebook.com/integratedsmarthomes



SOUTH NORFOLK MOBILITY CENTRE
22 Oakwood Ind. Est.
Harling Road, Snetterton NR16 2JU
01953 887777

Open Tues-Sat. 9.30am—5pm

- Bathlifts, Scooters, Powerchairs
- Indoor and Outdoor trial areas
- Wheelchairs, Daily living aids

Competitive prices, after sales backup
Servicing, Spares, Batteries

METCALFE COPEMAN & PETTEFAR LLP

Commercial | Employment | Debt
Wills & Probate | Dispute Resolution | Family
Property & Conveyancing | Crime
Convenient town centre location
Home visits may be available

www.mcp-law.co.uk
01842 756100
Cage Lane, Thetford, Norfolk, IP24 2DT

BRECKLAND FINANCIAL MANAGEMENT

A wealth of expertise on your doorstep

We provide an experienced wealth management service and offer specialist advice in a wide range of areas including:

- Investment and Retirement planning
- Inheritance Tax planning
- Advice for Care Fees (SOLLA qualified)
- Mortgages

For further details contact
Steven Hendrie on:
Tel: 01953 483831

Email: steve.hendrie@sjpp.co.uk
www.brecklandfinancialmanagement.co.uk

Your home may be repossessed if you do not keep up repayments on your mortgage.

Breckland Financial Management is an Appointed Representative of and represents only St. James's Place Wealth Management plc (which is authorised and regulated by the Financial Conduct Authority) for the purpose of advising solely on the Group's wealth management products and services, more details of which are set out on the Group's website www.sjp.co.uk/products.



Providing the local expertise for the selling and letting of residential property

Attleborough Office:
Tel: 01953 453838
Millbank Lettings Agents
Tel: 01953 450373
Email: enquiries@millbanks.com
Web: www.millbanks.com

"We take the stress out of moving home"



AMAS
Investments Limited

Aaron Stokoe CeMAP

Please get in touch for all your mortgage and protection needs.
Free initial, no obligation appointments available in our offices or the comfort of your own home.

07921 552727 01842 752140
aaron.stokoe@amas.co.com

Your home may be repossessed if you do not keep up repayments on your mortgage or any other debt secured on it.



Bailiwick IT Ltd.

PC or MAC Problems?
Contact BAILIWICK IT LTD
T: 01953 718421
M: 07928 326008
Email help@bailiwickit.com
Visit : www.bailiwickit.com

Architectural Design & Project Management

AGELLUS PROJECTS

Free initial consultation
Large and small projects undertaken
Mobile 07515 598298
Telephone 01953 603074
alastair@agellusprojects.co.uk
www.agellusprojects.co.uk

Planning Applications
2D & 3D designs
Conversions
Extensions
New Build



Do you play a wind instrument?
 Are you a percussionist or
 perhaps you play string bass?
 Are you a young person over 8 years of age
 or just young at heart?
 Would you like to meet other like-minded
 people?
 We meet every Tuesday evening 7-9pm at the
 DYCC, Shelfanger Road, Diss

The Band has toured The Netherlands, Germany, and the Far East several times. During the visits to Malaysia, the Band performed at the Borneo Conference Centre in Kuching, for the Kuching Central Rotary Club, and raised money for a hostel to cater for the parents of children hospitalised in the local hospice, the Heart Foundation, and the Salvation Army, in addition to Band Workshops for local schools, and other fundraising concerts and activities.

SNYSB has a completely inclusive policy and aims to break down barriers to making music. Any player aged over 8, regardless of ability, can join the Band without having to audition. The Band used to have an upper age limit of 23 but this has now been removed and the Band re-branded as SNYSB+ to welcome older players who wish to either return to the Band or join the Band as an adult

Playing with SNYSB gives members opportunities to play exciting music with like-minded, enthusiastic players, as well as accomplished professionals. It also gives a purpose to the time spent learning scales and studying for music exams. Band members are encouraged to continue to study and to enjoy making music. The Band also helps bridge the gap between school and adulthood and encourages the youngsters to keep playing. Many musicians have graduated through the Band and have succeeded in making music their career.

Come along and join us on any Tuesday evening. If you would like more information, please email Jan on j.mcintock451@btinternet.com

WEDNESDAY SOCIAL

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



Open from
 11am

On the 1st and 3rd
 Wednesdays Monthly

Bridgham Church

COFFEE MORNING



Saturday



23rd July 10-12noon

in the church



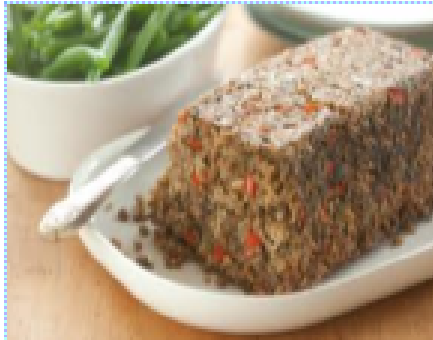
Bridgham Village Hall

Friday & Saturday
 Socials

Friday 8th & 22nd July
 6pm - 11pm



Sat 2th & 16th July
 8pm - 11pm



ADVERTISE YOUR BUSINESS HERE

THE CONTACT
MAGAZINE IS DELIVERED
TO OVER 1500 HOUSES
EVERY MONTH

EACH SPACE MEASURES
5.65 X 5.35cm AND COSTS
ONLY £60 PER YEAR

LOL COLYER

35 Years experience
Plastering & Building

01953 718136
07899 968505

77 Kerridges, East Harling,
Norfolk NR18 2QB

lolcolyer@live.co.uk

This is a Delia Smith recipe for a vegetarian meatloaf or a 'non meat' loaf as she calls it. See above picture.

It is a really economic recipe and is good for you too! Once cooked it can be served sliced hot with mash and gravy. Once cold it can be served with a mango chutney, cold potatoes and salad, delicious!

If I don't have the dried lentils I use tinned ones, but omit the 25 minutes of simmering and you won't need the stock.

Vegetarian Non Meat Loaf

425 ml vegetable stock
50 gm dried split peas
50 gm du Puy lentils
50 gm brown lentils
40 gm butter or a couple of tablespoons of olive oil
1/2 large red peppers diced
1 small leek, diced
1 medium carrot, diced
1-2 celery stalks, diced
1 garlic clove, crushed
1/4 tspn ground mace (don't overdo this)
1/4 tspn cayenne
1 large egg, beaten
2 tbsp freshly chopped parsley
freshly ground salt & pepper

Bring stock to the boil in a large pot and add split peas and Puy lentils. Stir, cover and simmer for 5 mins. Then add brown lentils, stir, cover again and simmer for 25 mins until tender (keep an eye on it though as you may need to top up the stock with a drop of water as it cooks).

While lentils are cooking, melt butter in a large non-stick pan and gently saute capsicum, leek, celery and garlic for about 10 mins until softish. Then add mace and cayenne and cook for a few minutes to toast, continually stirring. When ready, add the vegetable mixture to lentils, together with egg and mix. Turn heat off, add parsley and seasonings and mix well.

Preheat oven to 190°-200°C. Lightly grease a loaf tin and line the base with a piece of baking paper. Spoon in the mixture, press down firmly and tightly cover with foil. Place the tin in the oven and cook in oven for 40 mins. Once cooked remove from oven, rest for 15 mins and un mould using a sharp knife around the edges.

Cut into slices and serve on a bed of rocket with a dollop of chutney on top or with a big heap of mashed potato and some gravy.

DIARY DATES 2022

For fundraising events, outings etc. in the parishes in the Harling United Benefice. Full details appear in the magazine

JULY 2022

- 2nd AGM Friends of East Harling Church in the Church at 9.30 am all welcome
- 2nd E. Harling Church Community Café 10-12 noon
- 2nd Bridgham Village Hall Sat Social 8-11pm
- 3rd OSH Village Fete on the Poplars 12 to 4pm
- 5th E Harling Film Club OSH 7 for 7.30pm
- 6th Bridgham Village hall Wed social 11-1pm
- 8th Bridgham Village Hall Friday social 6-11pm
- 8-10th Under One Roof Art Exhibition E H Church
- 12th East Harling Gardening Club OSH 7.30pm
- 14th Gardening Club OSH 7.30pm
- 16th Bridgham Village Hall Sat social 8-11pm
- 20th Bridgham Village Hall Wed Social 11-1pm
- 20th OSH Coffee Morning 10am-12 noon
- 22nd Bridgham Village Hall Friday Social 6-11pm
- 23rd Bridgham Church Coffee Morning 10-12 noon
- 24th Harling 10K Run EHSSC race start 19.30am
- 26th Harling Parish Council 7pm OSH

AUGUST 2022

- 2nd E Harling Film Club OSH 7 for 7.30pm
- 3rd Bridgham Village Hall Wed Social 11-1pm
- 6th E Harling Church Community Café 10-12noon
- 6th Bridgham Village Hall Sat Social 8-11pm
- 12th Bridgham Village Hall Friday Social 6-11pm
- 17th Bridgham Village Hall Wed Social 11-1pm
- 17th OSH Coffee Morning 10am-12noon
- 20th Bridgham Village Hall Sat Social 8-11pm
- 26th Bridgham Village Hall Friday Social 6-11pm
- 27th Bridgham Church Coffee Morning 10-12

SEPTEMBER 2022

- 3rd E Harling Church Community Café 10-12 noon
- 3rd Bridgham Village Hall Sat Social 8-11pm
- 6th E Harling Film Club OSH 7 for 7.30pm
- 7th Bridgham Village Hall Wed Social 11-1pm
- 14th OSH Coffee Morning 10-12 noon
- 17th Bridgham Village Hall Sat Social 8-11pm
- 21st Bridgham Village Hall Wed Social 11-1pm
- 24th Bridgham Church Coffee Morning 10-12
- 27th E Harling Parish Council OSH 7pm
- 28th OSH Ploughman's Lunch 12 for 12.30

OCTOBER

- 1st E Harling Church Community Café 10-12noon
- 1st Bridgham Village Hall Sat Social 8-11pm
- 4th E Harling Film Club 7 for 7.30pm
- 5th Bridgham Village Hall Wed Social 11-11pm
- 12th OSH Coffee Morning 10-12noon
- 22nd Bridgham Church Coffee Morning 10-12 noon
- 22nd E Harling Church Designers & Makers Exhibition 10-4pm
- 26th OSH Sausage & Mash Lunch 12 for 12.30

CONTACT is published monthly by East Harling Parochial Church Council and. items for the August PAPER edition should be submitted to the editor by email by 12th July 2022 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

DON'T FORGET TO VISIT THE EAST HARLING VILLAGE FETE ON THE POPLARS BEHIND PEPPERS ON SUNDAY 3rd JULY OPEN FROM 12-3pm DON'T MISS IT!!!



Twenty local artists including ceramicists, painters, printmakers sculptors & photographers putting on a selling exhibition at church to raise money towards our roof repairs. Please come to support our artists and to raise money at the same time.

Refreshments are available too!

Saturday 22nd October in East Harling Church NR16 2NB 10am - 4 pm

Designers & Makers

Fine Arts & Crafts event in East Harling Church

linking the medieval to the modern

showcasing the work of among others...

Maz Jackson artist in tempera,

David Wheeler, furniture designer and maker,

Heather Graham, Potter, Marie Dawe, artist in glass,

and a special exhibition by Jeremy Warren

featuring the work of taylor's of

Loughborough, Bell Foundry and Church Bell Ringing

Free Entry—Refreshments served all day Afternoon Cream Teas

TRADE ADVERTISING: contact Juliet Langridge tel: 01953 714900 or email to JulietL70@outlook.com

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