



CONTACT

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Sun 14 July

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Sunday 7 th July Trinity 6	11.00 am All Age 6.00 pm Soul Café In O S Hall	9.30 am Holy Communion	9.30 am Service of the Word	11.00 am Holy Communion	
Sunday 14 th July Trinity 7	9.30 am Holy Communion	9.30 am Holy Communion			11.00 am Holy Com'union
Sunday 21st July Trinity 8	9.30 am Holy Communion 6.30pm Harling Praise	11.00 am All Age	9.30 am Holy Communion	11.00am Service of the Word	
Sunday 28th July Trinity 9	9.30 am Holy Communion	9.30 am Holy Communion			11.00 am Service of the Word

	Rushford	Shropham	Brettenham	Riddlesworth	Blo'Norton
Sunday 7th July Trinity 6	9.30am Holy Communion				
Sunday 14th July Trinity 7					11.00am Holy Communion
Sunday 21st July Trinity 8		9.30am Service of the word			
Sunday 28th July Trinity 9			11.00am Holy Communion	6.30 BCP Evensong	

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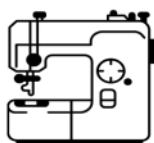
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~ Parish Records 2024 ~

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.

July

13th In loving memory of **George Bond**; always in our thoughts, Ann & Angela.

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

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!

Everyone is invited to **Soup Church** fabulous fresh Homemade lunch



East Harling Methodist Church White Hart Street

11.30am Tues 16th July Theme: Goodness!

METHODIST CHAPEL WHITE HART STREET
Methodist Services in July

July 7th 10.30am Rev Steve Oliver (communion)
(No Soul Cafe due to village fete)

July 14th 6.30pm Mr Pat Mottram

July 21st 11am United service with Garboldisham Parish Church

6.30pm Harling Praise at Parish Church

July 28th 6.30pm Rev Paul Mellor



East Harling Methodist Church invites YOU to...

'Monday Craft Café'

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

Next on 1st and 15th 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!



SATURDAY 6th July
East Harling Church
10am-12.00 noon

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Dear friends

I am writing the day after returning from Spain, having had a good few days of sun and relaxation.

I did intend to do more than I did – for instance, I had very clear intentions of doing a day trip in Barcelona, visiting the Sagrada Familia and Parc Güell and so on. I also had several books planned to read, and I just about managed two.

At one point, commenting on my lack of activity, defending myself I said, 'I'm a human *being*, not a human *doing*.' It's something of a cliché, but there is something important here. So many problems and difficulties are created by us seeing the world primarily in economic, productive terms. What is seen as valuable about you is what you can make, or produce, or provide ... instead of believing that you are valuable *simply because you have intrinsic worth*.

When people look at Jesus, they inevitably about the things he says, and the things he does. And these are obviously important. But it's interesting to notice how often Jesus does nothing, or refuses to explain himself fully. Jesus' authority and significance do not flow from what he achieves, or produces, or owns. They flow from his inner self; his wisdom, his unshakeable peace, his love of others (even when they don't deserve it), and his relationship with his Father.

So I come back from holiday, with all this in mind, ready to get back to work – it is still good to be fulfilling your role, getting on with the things that need to be done. But I also intend to do it from a place of peace, of rest, and of remembering that my own worth is not dependent on the things I do, but on the person I am, created in the image and likeness of God – and the same is exactly true of you.

Yours with every blessing

Simon.



Revd Joshua Whitnall, our curate, was ordained as a Priest in Norwich Cathedral on 29th June 2024 and will be serving as an ordained priest in the Harling and Giltcross Benefices with Wretham and Shropham.

From coffee mornings to time in the local school, care-home chaplaincy and hospital visits to funeral ministry, Joshua said that it's been an immense joy to serve in his parishes. Please keep him in your prayers as he looks forward to continuing to do so through Priestly ministry.

His first communion service is being held on Wednesday 3rd July at 7pm in East Harling Church and we trust it will be a wonderful and joyful occasion!

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**THROUGH THE GARDEN GATE
EAST HARLING CHURCH
SATURDAY 20th JULY**



Spend a relaxing day in St Peter and St Paul's Church at East Harling. Learn to make a textile picture, using simple techniques and explore your own unique creativity. You will be given complete instruction by Sharon as well as written instructions and ideas sheets. All materials are provided.

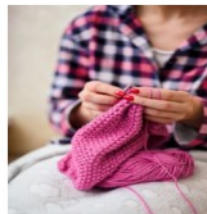
Making textile pictures is a delight and hopefully you will come away from this workshop, full of

inspiration. No previous experience is necessary other than maybe the most basic sewing skills.

Sharon Blackman is a textile artist from Chelmsford and has been making textile pictures from recycled fabrics for about 25 years. She has a quirky, folk art style and particularly loves to make pictures inspired by gardens, cottages, the seaside and the beautiful, simple everyday pleasures of life. She sells her original pictures and cards all over the world and has a large online following. She loves to inspire others to make textile pictures and to receive the same joy and peace that this technique has given to her.

Saturday 20th July 10.00 to 3.00. Hot and cold drinks will be provided throughout the day. You will need to bring your own packed lunch or take a walk and buy something at our local shops. Limited to 15 places. Pre-booking only. Cost £35. To book a ticket contact Lynn Fry on 07554930054 or email lynnandtony@outlook.com

**KNIT AND
KNATTER...**



NEXT MEETING: PLEASE
NOTE CHANGE OF WEEK

THURSDAY 18th JULY 2024
9.30 to 11am

WHAT'S ON AT THE VILLAGE HALL

CHECK OUR WEBSITE WWW.HARLINGGOLDSCHOOLVILLAGEHALL.CO.UK

JULY
WED 10 JULY
Coffee morning
10-12 noon

SUN 7 JULY
Village Fete 12 - 4pm
Poplars playing field
behind village hall

WED 24 JULY
Ploughman's Lunch
12 for 12:30
£7pp incl dessert

COMING SOON- SAVE THE DATE

SUN 15 SEPT
YARD SALES
AND SCARECROW FESTIVAL
FRI 4 & SAT 5 OCT
MURDER MYSTERY EVENING;
DINNER AND THEATRE EVENT
SAT 19 OCT
QUIZ NIGHT

**EAST HARLING FETE
SUNDAY 7th JULY
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EAST HARLING GARDENING CLUB



In June Phil Croucher stepped in at the last minute and gave us a fascinating and thought provoking illustrated talk about his visit to Southern India. Phil is well known in the village as a heating engineer and amateur photographer.



The talk took 2 parts. The first section was about a charity which had been supported for many years by his late mother, and which he is now supporting. The Bethesda Children's Mission orphanage in Tamil Nadu.

Look it up online, or better still get Phil to give a talk to your group. The story was quite heart-warming, pastor Sam who himself ended up in terrible orphanages as a young boy set up a modern facility to care for the most deprived children in the area and has helped hundreds of children to get a decent education and go on to become useful members of society. Phil's photography was superb and caught some great moments.

The second part was of the end of his trip when he went on a photographic safari and to the Andaman Islands again superb photos, especially of elephants   and leopards  .

The plant sale in May was a great success again. Huge thanks to all the people who helped set up, took the money, cleared up, brought plants, and bought plants. A special thanks to Mary who sorted out and paid out the money at the end. After costs the club made a profit of about £50.

In July we will have a stall at the village fair on 7 July at the Poplars. We will be proffering advice, promoting the club and selling a few plants, so come and say hello.

Our main meeting on 9 July will be a talk by World Horse Welfare   from Snetterton.

See our "East Harling gardening club" Facebook page nearer the time for more information. As well as our regular meetings we have some exciting events and trips organised for the coming year...

Sunday **4 August** coach trip to RHS Hyde Hall Garden and Flower Show. Visitors welcome, (number limited by coach size) cost just £20. (entry alone normally costs £15.80). At the time of writing there were a very few tickets still available, but if you want to go, you will need to book soon. (Leaves Market Square at 9 am).

If you have booked to go on the coach holiday to South Wales Mary needs your money as soon as possible.

Tuesday **10 December** Christmas lunch. Members only.

Tuesday **17 December** coach trip to Cromer Christmas Show. Visitors welcome cost just £40 including admission.

For further details of any of the above contact Jenny on 01953 717 911 or Mary on 01953 717 193.

We meet at 7.30 on the second Tuesday of the month, and visitors are always welcome for a low entry price of just £3, or why not become a member for a small annual fee of just £12 running from 1 April each year.

**CITIZEN SCIENCE EVENT
AT ST PETER AND ST PAULS CHURCHYARD,
EAST HARLING 15TH JUNE FROM 10 -12**

East Harling Church's "Count on Nature" was held on Saturday 15th June in the morning, an interesting and educational event for everyone. Lots of things were counted... insects, flowers, trees, lichen and much more.

Many Churchyards contain ancient wildlife meadows full of many different species, and are a rare and precious habitat. They have not been ploughed, fertilized or developed, lying undisturbed for centuries. They now make up a real haven for wildlife, for bees, butterflies, swifts, slowworms and hedgehogs, and many rare plant species.

Our Bioblitz event found 71 different species of plants and insects in the churchyard and uploaded them to iNaturalist. This App is very simple to use and a way for us to record our wildlife.

Thank you to everyone who came to help. If you would like more information on our churchyards and their importance to wildlife visit www.caringforgodsacre.org.uk. Thank you to Lynn and Tony for organising the event!

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GREENER MONEY?

As Christians, we need to ask questions about how our money is being used. You may not think you have much money, so it won't apply to you. You may perceive it's really about 'investments', which only the wealthy have, or you don't really understand.

In fact, most of us do 'purchase' quite a few financial products and we can ask ethical questions, just as we do when we are buying our Fairtrade bananas. Bank accounts, insurance policies, pensions, student loans and mortgages are all financial products.

In 'putting our money where our mouth is' we can encourage good practices and 'divest' (or disinvest) from companies who don't share our values.

WHAT ARE YOUR VALUES?

The first thing to decide is what constitutes 'ethical' for you. If you know your values, you can then ask appropriate questions of potential and current financial suppliers - whether they are your bank, insurance company or pension provider.

Connect your faith with your money. Where is your treasure? Are you able to be generous? Can you spend wisely?

Many financial institutions are both big employers and big investors of cash. The way such companies behave should be as important to them as where they are putting the money under their stewardship. Some real questions to answer might be:

- Is it important to you how your bank treats its employees, how they support people on low incomes or the percentage of women on the board, even if this means a slightly lower return on your investment?
- Do you mind what your pension is invested in, provided your money is secure and will give you income in your retirement?
- Would a higher premium put you off an insurance company which has climate change and human rights high on the agenda?

WHERE IS YOUR MONEY NOW?

It's not always easy finding out information about the ethics of financial institutions. You can ask questions of your own providers and search for reviews online. 'Good with Money' recommends some ethical choices (see links at the end of this article).

Banks publish ethical policies on their websites. Take a look to see whether anything is said about the values important to you. For example, some banks might be keen to tell you about their workplace ethics but may be silent on how they deal with weapons manufacturers.

Here are some useful links to explore further:

<https://justmoney.org.uk/>

<https://good-with-money.com/>

<https://www.mymothertree.com/>

<https://www.switchit.green/>

EAST HARLING 10K RUN 2024

We now have a date for this years' Harling 10 k, Sunday September 1st - race start 10-30 am at East Harling Rec.

If you would like to take part you can register online at totalracetiming.co.uk/race and follow the link.

As usual I will be contacting our Marshalls and Helpers in due course, hopefully most of you will be available again to help us stage another great event to make Harling proud.

We are looking forward to the day with another good race in prospect.

Chid Blades and Harling Athletics Club.

EAST HARLING WI

In May, East Harling WI had a fascinating and interesting talk on the work being done at the Bethesda Children's Home in Mettupalayam, India from Phil Croucher and Isabelle Allot. Phil also showed us his magical photos of the wildlife that they had seen in the area, everyone enjoyed the talk and the photos.

In July, we will be having a talk by Tyrone Richardson-Best about his experience of the Omagh Bombing as a newly qualified nurse - which promises to be a fascinating talk. East Harling WI usually meet on the third Tuesday of each month at the Old School Hall for 7.30pm. We are a small group and look forward to seeing new and old faces, and all welcome. If you would like to give a talk, demonstration on your skills, hobbies or interests please feel free to contact me Jackie Underwood on 07725 126115.

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EAST HARLING

EDWARD JACKSON

Many older residents will remember Edward and his family. His parents lived in Gallants Lane, where after their own children had grown up, they fostered the footballers John and Justin Fashanu.

In the late sixties and early seventies Edward was at the heart of musical activities in the village. A talented musician, he was director, organist and choirmaster at East Harling Parish Church. He demanded high standards from the choristers, but always with a sense of humour and a smile, all were inspired by his leadership. He was also one of the directors of the Harling Singers.

It was during these years that Edward met and married Rachel, the daughter of Canon Derek Price, who served as rector of the parish. Family life followed, in the village and later at Southburgh. All four of Edward and Rachel's children inherited their parents love of music, and are very talented musicians.

There are many people in and around Harling today who will have had the privilege of knowing Edward, and to whom he has surely passed on the joy and wonder of music.

A warm, humorous, kind and gentle man, we remember Edward with love, and our thoughts are with Rachel and all the family

THE GARDEN IN JULY

I am writing this on a cold wet June day contemplating whether to read up how to grow rice or to get on and build an ark – Flaming June?

Lawns Grass growth slows down in the summer normally. Raise the mower blades which allows the grass to grow stronger to resist drought (you never know). If we do have a long dry spell keep the sprinkler in the shed, mains water is expensive and has a high carbon footprint. If you have a new lawn (seed or turf) you will need to keep them watered.

Shrubs Prune early flowering shrubs. Cut back some of the older growth of shrubs such as mock orange and flowering currant to new growth lower down the branch, then remove up to a quarter of the oldest stems at the base.

Cuttings Take cuttings of penstemons, salvias (including sages), rosemary and lavender. Take 10cm (4 inch) from current seasons non-flowering shoots. Put in damp cuttings compost in a bright place out of direct sunlight.

Hedges Cutting can continue. Watch out for birds' nests and wasps' nests

Roses Keep deadheading repeat flowering varieties. Leave single flowering varieties unpruned to allow rosehips to develop

Annuals Keep bedding displays watered in warm weather – they don't generally have much of a root run. In baskets and containers, they need watering daily. Feed weekly with a high potassium feed e.g. tomato fertiliser. Move pots out of the direct midday sun or you will cook the roots.

Perennials including dahlias Keep deadheading unless you want to keep the seed heads for the birds. Cut back hardy geraniums to get a second flush of flowers in early autumn.

Irises with rhizomes A good time to divide to improve flowering next year and to get new plants. Trim leaves to about 6 inches and replant with rhizomes showing

Fruit Blackcurrants can be pruned hard after picking. Red and white currants can be pruned to within two or three leaves above old growth. Select a few new canes from each summer fruiting raspberry after cropping and tie to wires for next years fruit, cut the rest down to ground level.

Prune stone fruit trees on a hot dry day so that the wounds seal quickly to prevent the fungal disease silver-leaf entering.

Vegetables Start sowing for winter and spring. Sow spring cabbage, spring greens, Florence fennel, turnips, and winter salad. If you have a few climbing French bean seeds left sow them to grow through existing climbing beans – if the weather is kind, you will get a few fresh beans right through to the autumn. Sow last few summer lettuces and radishes

Plant potatoes for Christmas. Half fill a large pot or bucket with drainage holes in with compost and place a couple of egg sized potatoes in. Cover with a thin layer of compost and water. As growth reaches a few inches add more compost until the pot is nearly full. Keep moist. Remember that you will need to protect from frost, so place where you won't need to lift a heavy pot full of compost and plants. Maris Piper, Nicola and Charlotte are good varieties for this.

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

Enjoy There should be a few days when you can just sit and relax and enjoy the sunshine



Good gardening

Kevin

D-DAY 80TH ANNIVERSARY COMMEMORATION EAST HARLING 9TH JUNE 2024

The Parish Council would like to thank everyone that came along yesterday, and braved the chilly June weather. It was a great afternoon, despite being let down by a few things on the day, we kept calm and carried on!



Special thanks to the local businesses and organisations that supported the event:
Turner Funerals; Lomax Spiral Solutions; The Pantry at Kenninghall; Combat Paintball; Crendon Timber; Clarke Gosling; G Prodromou; The Swan PH; R J Holbrook; Newton Press; Breckland Council; Harling Water.

Big thanks to Larry, Cheri and Nick, Brett, Philip, Liz, Holly, Justin, Andrew, Kevin, David, Gerda, David, Ann and Samuel for all your hard work over the weekend.

WHICH REPORT CONVEYANCING FRAUD

Fraudsters are impersonating solicitors and making away with victims' house deposits just before their completion dates. This scam is known as conveyancing fraud, and it's typically executed by a fraudster hacking into a solicitor's or buyer's email account and providing alternative bank details for deposits to be paid to.

Lloyds Bank has warned that it received 20% more reports of conveyancing fraud in the second half of last year compared with the first half. It also found that victims lost an average of £47,000 and around 45% of victims were aged 39 or under, signalling that first-time buyers may be most at risk.

While either the solicitor's or the buyer's email account can be hacked for the scam to happen, the Solicitors Regulation Authority stated that it's nearly always the buyer's email that gets hacked due to the lack of firewalls that businesses have. After hacking either email account, a fraudster will monitor email discussions about the property purchase. When the time comes to transfer the deposit, the fraudster will either provide fake bank details from the property solicitor's email address or pose as the solicitor from an email address that looks very similar.

If they create a fake email address impersonating the solicitor, it may only have one character that's different from the genuine address and the email will copy the tone, email signature and even logos used in previous messages.

Sometimes the fraudster will call the buyer, impersonating an employee at the solicitor's office and provide bank details this way. Either way, victims of conveyancing scams are convinced to transfer money from their bank accounts to that of

the scammer. This is known as an authorised push payment (APP) scam.

Buying a new home is stressful, and fraudsters rely on you being in a hurry. Follow these tips to avoid a conveyancing scam:

Transfer a small amount first. Before transferring your house deposit to your solicitor, send a nominal amount such as £1. Then, call your solicitor on its registered branch phone number to ensure it's received the money.

Double-check contact details. Be aware of any unexpected emails or phone calls, double-check email addresses for any new or missing characters and be wary if you're contacted by a 'new' member of staff.

Set secure passwords.

Avoid posting details online. Fraudsters can also look to social media to discover potential victims ready to make big purchases. So avoid shouting about your new home until it's secured.

Verify payment instructions. At the start of the process, confirm payment instructions with your solicitor in person or via a trusted phone number.

Pay attention to any bank warnings. If you're about to make a payment and you see that the account doesn't match the details of the receiving account, double-check this with your solicitor by calling them on a verified phone number.

If you become the victim of a scam, call your bank immediately using the number on the back of your bank card and report it to Action Fraud, or call the police on 101 if you're in Scotland.



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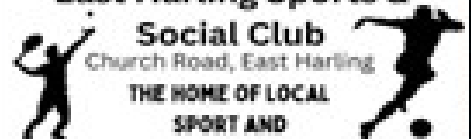
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GETTING QUIZZICAL IN BRIDGHAM

Bridgham Village Quiz has now almost done a full year of quizzing, challenging locals and surrounding villages. This past month we introduced the 1% Club as an addition to the normal quiz which is held every last Thursday of every month to get that grey matter working even more. The premise of this is to test our quizzers with just ONE question. It is a difficult question but not impossible. You get one chance to answer for an additional £1, but if you are correct you do win the rolling JACKPOT, which currently sits at £30. If there are no winners it will roll over to the following month. Come join our normal quiz from 7h30 and take a gambit and try for yourself. You never know, it might be your night!!
Bridgham Village Quiz is held every last Thursday of the month in the village hall corner Chapel Lane and The Street. For more enquiries Whatsapp 07305 007646 or find us on Facebook.

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WHY OUR FEET MATTER.....

Did you know that there are over 200,000 nerve endings on the soles of the foot? These nerve endings are part of our early-warning detection and defence mechanisms against foreign bodies. As our skin is the largest organ in our body, its function is to warn against heat, cold, sharp, and dangerous surfaces. Due to the feet being the furthest distance from our heart, they are often the first place that suffer when we have health issues such as Diabetes, Atrial Fibrillation, and Peripheral Arterial Disease (PAD) to name a few. Regular inspection of the foot can pick up on early signs of health problems and help keep feet mobile and active for longer.

Some simple, yet crucial ways in which one can self-care are to change footwear daily, wash feet daily, and change socks daily. Spraying inside the shoe with an anti-fungal is also recommended.

With time and aging, the foot can change, and these deformities and changes can be painful. Some medications can also affect the nail growth. As we age, toenails grow slower, but also much thicker. Regular toenail treatment can avoid the build-up of these issues and make the foot more comfortable. Regular foot health checkups from a qualified professional can help maintain foot health and potentially spot early signs of problems. Hard skin (callus) can be a painful condition. Regular maintenance can help greatly and is a quick and painless treatment. Corns are the build-up of callus that has impacted to form a "cone-shape" that burrows into the skin. They can be very painful. These are usually easily removed and again, regular treatment and footwear advice can prevent them from reoccurring. Treatment for verrucae can vary. As this condition is viral-based, it can take some time to resolve. Regular debridement (removal of dead skin cells), can contribute to healing outcomes, and a topical treatment is advised. Often "over-the-counter" products can be confusing and overwhelming to know what to buy.

If you have any concerns or questions regarding foot care, please get in touch with a Foot Health professional who can help and advise on the best course of treatment.

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DIARY DATES 2024 or fundraising events, outings etc. in the parishes in the Harling United Benefice. Full details appear in the magazine

JULY 2024

- 1st, 8th, 15th, 22nd, 29th; OSH Welcome Hub 11am-2pm
- 2nd East Harling Film Night Old School Hall 7.30 pm
- 3rd Bridgham Village Hall Wednesday Social 11-1pm
- 4th EHSSC Camera Club Rudd Room 7pm
- 5th EHSSC Whistle Stop Rock 'n' Roll Club 7:30pm
- 6th Friends E H Church AGM 9.30am in Church
- 6th East Harling Church Community Café 10-12
- 6th Feline Care Pop-up shop 10-1pm
- 7th E Harling Village Fete Poplars playing field 12-4pm
- 10th OSH Coffee Morning 10am – 12pm
- 12th EHSSC Bingo, eyes down 7:30pm
- 13th EHSSC Archie's Anthems concert on the Rec fundraiser 11:30am to 10pm
- 17th Bridgham Village Hall Wednesday Social 11-1pm
- 18th E H Church Knit & Knatter 9.30-11am
- 18th Roudham & Larling Parish Council meeting at Roudham & Bridgham Village Hall 7.30pm
- 20th E H Church – Textile Workshop 10.00am – 3.00pm
- 23rd OSH Disney Day 10-3.00pm see poster opposite
- 23rd E H Parish Council OSH 7pm
- 24th OSH Ploughman's Lunch 12 for 12.30
- 26th EHSSC East Harling Comedy Club 7:30pm
- 27th Bridgham Church Coffee Morning 10-12
- 31st Bridgham Village Hall Wednesday Social 11-1pm

AUGUST

- 2nd EHSSC Whistle Stop Rock 'n' Roll Club 7:30pm
- 3rd East Harling Church Community Café 10-12
- 3rd Feline Care Pop-up shop 10-1pm weather permitting
- 6th East Harling Film Night Old School Hall 7.30 pm
- 7th Bridgham Village Hall Wednesday Social 11-1pm
- 8th EHSSC Camera Club Rudd Room 7pm
- 9th EHSSC Bingo, eyes down 7:30pm
- 19th Roudham & Larling Parish Council meeting at Roudham & Bridgham Village Hall 7.30pm
- 21st Bridgham Village Hall Wednesday Social 11-1pm
- 23rd EHSSC Live music with Lick and A Promise 8pm

SEPTEMBER

- 1st 10K run race start 10.30am recreation ground
- 12th EHSSC E H Camera Club Rudd Room 7pm
- 14th Norfolk Churches Bike Ride 9am – 5pm
- 15th OSH East Harling Village Yard Sale & Scarecrow trail
- 19th Roudham & Larling Parish Council meeting at Roudham & Bridgham Village Hall 7.30pm
- 24th E H Parish Council OSH 7pm

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 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

PLEASE NOTE CHANGE OF ADVERTISING EDITOR-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 2nd July FILM NIGHT

In Harling Old School Hall
Film starts at 7.30 pm
Open at 7.15pm for crisps, popcorn, soft drinks, teas & coffees
Bring Your Own Bottle!

A beautiful film portraying a true life story of a 90 year old pensioner who "escaped" from his care home where he lives with his wife, and made his way to Normandy to join some of his former comrades to commemorate the D-Day landings.

Starring Michael Caine and Glenda Jackson this film is a moving, and at times funny, portrayal of the Greatest Generation.

Rating—12

£5.00 per entry
EVERYONE WELCOME

CALLING ALL KIDS!

Come and join us for a fun filled summer holiday music workshop






and more..

Disney Day!

SINGING ★ ACTING ★ GAMES ★ DANCING ★

🎵 Tuesday 23 July | East Harling Old School Village Hall | 10:00 - 15:00

£25 per child (£20 each for siblings)

for children aged 5-16 years
all abilities welcome

Limited spaces available,
full payment required to secure booking

DBS CHECKED

To reserve a place or for more info, please call Lydia on 07851 098 652 or email: roundmidnightmusicnorfolk@gmail.com
www.roundmidnightmusic.co.uk
f Round Midnight Music Norfolk





EAST HARLING WELCOME HUB

EVERY MONDAY 11AM - 2PM
at HARLING OLD SCHOOL HALL

COME ALONG AND JOIN US FOR
COFFEE • CAKE • SANDWICHES







QUIZ

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CRAFT SESSIONS,
DAILY NEWSPAPERS AND A
BOOK SWAP PLUS
A FRIENDLY WELCOME
PROMISED TO ALL