

JULY 2023



CONTACT

EAST HARLING – WEST HARLING – BRIDGHAM – ROUDHAM –
BRETENHAM – LARLING

VILLAGE NEWS AND EVENTS

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BYWAYS SEE PAGE 13

HARLING NEWS SEE PAGE 14
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BRETENHAM SEE PAGE 18
NATALIE'S TRACTOR RUN SEE PAGE 19
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EVENTS THIS MONTH

Harling Village Fete Sunday 2nd July from 12 noon see page 10

Wimbledon | 3rd - 16th July 2023 Wimbledon in London

Formula 1 British Grand Prix | 7th - 9th July 2023 Silverstone Circuit in Northamptonshire

Goodwood Festival of Speed | 13th - 16th July 2023 Goodwood Motor Circuit in Chichester

England v Australia - Ashes Series | 27th - 31st July 2023 Kia Oval in London

Ancient House Museum Thetford LAST CHANCE TO SEE —VIKINGS History on your doorstep—
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<https://www.museums.norfolk.gov.uk/ancient-house/whats-on/exhibitions/the-vikings-history-on-your-doorstep>

THETFORD FOREST—Family activities—Go
Ape—walks and nature trails see

<https://www.forestryengland.uk/thetford-forest>



www.harlingguiltcrossbenefice.org.uk

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
Roudham and Larling

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~ Welcome to our Services in July 2023 ~

Midweek Communion every Wednesday at 11.30am in East Harling Church

Date	E Harling	Garbl'sham	Wretham	Bridgham	Larling
Sunday 2 nd July Trinity 4	11.00 am All Age 6.00pm Soul Café In the Old School Hall	9.30 am Holy Communion	9.30am Service of the Word	11.00am Holy Communion	
Sunday 9 th July Trinity 5	9.30am Holy Com'union	9.30 am Holy Communion			11.00am Holy Com'union
Sunday 16 th July Trinity 6	9.30am Holy Com'union 6.30pm Harling Praise	11.00am All Age	9.30am Holy Communion	11.00am Service of the Word	
Sunday 23 rd July Trinity 7	9.30am Holy Com'union	9.30am Holy Communion			11.00am Service of the Word
Sunday 30 th July Trinity 8		11.00 am Holy Communion Benefice Service			

Date	Rushford	Shropham	Brettenham	Riddlesworth	Blo'Norton
Sunday 2 nd July Trinity 4	9.30am Holy Com'union				
Sunday 9 th July Trinity 5					11.00am Holy Communion
Sunday 16 th July Trinity 6		9.30am Holy Communion			
Sunday 23 rd July Trinity 7			11.00am Holy Communion	6.00 Holy Communion	
Sunday 30 th July Trinity 8					



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**Parish Records 2023 ~
~ Funerals ~**

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

ENA MARY ELDEN whose funeral took place in East Harling Church on 2nd June 2023 followed by interment in the Churchyard.

~ Floodlighting July 2023 ~

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

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).

July

13th **GEORGE BOND** – Loved and remembered every day. Angela and Ann.

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

Meditating with St Francis of Assisi



Meeting for 6 weeks - next meetings on Wednesday 28th June then Wednesday 5th July at 40 White Hart St, East Harling 7.00 to 8.00

Starting with a story and dialogue about an aspect of Francis' life followed by 30 minutes meditation
For more information, please ring Lynn Fry on 07554930054

Methodist Church FLOWER FESTIVAL

We would like to thank all who supported our flower festival!

We raised the sum of £620.
THANK YOU TO EVERYONE!

METHODIST CHAPEL WHITE HART STREET

Methodist Services in July

2nd 10.30am Rev Helen Nice
(No Soul Cafe this month)
9th 6.30pm Mr David Osborne
16th 10.30 am Rev David Ely
6.30 pm Harling Praise at Methodist Church
23rd 6.30pm Local arrangement
30th 6.30pm Mrs Linda Spencer

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East Harling Church Annual Church Cleaning

Calling all dust busters, dirt exterminators and anyone else happy to help

If you have some spare time on **Saturday 8th July 2023**

Please come and help Spring Clean our Beautiful Parish Church which is available and open to all. Refreshments will be available - we are open from 9.00am. Further information from Eleanor Doyle 01953 717304.

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The NORFOLK CHURCHES TRUST

Saturday 9th September 2023 9.00 am - 5.00 pm



Dear friends

This month will see the twentieth anniversary of my ordination as a minister at Canterbury Cathedral, and it's quite a sobering experience to realise how long I've been wearing a clerical collar for!

I remember, on a blazing hot day, walking into the Cathedral, and towards the end of a very long service, kneeling on the ground, as the Archbishop put his hands on me, and said the prayer that made me a minister in the Church of God.

It's been quite a journey. It led me from Kent, to Oxford, back to Kent, to Northern Ireland, to Bedford and, most recently, here to East Harling. Very little of it has been easy, but it has all been the greatest privilege. And I can honestly say that I feel beyond blessed to have found my way to East Harling and the other nine parishes I serve.

Why am I sharing this with you? Because twenty years ago, I was reminded that I belong to Jesus Christ because I was baptised in the waters of grace. I have a specific role and calling as a Priest ... but that is not as important as my identity as a child of God, a brother of Jesus, loved and infinitely valuable in the heart of the Creator of all things.

Were you ever christened or baptised? Because if so, an eternal claim was made on your life, and, even if you don't fully realise it, you belong to God, who knows you, and loves you, and longs for you to know how precious you are. Or perhaps you have not been baptised ... the invitation is there for you to come home. God, the Father, the Son, the Holy Spirit – they are a dance of love, an orchestra of joy, and God and God's people are longing for you to receive the blessing of knowing that you belong with us, and are infinitely beloved.

Some day soon, I will go back to Canterbury, and kneel again in that place, and remember that I was called then, and am called now, and that calling has given me life, and joy and hope. God is calling you too, and the journey God calls you on is the journey home to meaning, fulfilment and deep, profound joy.

If you would ever like to know more, please do get in touch ... or come and join us for a coffee morning, or for worship. Church is where you belong.

Your friend and priest

Simon

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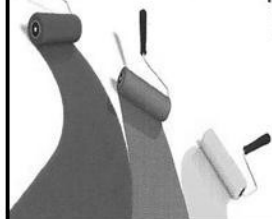
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EAST HARLING & KENNINGHALL MEDICAL PRACTICE
JUNE 2023 COMMUNITY NEWSLETTER UPDATE

May was once again very busy at the Practice, as illustrated by the following statistics for the month:

Number of appointments seen: 3,058

Number of incoming calls answered by Reception: 4,069

Number of appointments booked, but not attended: 223

The number of appointments not attended remains a concern, and we would again please ask that patients contact us if they are unable to attend an appointment so the appointment can be offered to another patient.

During May we launched a new managed repeat prescription service for patients who collect their medications from the Practice sites at East Harling and Kenninghall. When you come to collect your medication, you can leave your medication request for your next collection. All we ask is that you tick the items you will need in a month's time and your preferred collection point. We will inform you of the date of your next collection and we will do the rest. Your medication will be ready for collection on the date specified (not before).

Healthwatch Norfolk visited both Practice sites recently to seek patient feedback. Thank you to all our patients who provided their feedback for the report. We are in the process of reviewing the report in order to learn from it how we can continually further enhance the care we provide to our patients.

Our Patient Participation Group (PPG) continues to meet approximately every 6 weeks. New PPG members are always welcome. Please contact the Practice if you would like more information about our PPG and what membership of it involves. PPG meetings take place at our East Harling site, typically starting at 6.30pm and usually last approximately 1 hour.

June sees 2 new Receptionists joining the Practice team following the recent recruitment of additional resource into our Dispensary team.

As ever, I welcome all feedback from our patients – my direct e-mail address being

s.round3@nhs.net.
Simon Round, Practice Manager
7th June 2023

HARLING RAINBOWS!



On Thursday 8th June, our eldest Rainbow Amelie Fusco-Nicklin achieved her Rainbow gold award. This is the top award available to members. She had previously

achieved her bronze and silver awards but the gold award means she has completed over 720 hours of activities, 6 different skills builder badges and 6 interest badges across the themes of – Know myself, express myself, be well, have adventures, take action and skills for my future. In addition to this Amelie went above and beyond to complete all 12 interest badges, something we are all very proud of her for.

Notably, Amelie is the first rainbow in East Harling to get this award. To celebrate we had a gold evening, played lots of games, hunted for gold treasure and got gold medals for doing an obstacle course before Amelie was presented with her badge by Wayland District Commissioner, Sonia Ewbank. Amelie showed the unit all her badges, told us about which were her favourite to complete and which she found the most challenging, she also showed us a book of her favourite memories whilst at Rainbows.



Congratulations Amelie.

1st Harling Rainbows are a growing unit of girls aged 4-7 years, and consequently are looking for volunteers so we are able to take on more members. If you are interested in volunteering or want to sign up your daughter for a place then please visit www.girlguiding.org.uk/get-involved.

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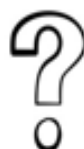
Scarecrow trail return

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CLUB**



Our June meeting saw us
gadding out and about. We had
a guided wildlife tour of Helen
Hilliars nursery at Shropham by
Graham, followed by a tour of
the plants with Helen (with several purchases being
made). This was followed by cake and coffee/tea sat in the
gardens. Finally, while we were all still sat enjoying the
wonderful evening and surroundings, Helen gave us a
demonstration of how easy it is (?) to make a few flowers
into a fabulous display and donated the bouquet as a raffle
prize(which was then won by one lucky member). A huge
thanks to Helen and Graham for their hospitality.

We meet at 7.30 on the second Tuesday of the month,
normally at the Old School Hall. Membership costs just
£10 for the year to 31 March, or £3 for one off visitors

On Sunday 2 July we will have a stand at the village fete
on the Poplars.

Our 11 July meeting will be an illustrated talk on the
history of Fullers Mill which we visited earlier in the year.

The trip to How Hill has been cancelled due to escalating
cost, but it is proposed to run a day coach trip to
Cambridge on Sunday 10 September which will be open
to everyone at a cost of £17.

Don't forget the coach trip to the pantomime at Bury St
Edmunds on Wednesday 6 December at cost £30, open to
everyone.

We are also looking into resurrecting the club holiday
which used to take place annually before Covid, if there is
enough interest. More details next month

To book any of these or to join our group please phone
Mary on 01953 717 193

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TALES OF OLD HARLING...16

'Harling's lost lanes and hidden highways'. By David Bailey.

1. Harling's first inhabitants and how they got here.

East Harling, Middle Harling and West Harling (The Harlings) first came into existence around 5,000 years ago. These three small stone-age communities came into being along the banks of the River Thet, around the edges of its shallow lake. For thousands of years before this their ancestors had been nomadic, existing by hunting the herds of giant deer, moose and reindeer that roamed across this corner of Breckland, where our homes are now. So, what suddenly happened to make Harling's first settlers swap the uncertainties and discomforts of hunting for a more comfortable way of life in riverside settlements along the River Thet? -----Farming!

The principles of farming, invented in central Europe, eventually arrived in this corner of Breckland around 5,000 years ago. For the first time in the history of mankind families could grow their own food and rear their own animals, which called for planning, permanent shelter and community co-operation.

And so it was that 'The Harlings' were born.

The first stone age farmers of the 'The Harlings' left no clues about what they actually called their three communities, but they did leave lots of evidence about their presence. Their farming implements. These artefacts of flint are occasionally found locally and include axes for clearing the land, arrow heads, scrapers for preparing animal skins for clothing, small sharp blades for inserting into bone handles to make scythes for harvest time and small flint pebbles called 'pot-boilers' (these were heated in a fire, dropped into crude clay pots or leather bags filled with water which instantly boiled and, hey presto, a delicious stew of cereal and meat. The effect of sudden heating followed by instant cooling left these flint pebbles with a unique crackled, dull patina and are commonly found on prehistoric settlement sites). See picture 1.



Now the question becomes, how did these revolutionary farming ideas reach this far flung corner

of Breckland 5,000 years ago? Ideas that first created the villages we now call 'The Harlings'?

THE RIVERS!

These were the earliest of "Harling's hidden highways" and the reason why these 3 villages (and others in this locality) are where they are today. In the absence of any name, I would like to call this corner of Breckland, 'The Land Between The Rivers'!

Its hinterland was thick with impenetrable forest so its 3 rivers were the only way in, and the only way out. See picture 2.



The Waveney. Starts at Lopham fen and flows eastwards to the sea near Lowestoft/Yarmouth.

The Little Ouse: Also starts at Lopham fen, flowing westwards to the sea at The Wash.

The Thet. Starts around Hockham and Attleborough, joining The Ouse rivers at Thetford, then flows to the sea at The Wash.

As you will see from the map, The Harlings' were slap bang in the centre of the 'Land-between-the-Rivers' and so our earliest ancestral neighbours mastered the new techniques of farming a lot more quickly than we may think.

What happened next? Many generations later, another world-wide revolution occurred that was to change the lives of the stone age farmers in 'The-land-between-the-Rivers' -----and once again, its principles arrived along its 3 rivers. Life would never be the same again for The Harlings.

More next month. -- to include "Harling's ancient dead, its earliest road and its oldest house"!!!

David Bailey.

EAST HARLING



EAST HARLING WI

In May, members had a guided tour of Eastfield House memorabilia, which was thoroughly enjoyed by all. Many thanks to Justin and Becky

Usually, East Harling WI meet at the Old School Hall, but in July we will be having a walk around the grounds of Lynford Hall, near Mundford. Please meet by the cafe at 8pm, and bring some nibbles and perhaps a camp chair, we will supply drinks!! All are welcome.

East Harling WI look forward to meeting new faces and all are welcome. If you would like to give a talk or demonstration, please get in touch.

If you have any questions please ring me Jackie Underwood on 07725 126116

HARLING RECREATION BOWLS CLUB

The Bowls Club (opposite the church) invite you to try a game of bowls!

We're opening our doors between 10.30am and 3pm on Saturday 1 July for anyone who'd like to try this fun sport.

We'll provide the bowls; all you need are flat trainers/shoes.

All are welcome. We hope to see you there.

HARLING WOMEN'S CONSERVATIVE GROUP

The next meeting will be held at 12.00 on Wednesday, 5th July at the home of Elizabeth Kemp, Hill Harling. It will be a social occasion with a light lunch served in the garden, weather permitting.

BRECKLAND LOCAL GROUP

Unfortunately there was no walk in May and at the time of writing we haven't had our June event but on Sunday 2nd July 2-2.30pm, we have a Wildflower Walk in Theford.

Led by the extremely enthusiastic and knowledgeable Jo Jones from Breckland Flora Group, we will explore around Nuns Bridges and Barnham Cross Common to see some of the rare plants of the area.

Meets at Nuns Bridges car park, IP24 2PZ. Cost is £2 members and £3 non-members. Due to the nature of this walk please leave dogs at home. Booking essential 01953 718119.

EVENTS AT SWT REDGRAVE AND LOPHAM FEN, NR BRES SINGHAM, IP22 2HX

JULY 2023

Guided walk

Saturday 8 July, 10.30am-12.30pm
£5

Weekend Wildlife Club

Saturday 8 July, 10.30am-12.15pm, £5
Monthly club with wildlife-themed activities for 6-11 year olds

Young Naturalists

Saturday 8 July, 1.30pm-3.30pm, £5
Monthly session for 11-16 year olds to explore, investigate and learn about the wildlife and habitats of the Fen
Needle felted sleeping mouse workshop
Saturday 15 July, 10am-1pm
£32, including materials

Holiday Club

Thursday 27 July, 9am-3.30pm
For unaccompanied 6-11 year olds
Wild play, games, activities and crafts
£25 each, including a healthy, vegetarian lunch
Funded places available for Norfolk children receiving free school meals – please check the website

AUGUST 2023

Holiday Club

For unaccompanied 6-11 year olds
Wild play, games, activities & crafts
Thursday 3 August
Tuesday 8 August
Thursday 17 August
9am-3.30pm
£25 each, including a healthy, vegetarian lunch
Funded places available for Norfolk children receiving free school meals – please check the website

Summer tree ID

Sunday 20 August, 10am-4pm
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GARDENNG NOTES

A short introduction to Fertilisers

Fertilisers often have the letters N:P:K followed by some numbers.

N = Nitrogen which promotes leaf growth. Particularly important for leafy vegetables

P= Phosphorous which promotes root growth

K = Potassium which helps flowers and fruit to form

The numbers give the relative amounts of each of these. E.g.

N:P:K 7:7:7 is a balanced fertiliser for general use.

When choosing a fertiliser at the garden centre think what you want it for. If you want to boost lawn growth you need a high nitrogen content. If you want a bumper crop of tomatoes, peppers etc. go for a high potassium one such as tomato feed. If you are planting shrubs and perennials go for a high phosphorus fertiliser such as bonemeal.

Fertilisers come in granular or liquid form. Granular or powder fertiliser is simple to apply and will only need one or two applications per year. Liquid fertilisers need diluting and are quick acting but short lived in their effect, so that several applications may be needed in a season. Fertilisers can only be absorbed by the roots if the soil or compost is moist.

Fertilisers can also be organic or inorganic (man-made chemicals). Organic are often slightly more expensive, but contribute to the health of your soil, whereas inorganic feed the plant only.

JULY IN THE GARDEN

Lawns: if you mow at all keep the blades high. If we have a prolonged hot dry spell like last year, you can either let nature take its course or water (if permitted). If you choose to water, you will have to keep it up until the rains come (remember most of us have metered water).

Cuttings: semi ripe cuttings (base of stems just turning brown) from shrubs. Cuttings from new season nonflowering growth of Mediterranean herbs (lavender, rosemary, sage and thyme).

Deadhead: Flowering shrubs and perennials including dahlias to promote further flowering.

Fruit: Trim summer fruits to shape. Blackcurrants can be pruned hard after picking fruit. Select a few new canes from summer fruiting raspberries and tie to wires for next year's fruit, cut the rest down to the ground.

Remove any diseased fruit and put in brown or green bin. Don't compost or you may spread the disease.

Vegetables: Start sowing for winter and spring. Sow spring cabbage, spring greens, and Florence fennel. If you have seed left plant a few French and Runner beans to grow up through the existing beans. If the

weather is kind, you can extend the picking season up to late October.

Dig second early potatoes as you want them. Replant a couple of egg sized ones into large pots, keep topping up compost and keep frost free and they should be ready for Christmas dinner.

Netting: If you have bird netting tighten it up to prevent birds getting tangled up.

Relaxation: There should be several days when you can sit out and drink your morning coffee and your evening glass of wine. Remember why gardens are precious!

Good Gardening
Kevin

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Sally's Book Reviews

The sunshine is out, but the reading doesn't stop, well, not in our house, and I am sure not yours. Despite working full time, I enjoy having a lazy day just reading a book. It is a rare treat for me as there are many other things to do, but I hope you enjoy this month's choices. You never know. One of them may be the next book for you?

I had wanted to read this book by Richard Coles. I know it's a trilogy, but after reading his fabulous book on grief, which was so well written, I wanted to see if he could turn his hand to other types of writing. It appears he can, although I am not sure I am such a fan of his crime novels. A clever man, nevertheless.

Murder Before Evensong, by Richard Coles

According to Amazon, a brand we know and use, nearly 8,500 people have reviewed the book. I felt a bit out of my depth when I read that. Gulp, here we go. I had great hopes. For me, it was a lightweight Agatha Christie, it started well with a good cast, but before you know it, it became rather farcical. If you like a light type of crime novel, go for it, but not for me. I hope you enjoy it more.

Keep Her Secret by Mark Edwards

This is the opposite of the one above. It grabbed me from the first moment I opened the page. This was a new author to me but recommended by a friend. Rarely do I want to sit down and read a book in one day, but I did with this one. I just had to keep reading. It did fall over in the storyline halfway through, I felt, but even with that blip, I had to keep reading. I'm glad I did, as it had a twist at the end, I wasn't expecting at all. If you like crime books and want something else, try this one.

Don't be worried. This column is not just about crime books. I promise you that. I do read other books other than crime; I can assure you. This one was again recommended by someone who knows me well and thought I might like it. They were so right.

The Venice Secret: A dual-time story about the discovery of a hidden painting... by Anita Chapman

I am sure I am a bit old-fashioned in my reading style, but ideally, I like a book to start from the beginning and finish at the end. However, this book feels rather disjointed as one chapter is at a time in history to the next once you understand that from the start, it is a joy to read, and I would highly recommend it.

The two sections are, first chapter: In the modern day, a girl called Rachel is stuck in a rut when she discovers what appears to be a Canaletto painting in her grandmother's loft, along with a note addressed to Philippa in 1782. Who is Philippa?

The second chapter is as follows: In 1780, the governess at Chipford Hall, Philippa, is offered the role of mistress by Earl Rupert. She escapes to Venice as a companion to bluestocking, Lady Cordelia, who reveals a secret that changes their lives. How is Philippa connected to Rachel?

There is lots of intrigue between the different worlds, and I love it. This book is the first novel by a new author, and she is researching her next one. I cannot wait to read the next one and hope you get the chance to read this one.

WEDNESDAY SOCIAL

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



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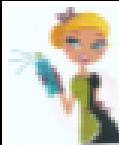
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PINK LADIES TRACTOR RUN FOR BREAST CANCER RESEARCH BY OUR OWN NATALIE WESTGATE—GO NATALIE!

Having moved back to Norfolk after nearly 14 years away, I decided I should go back to my roots and take part in a tractor run. I had noticed the pink ladies on my friends' Facebook feeds, and decided this had to be the one. This run is to raise money for breast cancer research, an illness that has very sadly affected many people close by me over recent years. Despite having grown up on a farm, and being very happy on horseback, I had never really driven the tractor. In fact, as a lawyer my modern day habitat is nothing like the rolling harvest fields...rather a desk, chair and laptop, whether in my home office or at work.

So last year, after a few lessons in the yard, out onto the village roads I went. A bit daunting at first, and tractors are definitely wider than cars...!

The big day was awesome, starting at Thorpe Abbots airfield (home to the 100th bomb group), quite moving driving through the packed out streets of Harleston, stopping for lunch on the beautiful Gawdy Hall estate, then after a bit of off, road returning through Palham St Mary, Rusha II then back to Thorpe Abbots.

On **Sunday 2nd July** this year we are hoping to break the £1m mark! You can come and support us in person at Thorpe Abbots air field, and/or give your support by sponsoring her, she will be very grateful for what ever you can give. Donate to her page today and help bring forward the day when all cancers are cured. Further report to follow once the run is done!

<https://fundraise.cancerresearchuk.org/page/natalie-pink-ladies-tractor-road-run-1>



DIARY DATES 2023

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

JULY 2023

- 1st Friends of E Harling Church AGM in Church 9.30am
- 1st E Harling Community Café 10-12
- 1st Harling Recreation Bowls Club Open Day 10.30-3pm
- 1st Feline Care Roudham Popup shop 10-1pm
- 2nd Harling Village Fete on the Poplars 12 – 4pm
- 4th East Harling Film Club OSH 7 for 7.30pm
- 5th Bridgham Village Hall Wed Social 11-1pm
- 7th Bridgham Village Hall Friday Social 6-11pm
- 11th Gardening Club OSH 7.30pm Talk on history of Fullers Mill visited earlier this year
- 18th East Harling WI meet at cafe at Lynford Hall 8pm
- 19th Bridgham Village Hall Wed Social 11-1pm
- 21st Bridgham Village Hall Friday Social 6-11pm
- 22nd Bridgham Church Coffee Morning 10-12
- 25th E H Parish Council OSH 7.00pm

AUGUST 2023

- 1st E Harling Film Club OSH 7 for 7.30pm
- 2nd Bridgham Village Hall Wed Social 11-1pm
- 4th Bridgham Village Hall Friday Social
- 5th E Harling Church Community Café 10-12
- 5th Feline Care Roudham Popup Shop 10-1pm
- 16th Bridgham Village Hall Wed Social 11-1pm
- 18th Bridgham Village Hall Friday Social 6-11pm
- 20th Sunday BIG THANKYOU TEA E H Church 3pm
- 26th Bridgham Church Coffee Morning 1-12
- 26-28th Redgrave & Lopham Fen Art Exhibition 10-4pm

SEPTEMBER 2023

- 1st Bridgham Village Hall Friday Social 6-11pm
- 2nd East Harling Church posh Afternoon Tea
- 9th Norfolk Churches Trust Sponsored Bike Ride (walk, ride, bike) 9am – 5pm
- 10th OSH Yard Sales and Scarecrow Trail
- 15th Bridgham Village Hall Friday Social 6-11pm
- 22nd Concert Korens Xtensia Swedish Music group returns to East Harling Church
- 23rd Bridgham Church Coffee Morning 10-12
- 29th Bridgham Village Hall Friday Social 6-11pm

OCTOBER

- 1st OSH Great Harling Bake Off
- 28th Bridgham Church Coffee Morning 10-12
- 28th EH Church Variety Show OSH 7.30pm

NOVEMBER

- 11th OSH Quiz night
- 25th EHSSC BIG QUIZ doors open 6.30pm for 7.30pm

DECEMBER

- 6th Gardening club trip to the Panto at Bury St Edmunds all welcome!

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.

AMAZING OPPORTUNITY to help support your Community Magazine

CONTACT ADVERTISING MANAGER

Our current manager is retiring after 16 years of dedicated service

The role requires perhaps 2hrs a week and does need someone computer savvy with a knowledge of Publisher
Anyone who is interested in taking on this interesting and rewarding role please call Sue for further information on 01953 718658 asap!



SATURDAY 1st July

East Harling Church 10am-12.00 noon

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

Everyone Welcome!

Tuesday 4th 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 comedy drama starring Tom Hanks as the perfect local grump who has suffered the loss of his wife of many years. Devastated and lonely, he decides to take a drastic step. However, his plans are disrupted by a lively family that moves in next door.

A really good performance by Tom Hanks and a thought provoking film which demonstrated the power of communities against the corporations.

**Adult £5.00 / Child £2.50
EVERYONE WELCOME**

CONTACT is published monthly by East Harling Parochial Church Council and. items for the August edition should be submitted to the editor by email by 12th July 2023 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