



OCTOBER 2023

# CONTACT

**EAST HARLING - WEST HARLING - BRIDGHAM - ROUDHAM -  
BRETENHAM - LARLING - RUSHFORD**

## VILLAGE NEWS AND EVENTS

CHURCH SERVICES & NEWS PAGES 3 AND 5

CURATES CORNER SEE PAGE 6

E H CHURCH AFTERNOON TEA REPORT  
PAGE 9

NEW BUS TIMETABLE SEE PAGE 10

GARDENING NOTES SEE PAGE 13

BRIDGHAM QUIZ NIGHT - SEE PAGE 18

HARLING FREEDOM OF PARISH AWARDS SEE  
PAGE 18

CONTACT DIARY SEE PAGE 20

**DONT FORGET CLOCKS GO BACK ON SUNDAY  
29TH OCTOBER @ 2AM**

**THE  
VARIETY  
SHOW**

**Sat 28th October 2023  
in The Old School Hall  
East Harling**

Limited Licensed Bar  
(Doors and Bar Open 6.30pm)  
Show Start 7.00pm  
Tickets £10.00 available from  
Dorothy Jubb 717128  
Tickets are limited so book early to avoid  
disappointment

[www.harlingguiltcrossbenefice.org.uk](http://www.harlingguiltcrossbenefice.org.uk)

Also published online 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 October 2023 ~

**Midweek Communion every Wednesday at 11.30am in East Harling Church**

Date	E Harling	Garbl'sham	Wretham	Bridgham	Larling
Holy	11.00 am All Age  6.00pm Soul Café In O S Halll	9.30 am Holy Communion	9.30am Service of the Word	11.00am Holy Communion	
Sunday 8 <sup>th</sup> October Trinity 18	9.30am Holy Com'union	9.30 am Holy Communion			11.00am Holy Com'union
Sunday 15 <sup>th</sup> October Trinity 19	9.30am Holy Com'union Harvest  6.30pm Harling Praise	11.00am All Age	9.30am Holy Communion	11.00am Service of the Word	
Sunday 22 <sup>nd</sup> October Trinity 20	9.30am Holy Com'union	9.30am Holy Communion			11.00am Service of the Word
Sunday 29 <sup>th</sup> October Bible Sunday				11.00am BENEFICE SERVICE Holy Communion	

Date	Rushford	Shropham	Brettenham	Riddlesworth	Blo'Norton
Sunday 1 <sup>st</sup> October Trinity 17	3.00pm Holy Com'union				3.00pm Holy Communion
Sunday 8 <sup>th</sup> October Trinity 18					11.00am Holy Communion
Sunday 15 <sup>th</sup> October Trinity 19		9.30am Holy Communion			
Sunday 22 <sup>nd</sup> October Trinity 20			11.00am Holy Communion	6.00 Holy Communion	
Sunday 29 <sup>th</sup> October					





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## Parish Records 2023 ~ September

### ~ WEDDINGS ~

Congratulations to: Miss Laura Holly Croxall & Mr Kieran Craig Grech, both of Attleborough, who were married in East Harling Parish Church on Saturday 26th August by Revd Simon Richardson.

### Floodlighting October 2023 ~

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

19<sup>th</sup> Veronica Elsy – Happy Birthday Veronica on your 70<sup>th</sup>! Congratulations and lots of love from Sue and Mike.

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).



## **BENEFICE POP-UP CHOIR**

**DATE:** COMMENCING FROM THURSDAY 19<sup>TH</sup>  
OCTOBER 2023

**TIME:** 7.30PM

**VENUE:** ST PETER AND ST PAUL'S CHURCH, EAST  
HARLING

#### **Our aim -**

To gather people who like to sing within the Benefice and local community, you don't need to read music and want to be part of a relaxed welcoming local church/community.

#### **Choir Practice schedule -**

Weekly from Thursday 19<sup>th</sup> October 2023 to Thursday 23<sup>rd</sup> November 2023 from 7.30pm – 8.30pm as performing on Sunday 26<sup>th</sup> November 2023 at 6pm in East Harling.

#### **Points of contact are:**

- Tyrone Best – Email: [tybest999@live.com](mailto:tybest999@live.com) Mobile: 07787 741760



*We are looking forward to seeing you!*



East Harling Methodist Church



**Harvest  
Festival  
Sun 8<sup>th</sup> Oct  
at 10.30am  
& 6.30pm**

**With Bring and share lunch.**

**ALL WELCOME!**



## METHODIST CHAPEL WHITE HART ST METHODIST SERVICES IN OCTOBER

1st October 10.30am Mr Pat Mottram  
6.00pm Soul Cafe OSH  
8th Oct HARVEST Celebration  
10.30am Mrs Sarah Hawes  
6.30pm Mrs Linda Spencer  
15th Oct United service St John Garboldisham  
6.30pm Harling Praise at Parish Church  
23rd October 6.30pm Mr Pat Mottram  
29th October 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

## CHRISTMAS TREE FESTIVAL 2023 🎄🎄🎄



As in previous years we are hoping for local schools, clubs, businesses, shops and individuals to take part by decorating a tree. For those who haven't participated before, you will need to bring your own tree, real or artificial. Trees can be any size as we like a good variety. You will also need to bring your own decorations, including battery operated lights, as there are very few electric sockets in the church. Your decorations do not have to be standard tree decorations, though we welcome those too.



The following is a list of dates and times for decorating your trees:

Monday 4th December 10 - 3pm  
Tuesday 5th December 10 - 3pm  
Wednesday 6th December 12.30 - 6pm  
Thursday 7th December 10 - 7pm

If none of these are suitable for you, please contact Susan to arrange a more suitable time.... 07890 102392 or email the address below. If you would like to participate this year, or have any questions, please contact Susan Wilson by phone: call 07890 102392, send a message or email: [susanmwils@gmail.com](mailto:susanmwils@gmail.com)

Dates for visiting the display of tree will be in a future CONTACT.



**East Harling Churches**

Invite you to drop in for

**Fun, Games**

**Craft**

**& Refreshments**

**October 31<sup>st</sup> 5.30pm-7.30pm**

At the Methodist Church  
White Hart Street



## Curates Corner



Dear Friends,

October is a month that brings mixed emotions for me. The start of September is a month that marks new beginnings: schools getting back into the full swing of things after a summer break, perhaps settling back into new rhythms at work, enjoying the last few days of warmth in the sun. Of course, November brings excitement, not least for my Birthday – but preparing for Advent, Christmas arrives in the shops, and lists of presents start to be compiled and ordered. That leaves October. A month that is quite simply, normal. It is why October (and late September) is such a perfect time to celebrate the Harvest Festival. A time to look back, to think about all that has been this last year and to prepare ourselves to plunge back into the business of life as the festivities of Christmas loom.

The Harvest Festival is a traditional festival, recognized officially in the Church of England in 1862, to give thanks for the food which the agricultural harvest has brought in. Of course, it has developed from then into a festival celebrating provision and food more widely, often supporting local Foodbanks and other community organisations. At its core, the Harvest Festival marks the completion of hard work to get a crop rooted, grown, well-tended, harvested and prepared to feed the nation. It is a time, for a moment, to pause, rest, and give thanks.

In his ministry on earth, Jesus took this concept of pause, this need to reset quite seriously. Before he made major decisions such as choosing his twelve disciples, he went away, alone to a mountainside to pray. When John the Baptist was killed, in his mourning Jesus withdrew, alone to rest and grieve. As he prepared for his public ministry he spent 40 days in the wilderness, alone and in prayer and of course, hours before he was arrested, he took time away to pray and agonise over his fate to come. Jesus also took plenty of time to rejoice for what had been – regularly offering praise and thanksgiving to God for all that took place. One of the most regular times he offered his thanksgiving, was any time he sat down to eat, to share in food, giving thanks to God for its provision.

As we dwell on the Harvest that has been and look forward to the festivities of Christmas to come, let us stop and give thanks. Let us find the time to withdraw and bring our concerns to God, to pray for those in need. Perhaps as we give thanks for the food that is on our plates, we might extend our arms to those in need around us – offering them something to eat too. October can be a month of great blessings, if we simply pause, rejoice, and give thanks to God for his provision in our lives.

I will leave you with the opening words of Psalm 107, words that I have held onto as a reminder to give thanks for all that is around me: 'O give thanks to the Lord, for he is gracious, for his steadfast love endures for ever.' My prayer for each of us this harvest time, is that we would know the steadfast love of God and give him our thanks and praises for all he has provided.

Josh

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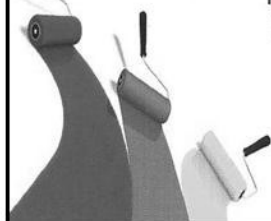
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### NEW CEILING IN THE VILLAGE HALL



At the beginning of the year, Harling Old School Village Hall had a frozen pipe which burst, flooded the Hall and Munro Room and a third of the ceiling fell down. The damage was considerable but fortunately we were fully insured.

A new suspended ceiling has now been installed with modern lighting, making the Hall a light and welcoming space. The Munro Room has a new floor and has been rededicated. The Hall is now an even more inviting place for groups to meet and for residents to hold parties for all the family, especially as we also have a fully fitted kitchen.

There are some slots to hire the Hall for a one-off event or regular activities. If you are interested in more information, please check our website ([www.harlingoldschoolvillagehall.co.uk](http://www.harlingoldschoolvillagehall.co.uk)) or phone our booking clerk, Mary, on 07766 745674

### NORFOLK WILDLIFE TRUST BRECKLAND LOCAL GROUP

You may have noticed that we've had a bit of a rest, but we are back now with a full list of Autumn and Winter talks.

The first is "Bones and Stones- the Story of Palaeolithic Human Life in the Brecks" with Tim Holt-Wilson. Tim will explain the special contribution that the Brecks Fen Edge and River Valleys have made to our understanding of Palaeolithic settlements in Britain.

This is to be held on Wednesday 11<sup>th</sup> October at 7.30pm at the Methodist Centre, High Street, Watton IP25 6AB. Cost is £2 members, £3 non-members. Refreshments will be served. No need to book.

### HARLING COLTS REUNION.

Harling Colts F.C" was founded in 1983 so this year being our 40<sup>th</sup> anniversary we thought it would be good for all our players and all who have been involved over the years to have a catch up. The get together will be at the Club from about 2.00 on Saturday October 21<sup>st</sup> . Could everyone share the date with their former team mates on social media etc to help make the afternoon/evening a success. The more the merrier. See you on the 21<sup>st</sup>!



Regards Chid Blades Harling Colts.  
(thanks to Gill Lambert for great photo of Chid!!)

### EAST HARLING CHURCH AFTERNOON TEA

What a wonderful time was had by all, at the Afternoon Tea held in the churchyard on September 2nd in the warm sunshine.

88 people enjoyed a choice of sandwiches, sausage rolls, a selection of delicious sweet treats and scones with jam and fresh cream, with a lovely pot of tea, made even more special with the lovely bone china.



Thank you to everyone who came along to support this fundraising event. We have had some lovely comments and raised £700. Truly amazing.



Also thank you to everyone who helped in any way to make it such a great success.  
Dorothy



(Thanks to Susan W for the photos) There are more photos on our facebook page  
<https://www.facebook.com/ehsspp20/>

## Transport for East Harling

Following a review of transport in the area there are new timetabled journeys to Attleborough, Diss and Thetford to get on board with. Key points outlined below.

- A journey into Attleborough operating all year round leaving the village at 0804.
- A journey ideal for shopping leaving the marketplace at 0946 every day. Goes to Diss on Mondays, Wednesdays and Fridays, Goes to Attleborough on Thursdays and Thetford on Tuesdays, return back to the village at 1259 each day.
- An afternoon trip in to Attleborough – leaves the marketplace at 1259, arrives in Attleborough at 1333, and returns at 1515.

The 37A service to Norwich with additional journeys remains.

Service numbers: 37E to Attleborough, 37D to Diss, 37T to Thetford

All journeys operated by Coach Services, under contract to Norfolk County Council

To

### Attleboro', and returns from Diss and Thetford

	Sch days	Nsch	Thu	M-F
Bus returns from Thetford on Tue, departing at				1232
Bus returns from Diss on Mon, Wed, Fri, departing at				1235
East Harling, park court	l		See	1257
East Harling, market place	0804	0804	below	1259
East Harling, opp kerridges	0806	0806	via	1301
Via Kenninghall, Banham and the Buckenhams			A11	
<b>Attleborough, queens square</b>	<b>0841</b>	<b>0835</b>	<b>1005</b>	<b>1333</b>
Bus to Norwich departs at..	0900	0900		1400
Bus to Norwich arrives at...	0943	0943		1443
Train to Norwich departs at...	0852	0852		
Train to Cambridge departs at...	0852	0852		1346

### From Attleborough, and to Diss and Thetford

	M-F	Thu	Sch days	NSch
Train from Norwich arrives at...	0852		1446	1446
Train from Cambridge arrives at..	0852			
Bus from Norwich departs at...			1403	1403
Bus from Norwich arrives at...			1444	1444
<b>Attleborough, queens square</b>	<b>0915</b>	<b>1215</b>	<b>1515</b>	<b>1515</b>
Via Buckenhams, Banham, Kenninghall				
East Harling, kerridges	0944	1244	1553	1551
East Harling, market place	0946	1246	1555	1553
East Harling, park court	0948	1248	R	R
Bus goes to Attleboro' via A11 on Thu, arrives at	1005			
Bus goes to Diss. Mon, Wed, Fri, arrives at	1008			
Bus goes to Thetford. Tue, arrives at	1015			

### Save the Date

**18<sup>th</sup> November 2023**

The Friends of East Harling Church Present  
(Reg charity No.280897)

### “Gift & Craft Fayre”

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text or phone at 07748732528

We always welcome new “Friends” to join us please contact the secretary – at [eastharlingchurchfriends@gmail.com](mailto:eastharlingchurchfriends@gmail.com) or 718777.

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## THE GARDEN IN OCTOBER



### **Beer can be dangerous!!!**

On 17 October 1914 at the Meux Brewery a 22-foot-high wooden brewing tank of dark porter beer ruptured releasing the hot fermenting ale with such force that the back wall of the brewery collapsed. The force also blasted open several more vats of ale, adding to the flood. In all 320,000 gallons of beer rushed into the St Giles Rookery (a densely populated London slum area off the Tottenham Court Road in London). A 15-foot-high wave of beer inundated 2 houses and took out the wall of the Tavistock arms killing the barmaid. In all 8 people died.

### **Gardening in October**

**There will be rain,  
There will be wind,  
There will be dry spells,  
There may be a heatwave,  
There may be frost.  
It is Autumn in Norfolk after all.**

**Lawns:** Rake up leaves and put on compost heap.

Raise the blades on your mower and cut if needed.

October is an ideal month for laying new turf. The ground is warm. You might need to water if we get a windy dry spell.

**Shrubs and trees:** A good month to plant container grown shrubs and trees for the same reason. Stake trees to prevent rocking.

**Cuttings:** take hardwood cuttings of shrubs, trees and non-grafted roses from the middle of the month. They can take up to a year to root enough to plant out.

**Plant:** Plant or move shrubs, trees and hedging. Keep watered if necessary.

**Prune:** buddleias by about half of their height to reduce wind damage.

**Perennials:** Leaving the seed heads will provide food for birds, especially finches.

**Dahlias:** Keep dead heading, water if necessary and check your supports

**Annuals:** Hardy annuals (e.g. sweet peas,) can still be sown in a greenhouse or cold frame. Prick out when large enough ready to plant out in March. Water sparingly, but don't let plants dry out. Ventilate the greenhouse as much as possible. If it gets really cold over winter cover with fleece, but don't leave on unnecessarily. The biggest killer in the winter is damp not cold.

Tender annuals can be removed as they get to the end of their lives (you can collect seed, lay out on absorbent kitchen paper and when dry keep in a labelled envelope to sow in the Spring).

Biennials such as foxgloves, forget-me-nots and wallflowers can be planted out so that they get a good start next year.

**Bulbs:** Try to finish planting Spring flowering bulbs by the end of the month. (Tulips can be put in tubs below other Spring flowering plants, otherwise leave until next month).

**Fruit:** Prune blackberries, tayberries and loganberries. Cut down the canes that have fruited and tie in the new growth

**Vegetables:** Cut down asparagus to ground level to prevent rocking in the wind. Keep clear of weeds.

Plant out Spring cabbages. Plant garlic and autumn onions. Sow broad beans such as Aquadulce or Meteor (can be sown direct in the ground or in pots to plant out later – watch for mice and crows, both of which adore bean seeds!

Harvest whatever is ready. Brussels sprouts, celery and parsnips were said to taste better after the first frost, however in recent years that would mean not harvesting them until after Christmas!

**Pots and tubs:** Clear out as soon as summer bedding is finished. If there is no permanent planting tip out onto the garden. If there are any pests or their eggs the birds will clean them up for you.

Clean the tubs and fill with a good quality compost (? the jury is still out?) and plant dwarf bulbs, pansies, violas, primroses etc.

If you are using plastic pots fill with a soil-based compost to prevent them blowing over in the wind.

Good drainage holes are particularly important in the Autumn and Winter as we often have prolonged wet periods.

If there is permanent planting remove any dead annuals and scrape away as much compost as possible. Feed and plant flowering perennials (violas, pansies, primroses all do well).

*Good Gardening.*

*Kevin*

## EAST HARLING



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### DATES FOR THE DIARY

**QUIZ NIGHT - 11<sup>th</sup> NOVEMBER**

**XMAS LIGHTS SWITCH ON AND MARKET  
2<sup>nd</sup> DECEMBER**

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### EAST HARLING WI

East Harling WI would like to say many thanks to Elizabeth Kemp for hosting our Summer Garden Party. Members and visitors had a lovely afternoon socialising.

In October we will be having a Wreath demonstration and a chance to make our own. This will be demonstrated by Mary Marshall, who used to own Margaret Emms Florist in Norwich. We are asking WI members for a donation of £10 to help cover costs. If any non-members would like to join in, we are asking for a charge of £25.00. If any non-members would be interested in coming and having a go, please get in touch with me Jackie Underwood on 07725 126115, so that we can ensure that we have enough materials for people. The meeting will be on October 17th at the Old School Hall at 7.30pm.

East Harling WI meet on the third Tuesday of each month at the Old School Hall at 7.30pm, and look forward to seeing new and old faces. If you have any skills that you would like to pass on or demonstrate, or any talks on any subject that you would like to make please get in touch with me Jackie Underwood.

### PINK LADIES' TRACTOR RUN



(Natalie Westgate fundraising for Breast Cancer Research)

Following on from my last post, (CONTACT June) the big day this year went by in a flash... almost 200 tractors so nearly double from the previous year.

Waiting to start in the Massey in a queue 3 abreast, where you couldn't see the front for love nor money, felt like Norfolk's answer to a central London traffic jam. I was quite far back, partly due to the fact we were stacked up in order of arrival, and my father had dropped the tractor off at the airfield early on. His tendency to being early (preferably the crack of dawn) I think is something to do with being a farmer, and a tendency I didn't inherit. So I developed some patience and sat tight.

This year's drive was wonderful, some off roading and just generally picturesque quiet country lanes. Plenty of opportunities to wave and beep. Harleston was absolutely teeming with people, and very moving to see the crowd especially given the cause.

I managed to raise £800 which I was quite chuffed with. I also managed to work out the two gearsticks this time....onwards and upwards 🐾

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### EAST HARLING & KENNINGTHALL MEDICAL PRACTICE

The Practice has remained extremely busy throughout the Summer, with some days seeing telephone call volumes closer to what would be expected during the Winter. The number of incoming telephone calls answered in August was 3,848. The number of total clinician appointments booked was 4,160, which was an increase of over 26% compared with July. Regrettably 155 of the appointments booked were not attended, and, as the Practice was not advised in advance, these appointments were lost.

The financial cost to the NHS of these lost appointments was approximately £5,000 in 1 month alone, and equates to approximately 6 full days of one clinician's appointments.

Patients receive a text message confirmation/reminder for all appointments booked, which now includes a link for the patient to cancel the appointment. Our website also offers patients a channel to cancel unwanted appointments – simply type "cancel" into the search bar of our website and complete the "Cancel an Appointment" form. This facility is available 24/7.

The Dispensaries at both sites have also been very busy, once again seeing a significant increase in the number of items dispensed in August. Please allow 5 working days for repeat prescriptions. Please also remember that Option 2 on the telephone is for repeat prescription requests. There will be little or no call waiting time on option 2. To save having to telephone your repeat prescription through, patients who collect their prescriptions at our East Harling and Kenninghall dispensaries can opt for a managed repeat prescription service – please ask at one of our dispensaries for more information.

We have completed further recruitment at the Practice over the Summer, with new staff joining the Practice Support Team, and new staff due to start in our Dispensary in September. We have also been extremely fortunate to have Joanna, Alex and Emma join the Practice Nursing Team. All 3 bring considerable experience and expertise to the Practice, and this recruitment brings a significant increase in the total number of nursing appointments we can now offer our patients.

As Winter approaches we enter another season of Covid-19 and flu immunisations. As was the case last year, the Practice will not be offering the Covid-19 immunisations at the Practice, but patients qualifying for Covid-19 vaccination will, during early-mid September, be able to book via the National Booking System, which will again include an option to book at The Healthy Living Centre in Thetford.

The Practice will be administering flu vaccinations to qualifying patients, initially on Saturday 4<sup>th</sup> and Saturday 11<sup>th</sup> October 2023 at our East Harling site. Qualifying patients will be receiving a text message inviting them to book directly into one of these clinics. Subsequently, patients will be able to book into these clinics via our Reception Team.

Simon Round Practice Manager, East Harling & Kenninghall Medical Practice, 5<sup>th</sup> September 2023

### HARLING 10K (photos thanks to Gill Lambert)



Race Start

Another great race took place on September 3, over three hundred runners left the rec on a warm and humid morning the first home Callum Stanforth from Ryston Runners getting in 3 seconds off the record in 34.16. The first lady home in 39.21 was Vicky Mc Elligott from Leigh on Sea Striders beating the ladies record by 3 seconds. The first Harling or Bridgham gent home was Shaun Braybrook in 39.16 and first lady was Tracey Pratt in 47.30.



Shaun and Tracey receiving their awards

Our congratulations to the winners and all the athletes that took part. A big thankyou must go to our marshals and all our helpers, we will say it again the race could not happen without you all. We are not sure yet on next year's date so watch this space, it promises to be another great village event. Thanks again everyone Chid Blades Harling AC.

### EAST HARLING CAMERA CLUB.

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Rambblings from Brettenham.

As I sit here thinking what to write about, many events will have taken place here in the hamlet before this edition is distributed to you all.

The Norfolk Churches Trust Bike, Ride & Walk event held on the 9<sup>th</sup> of September will have been and gone. I always use this day as one when the woodworm in the Church is checked and if necessary treated. The Danish Oil tin is opened and some of the wooden items in or around the Church are spruced up. This year smaller items in the Church will be treated rather than the main door and the door to the Vestry. Of course, the ongoing painting of the railings around a particular number of graves will also be continued, I wonder how many Peter will manage to paint this year!!

I always feel that September is a bit like 'turning over a new leaf' must be a flashback to the days of school terms and new school year groups, etc. - I admit that was a very long time ago!! – Back to the real world.

The harvest is over, the baling is done, and thoughts now turn to the cultivation of the land for the following year and of course the harvest of the sugar beet which starts very much earlier this year. It will bring the lorries back on the roads and the factory in Bury St Edmunds will be puffing out the smoke again, but always remember that the product is important to us all as a way of living and feeding us as a nation. Harvesting will not finish until 2024, where has the year gone!

The Church Harvest Festival will have been celebrated on the 24<sup>th</sup> and I hope it was a great way to spend an afternoon in the delightful rural Church and to spread fellowship and friendship as well as enjoying very tasty sausage rolls, scones and other bits and pieces. Thank you to all who support in anyway.

In a few weeks' time our attention will turn to the birth of baby Jesus and all that it means to us. This year we are delighted that we will be holding a Christmas Carol Service. Posters will be displaying the date, please make a note and come along as the more the merrier' will add to the festive celebrations.

Take care and keep safe, all good wishes Peter & Mary

Bridgham Events Committee  
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# Quiz Night

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Harling has celebrated outstanding community champions as they recently presented awards to a 10-year-old heavy metal drumming enthusiast who raised over £1000 for charity, a nature-loving river volunteer, an exceptional community volunteer with over 35 years' service and a dedicated football ambassador who has been instrumental in getting children into sports locally

The Harling Community awards ceremony held on 9 September was attended by community members, local officials, and distinguished guests. The Deputy Lord Lieutenant of Norfolk, Lieutenant Colonel Ian Lonsdale TD, had the honour of presenting the awards to the deserving recipients.

Philip Edge, Chairman of the East Harling Parish Council, expressed his deep appreciation for the winners' dedication and contributions to the community. "These awards shine a spotlight on those individuals who go above and beyond to make East Harling the incredible place it is.

The four remarkable award recipients included Oscar Taylor who won the Young Person's Special Achievement Award. At just 10 years old, Oscar has shown remarkable dedication to charitable causes. He participated in last year's Children in Need drumathon, raising over £1000 to support the charity's mission. Additionally, Oscar actively contributes to the British Legion's Poppy Day collection efforts, displaying a sense of care and selflessness beyond his years.

Trevor Burrows won the Parish Council Chairman's Award, after spending several years tirelessly working to clear and clean the River Thet between East Harling and Bridgham. His efforts have made the river accessible to the community once again and have significantly improved the local environment for wildlife and the ecosystem.

Winner of the Community Award was Liz Mould, who dedication to East Harling spans over 35 years. She has served on the Parish Council and has volunteered with various organizations, including the Scouts, home help initiatives, the British Legion, and numerous village charities. Her tireless efforts have positively impacted countless lives, and her extensive list of contributions continues to grow.

Hannah Cloughton, aged 22, also won a Young Person Volunteer award, due to her exceptional dedication to Harling Colts FC since a young age. Starting as a player at the age of 5, she progressed to coaching and eventually managing a youth team, all while volunteering her time. Hannah's passion and commitment to nurturing young talent in football have made her an inspiration to the community.

The Harling Parish Council would like to extend heartfelt thanks to Cllr Peter Wilkinson from Breckland Council for gracing the event with his presence and for his continued support of the East Harling community. Also thanks to Nathan Flatman of Breckland Council for taking the official photographs once again, and the ladies from the OSH committee for putting together the buffet.



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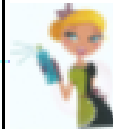


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Next on 2<sup>nd</sup> & 16<sup>th</sup> October  
in the Hall behind  
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White Hart Street.



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

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Harling United Benefice. Full details appear in the  
magazine

### OCTOBER

- 1<sup>st</sup> OSH Great Harling Bake Off  
3<sup>rd</sup> East Harling Film Night OSH 7.15 for 7.30pm  
4<sup>th</sup> OSH Coffee Morning 10-12  
4<sup>th</sup> Bridgham Village Hall Wed Social 11 – 1pm  
5<sup>th</sup> EHSSC Comedy Night 7.30pm  
6<sup>th</sup> EHSSC Whistle rock & roll club 7.30pm  
7<sup>th</sup> East Harling Church Community Café 10-12  
7<sup>th</sup> Feline Care pop up shop 10 – 1pm  
12<sup>th</sup> E Harling Camera Club Rudd Room EHSSC 7.00pm  
13<sup>th</sup> Bridgham Village Hall Friday Social 6-11pm  
13<sup>th</sup> EHSSC Bingo Night 7.30pm  
18<sup>th</sup> OSH Lunch 12 for 12.30  
18<sup>th</sup> Bridgham Village Hall Wed Social 11 – 1pm  
21<sup>st</sup> Harling Colts reunion EHSSC 2pm onwards  
24<sup>th</sup> E H Parish Council Meeting OSH 7pm  
27<sup>th</sup> Bridgham Village Hall Friday Social 6-11pm  
27<sup>th</sup> EHSSC Kids Halloween Party  
28<sup>th</sup> Bridgham Church Coffee Morning 10-12  
28<sup>th</sup> EH Church Variety Show OSH 7.00pm see advert  
on front page  
28<sup>th</sup> EHSSC Adults Halloween Party  
31<sup>st</sup> E Harling churches Light Party in the Methodist  
Chapel Hall (see advert on P 5)

### NOVEMBER

- 4<sup>th</sup> East Harling Church Community Café 10-12 &  
4<sup>th</sup> Makers & Designers exhibition alongside coffee  
morning and serving refreshments from 10am – 4pm  
4<sup>th</sup> Feline Care pop up shop 10-1pm  
7<sup>th</sup> E Harling Film Night OSH 7.15pm for 7.30pm  
8<sup>th</sup> OSH Coffee Morning 10-12  
9<sup>th</sup> E Harling Camera Club Rudd Room EHSSC 7.00pm  
10<sup>th</sup> Bridgham Village Hall Friday Social 6 – 11pm  
11<sup>th</sup> OSH Quiz night  
18<sup>th</sup> Friends of E Harling Church Gift & Craft Fayre Old  
School Hall 10am - 3pm  
22<sup>nd</sup> OSH Lunch 12 for 12.30  
24<sup>th</sup> Bridgham Village Hall Friday Social 6 – 11pm  
25<sup>th</sup> EHSSC BIG QUIZ doors open 6.30pm for 7.30pm  
28<sup>th</sup> E Harling Parish Council Meeting OSH 7.00pm

### DECEMBER

- 2<sup>nd</sup> East Harling Church Community Café 10-12  
2<sup>nd</sup> OSH Christmas Lights & Market  
4<sup>th</sup>-7<sup>th</sup> E Harling Church Christmas Tree Festival Decoration  
8<sup>th</sup> Gardening club trip to the Panto at Bury St Edmunds  
all welcome! (see advert on P 10)  
8<sup>th</sup> OSH Coffee Morning & Tombola  
8<sup>th</sup> E Harling Church Christmas Tree Festival 4 - 8pm  
9<sup>th</sup> E Harling Church Christmas Tree Festival 3 - 7pm  
10<sup>th</sup> E Harling Church Christmas Tree Festival 4 - 7pm  
10<sup>th</sup> West Harling Church \*\*\*CHRISTMAS CONCERT\*\*\*  
14<sup>th</sup> E Harling Church Christmas Tree Festival 4 – 7pm  
14<sup>th</sup> E Harling Camera Club Rudd Room EHSSC 7.00pm  
15<sup>th</sup> E Harling Church Christmas Tree Festival 4 – 8pm  
16<sup>th</sup> E Harling Church Christmas Tree Festival 3 – 7pm  
17<sup>th</sup> E Harling Church Christmas Tree Festival 4 – 5pm  
17<sup>th</sup> E Harling Church Carol Service 6pm



**Community Cafe**

**SATURDAY 7th October**  
**East Harling Church 10am-12.00 noon**

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