CONTACT

EAST HARLING - WEST HARLING - BRIDGHAM ROUDHAM - BRETTENHAM - LARLING

VILLAGE NEWS AND EVENTS

CHURCH SERVICES & NEWS PAGES 3 AND 5
REVD VARLIE SHELDRAKE OBITUARY PAGE 6
MEDICAL PRACTICE NEWSLETTER SEE PAGE 9
GARDENING NOTES—SEE PAGE 10
EVENTS AND NEWS—SEE PAGE 13
PHILIP EDGE AWARD SEE PAGE 14

WARM HUB DETAILS SEE PAGE 14
HELP FOR HARLING RESIDENTS
WITH FUEL COSTS SEE PAGE 14
REPORT ON CHRISTMAS TREE FESTIVAL
SEE PAGE 16
BRIDGHAM & LARLING EVENTS — SEE PAGE 18
CONTACT DIARY SEE PAGE 20



www.harlingguiltcrossbenefice.org.uk

MARKET STORES

BIRTHDAY CARDS & STATIONERY

D.I.Y. & HARDWARE

+ ELECTRICAL ACCESSORIES +

Open Tues/Thurs/Fri & Sat 9 to 5 Open Wednesday 9 to 1 Market Square, East Harling

Telephone: 01953 717303

East Harling Sports & Social Club

CHURCH ROAD, EAST HARLING

THE HOME OF LOCAL SPORT AND RECREATION

F: east harling sports & social club

T: 01953 718251

E: enquiries@ehssc.org.uk

www.ehssc.org.uk

Established, 1995

K & J NEWS

Newspapers and Magazines Home Delivery Service 7 days a week or days to suit you.

Friendly, efficient, reliable service whatever the weather

Phone: 01953 718791

VILLAGE HALI

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

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

TO BOOK, PHONE MARY 01953 717768 07766 745674

www.harlingoldschoolvillagehall.co.uk

Harling Old School Village Hall Registered Charity No. 285674

EAST HARLING YOUTH CENTRE FOR HIRE

We offer a hall and kitchen for hire at very reasonable rates. Ideal for children's parties. Ample parking.

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

newton press Family Owned & Run · Over 25 Years Experience

COST EFFECTIVE DESIGN & PRINT SOLUTIONS

DESIGN . PRINT . FINISH

WHAT WE CAN DO FOR YOU

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

Units 7-8 Cloverfield Industrial Estate, Lopham Road, East Harling, Norfolk NR16 2LT

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

EAST HARLING POST OFFICE

Mon-Fri. 09:00 - 17:30 Sat. 09:00 - 12:30

Cash withdrawals – most banks Cash deposits Car Tax Bill payments Parcels accepted up to 30kg Local collect available Pay Station top-ups Mobile Phone top-ups

Good range of gift items Cards for all occasions (constantly changing) Pet supplies - competitive prices Most brands of pet food available to order

Tel: 01953 714602

East Harling Pharmacy Part of East Harling since 1896 Memorial Green, East Harling. Tel: 01953 717207

Closed for lunch 1pm - 2pm Open MON-FRI 9am to 6pm SAT 9am to 1pm.

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

East Harling Window Cleaning

Local, friendly and reliable

Traditional method All types of windows Inside and out - Frames and sills Conservatories Gutters, fascias and soffits One-off or regular visits Competitive prices Call today to arrange a free quote! 07919 345887/01953 714681 Or find us on Facebook



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

Dry cleaning

Free Security advice All Locks Fitted to BS 3621 incl uPVC Door Multipoint Locks All Types of Keys Cut for Doors and Windows Alarm Systems - from Bells Only to Monitored Systems Call Rick on 01953 681805 or 07841 714026

MUSIC LESSONS IN EAST HARLING Piano, Sax, Flute, Clarinet, Singing, Music Theory LIVE MUSIC FOR YOUR EVENT Sax and Piano Duo available for Weddings, Garden Parties, Birthdays etc 07851 098652/07538 578 788 www.roundmidnightmusic.co.uk RoundMidnightMusicNorfolk

HARLING AND GUILTCROSS BENEFICE



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

~ Welcome to our Services in February 2023 ~ Midweek Communion every Wednesday at 11.30am in East Harling Church

Date	East Harling	Garbl'sham	Wretham	Bridgham	Larling
Sunday 5 th Feb 3 rd before Lent	11.00am All Age 6.00pm Soul Café Old School Hall	9.30am Holy Communion	9.30am Service of the Word	11.00am Holy Communion	
Sunday 12 th Feb 2 nd before Lent	9.30am Holy Com'nion	9.30am Holy Communion			11.00am Holy Com'union
Sunday 19 th Feb Sunday before Lent	9.30am Holy Com'union 6.30pm Harling Praise	11.00am All Age	9.30am Holy Communion	11.00am Service of the Word	
Wednesday 22 nd Feb Ash Wednesday	7.00pm Holy Com'union				
Sunday 26 th Feb Lent 1	9.30am Holy Com'union	9.30am Holy Communion			11.00am Service of the Word

Date	Brettenham	Riddlesworth	Blo'Norton
Sunday			
5 th Feb			
Sunday			11.00am
12 th Feb			Holy
2 nd before			Communion
Lent			
Sunday			
19 th Feb			
Sunday			
before Lent			
Sunday	11.00am	6.00pm	
25 th Feb	Holy	Holy	
Lent 1	Communion	Communion	





MOT IV & VII CARS & VANS UP TO 3.5 TONNES

VEHICLE SERVICING AND REPAIRS Roudham Road, East Harling 01953 718224

* Clarke Gosling *

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

MOT test appointments available Saturday mornings

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

Call us on: 717137 Or text: 07704 337344



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

A&B TYRES

(East Anglia) Ltd

FOR YOUR TYRES & BATTERIES

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

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

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

DW Services

2 The Bungalow, Roudham Road, NR16 2QN



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

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

HARLING TAXIS

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

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

Call 07950 189260 or 01953 714626

JUST PERFECT PROPERTY MAINTENANCE

JUST PERFECT PROPERTY MAINTENANCE



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

CALL NOW FOR A FREE QUOTE 01953 542313 - 07756 776995

FULLY INSURED

info@jp-propertymaintenance.co.uk www.jp-propertymaintenance.co.uk



PROPERTY SERVICES Handy Man for General

Repairs, Carpentry,
Plumbing, Decorating,
Fencing, and Gutters Cleaned
Pressure Washing

Most aspects of work covered.

Paul: 01953 456397 OR 07909 731091 www.handyman-propertyservices.co.uk



TAPESTRY COTTAGE

44 White Hart Street, East Harling Comfortably furnished studio, sleeps 2, full central heating, linen provided, ideal for visiting family and friends. Ring for brochure 01953 717642 English Tourist Board

> Approved Rating www.tapestrycottage.co.uk



The Dower House

The award winning touring park in the heart of the forest

For more information or to book call or visit online

T: 01953 717314 www.dowerhouse.co.uk

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



Painting & Decorating,
Plastering, Tiling, Carpentry,
Small brickwork projects,
Fencing, General Home
Maintenance & More.
Cliff Houghton
07594 179 744

www.houghtonhomerepairs.co.uk

Parish Records 2022/3 ~

~ Funerals ~

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

Varille Ivy Sheldrake whose funeral was held in East Harling Church on 21st December 2022, followed by interment in the Churchyard;

Derek William Price whose funeral was held in East Harling Church on 30th December 2022 followed by a private cremation.

Pauline Jennifer Shave whose funeral was held in Larling Church on 17th January 2023 followed by internment in the Churchyard.

Robert Liewellyn Comer and Muriel Ida Evelyn Comer whose funerals were held in East Harling Church on 19th January 2023 followed by interment in the Churchyard.

~ Floodlighting January 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).

February 2023

- 4th Geraldine FLETCHER Remembering you Mum on your Birthday Love Joyce, Darrall and Janette xxx
- 16th Alan FLETCHER You left us 41 years ago. You are always in our thoughts and we miss you lots. All our love Mum, Dad and Janette xxx.
- 27th Edie BARBER, Remembering you Mum on your Birthday. Lots of love Joyce, Darrall and Janette xxx.

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

MIDWEEK COMMUNION

This short communion service continues every Wednesday in St Peter and St Paul's Church at 11.30am. Feel free to bring your lunch with you so that we can share some social time together. Tea and coffee will be provided.

METHODIST CHAPEL WHITE HART STREET Methodist Services in February

5th Feb 10.30am Rev David Ely

6pm Soul Cafe

12th Feb 6.30pm Rev David McAloon

19th Feb 10.30am Mrs Janet Browne 6.30pm Harling Praise at Parish Church

26th Feb 6.30pm Rev David Ely

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

EASY FUNDRAISING

Every time you shop on line you can donate funds to East Harling Parish Church by simply visiting the Easy Fundraising web site using the link below every time you shop and it won't cost you a penny!!!

Simply visit the link below:

https://www.easyfundraising.org.uk/causes/eastharli ngpc/

Then the easy fundraising site will take you to your preferred web site. Easyfundraising partners with many retailers – for example, Argos, Trainline, Tesco, John Lewis, Amazon, Viking, Ikea, Screwfix, M&S. B&Q to name a few.

You can also download the easy fundraising reminder which will flag up which websites offer a donation every time you go on line and make a purchase. Thank you to all who shop in this way!



VARLIE SHELDRAKE 8th May 1939-21st November 2022



Varlie was born in Norwich in 1939. She was the second daughter of William and Ivy Marston a younger sister to Olive who was born in 1926. The family lived on a new development in Sprowston. Varlie's father came from an old Norwich family of merchants and at the time was trading as a brush manufacturer, with a workshop in St. George's, Norwich. In her own words – she had a usual wartime childhood! Post-war the family enjoyed holidays at Eccles on Sea and sailing on the Broads in her Dad's cruiser.

Varlie attended Blyth Grammar School in Norwich. Then, in 1960 she began training as a State Registered Nurse at the Norfolk and Norwich United Hospital. 1964 saw her moving to the City of London Maternity Hospital; then on to District Maternity in Portsmouth and Southsea and eventually to rural Norfolk where she encountered the stark reality of bucket loos in back yards!

Having completed Health Visitor training at Ipswich, Varlie became a Health Visitor in Thetford. That was in 1970 at the time of the London overspill - I know it was 1970 because she was my Health Visitor after I had my first baby! In 1972, Varlie married Arthur Sheldrake. They had a happy marriage and were both very proud of their two children, Julia and William. Although she had no grandchildren, Varlie always took great delight in what she called her 'grand dogs' and 'grand cats' – Julia and William's pets.

After the children were born, Varlie didn't return to paid work, but she did lots of voluntary work She was an active member of the WRVS (Womens Royal Voluntary Service) which involved both cooking and delivering Meals on Wheels. She was an active part of the Luncheon Club team. She helped with Playgroup and also helped set up Mother and Toddlers ... and of course the Church flower arranging, wife of the Church Warden; PCC secretary; Bible Notes provider and helping to produce Contact Magazine – a single sheet when she started, finally taking over as Editor in 2006. Despite all her voluntary commitments, Varlie returned to nursing, part time, at East Harling Surgery, in the late 1980's. In 2000, she began training for Ministry and was ordained Deacon in 2003 and ordained Priest the following year, 2004, alongside Revd Lynn Fry. She has served across the Benefice since then and covered no less than four vacancies when we were without a Rector over the years.

In 2006, Arthur died. They had loved to explore new places with the children and, later, on their own ... there were so many happy memories. Varlie was determined to continue exploring and so she did ... Two visits to the Holy Land, also Jordan, Petra, Austria, Malta ... Egypt – where she climbed up (part) Mount Sinai to see sunrise. This made such an impression she wrote about it in the Clergy spot in Contact - I quote - It was fantastic but I found the most memorable part of that climb was to see the pitch-black night sky studded with stars and to contemplate the greatness and splendour of the universe. 'My God, How Great They And!' The ising on the calls was to good here \$0.0^{th}\$ Dieth day in

How Great Thou Art!' The icing on the cake was to spend her 80th Birthday in Jerusalem!

Varlie was a real trailblazer, she was always keen to push the boundaries to make life better for everyone. She strongly supported the passing of the Equality Act and was admitted to the **Roll of Norwich Freemen** in 2011 – previously only open to males. She was also extremely proud to be awarded the Freedom of Harling Parish in 2017 – she particularly valued this honour because she had been chosen by the village.... By the people she has loved and served for so many years. Anybody who read her farewell letter in Contact Magazine in November last year can



be in no doubt how much she cared for each and every one of the parishioners in these villages. Varlie was a loving Mother to Julia and William a caring sister to Olive; a valued and supportive friend to many; an encouraging and trustworthy colleague But above all she was a woman whose life was deeply rooted in prayer and scripture. She served her Lord faithfully to the very end. Varlie was a legend. She was wise, she was honest and to the point, she was independent, and full of positivity – always looking on the bright side – even in the bleakest of situations! She had a wicked sense of humour and her very own brand of sarcasm. Anyone who was present at her final farewell listening to the music as she was carried out of the church – "Unchained Melody by The Goons" perfectly demonstrated her sense of humour. do listen to it on Youtube if you can it is very funny!) Varlie will be missed by all of us in so many ways. But mostly I think we will miss her leadership, her understanding and her compassion. Her faith in God has been an inspiration to many. And so I say thank you for all you have given to us, Varlie. May you rest in peace and rise in Glory!

Caryll

Hannah Tabram SPORTS MASSAGE THERAPY

Mobile and clinic based sports and relaxing massage



Q 07791 085504



hello@hannah.tabram.com



www.hannah.tabram.com

Cher Hair and Beauty

Mobile hair and beauty consultant A lovely wide range of treatments

Call Cherilyn

01379 688116 mobile 07881563303

Beautulicious

Over 15 Years Experience Fully Accredited

Beauty & Massage Therapist Facials - Body Wraps - Massage Manicures - Pedicures - Hot Stone Massage Indian Head Massage - Hopi Ear Candles Gel Overlays - Waxing - Tinting Dermaplaning - Reflexology - LVL Lashes 20% off First visit to new customers

Open Monday - Saturday For a brochure or bookings Call Katherine - 07923297134

Hopton Dental Surgery

Dentistry for all the family

Dentists

Dr Danusia Nicklin BDS Dr Elizabeth Cockerton BDS Dr Christopher Naylor LDS, RCS Dr Maija Whittingham BDS (Locum)

Hygienist

Mrs Gemma Ralfe FdSc

t: 01953 688 110

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



EAST HARLING DENTAL CARE

New Patients Welcome ! Bookings Open

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

Beautiful Smiles That Last a Lifetime





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

ZUMBA

PILATES STEP AEROBICS

in Kenninghall, Diss, Garboldisham, Morley & Thetford

01842 815074 Mob: 07796603643

Email: zumba-penny@hotmail.co.uk

James Ball

CARPETS

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

TELEPHONE: 01953 883288

BRECKLAND GIRLS PAINTING, DECORATING & MORE

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

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

REUPHOLSTERY



JON MELLOR ANTIQUE AND MODERN REUPHOLSTERY SPECIALIST

Willow Cottage, 159 Hargham Road, Attleborough, Norfolk NR17 IBA

Free & Friendly Estimates and Advice Tel: 01953 454919

MADE TO MEASURE

Curtains made and roman blinds and cushions

Fabric samples available

Call Dena on 07842 110240

Chiropody/Podiatry

David Houghton



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

Tel: 07804188375

for Home Visits or at my Attleborough clinic Telephone for an appointment

bodthepod@ntlworld.com

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

BESPOKE, QUALITY HANDMADE

CURTAINS AND ROMAN BLINDS

Materials available Tel: Sarah Southgate 01953 456397 07780 757985

ww.sarahsouthgate.co.uk

Foot Health Clinic

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

01379 688002 / 07554175513

South Lopham clinic every Monday and Friday

ANDY MAGUIRE **ELECTRICAL CONTRACTORS**



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



TESTING & INSPECTION FREE ESTIMATES ESTD 1983 HIGH QUALITY WORK AT LOW PRICES - WWW.A-F-MAGUIRE.CO.UK

01953 718365 - 07973 735916

QUIET WAYS, FEN LANE, EAST HARLING

BAYWING

HEATING & PLUMBING SERVICES 30 YEARS EXPERIENCE **CITY & GUILDS QUALIFIED** CORGIREGISTERED NAT & LPG

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



PC

GAS SERVICES

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

Central Heating ~ Boilers ~ Fires Cookers ~ Domestic Plumbing

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

(HE) Harling **Electrica**

Local Reliable Electricians

Domestic - Commercial - Industrial Electric vehicle charging specialists

01953 860876

office@harlingelectrical.co.uk www.harlingelectrical.co.uk

D.S.Cromack Plumbing & Heating Ltd.

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

07867 552295/01953 452506 dscromackplumbing@gmail.com

Clayton's Heating & Plumbing GAS. OIL & LPG

Servicing, Repair & Installation Landlord Safety Certs. Caravans, Motor Homes. GAS SAFE & OFTEC Reg.



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

P.G & J.LEA

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

East Harling 01953 717312

Blue Sky Plumbing

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

ANTIQUE FURNITURE

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

Rod Larwood 01953 717937



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

Member of the British Antique Furniture Restorers Association

DRAINAGE PROBLEMS?

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

Plus all associated Groundworks, Concreting etc.



WOOD IS OUR BUSINESS

Oak - Ash - Meranti - Maple Sapele - Iroko- Keruing - Doug.fir Cedar - Larch Softwoods - Decking

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

Burtons Timber

Snetterton. Tel: 01953 887555 www.burtonstimber.co.uk

RVH PAINTING & DECORATING Interior &

Exterior Free

> T: 01953 714839 M: 07881758946

Quotes

James Styles Interior and Exterior **Decorating** Services

Home 01953 714613 Mobile 07894014535

Domestic Appliance Repairs

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

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

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

EAST HARLING & KENNINGHALL MEDICAL PRACTICE Newsletter Update – January 2023

I hope by the time you are reading this you have had a good Christmas. I would like to wish all our patients a happy and healthy New Year.

December was saw the first cold spell of weather of the winter followed by the nationwide concerns over Streptococcus (Strep A) and rising flu and Covid-19 infection levels.

As a result, December saw all-time highs for the Practice in respect of not only the number of telephone calls received but also prescriptions dispensed. On one Monday in December there were over 1,200 attempted telephone calls to the Practice.

Our upgraded telephone system now enables patients seeking to order repeat prescriptions to utilise Option 2, thereby relieving the pressure on the appointment booking line (Telephone option 1). This dedicated service is available from Monday-Friday 10:00 am – 1.00 pm.

Option number 1 at the telephone is not available for repeat prescription requests, but repeat prescriptions can also be ordered via our website 24/7 or by visiting the Practice during opening hours.

To further enhance patient access, January sees the introduction of the Practice being open 1 Saturday each month at East Harling between 8:30am and 2.00pm. Appointments for these Saturday clinics will need to be pre-booked. Whilst there will be no facility to take incoming telephone calls on these Saturdays, a member of the Reception team will be on site to help patients attending the pre-booked appointments, and with general enquiries. In addition, the Dispensary at East Harling will be open on these Saturdays.

Unfortunately, we continue to see high numbers of booked appointments not attended by patients, totaling 136 appointments in December. Telephone appointments are included in this number because clinician time is allocated for telephone appointments in the same manner as face-to-face appointments. With demand for appointments at such a high level, even with very short notice it is almost certain that we can offer cancelled appointments to other patients.

As ever, I very much welcome any feedback or suggestions on what you would like to see in these updates – my direct e-mail address is s.round3@nhs.net.

Simon Round Practice Manager 9 January 2023



A Bunch of Amateurs - Hardly!

I am very excited to be directing "A Bunch of Amateurs" with The Harling Theatre Company at The Old School Hall, East Harling on 24^{th} and 25^{th} March 2023.

A little bit about the play.

Keen to boost his flagging career, fading Hollywood action hero Jefferson Steele arrives in England to play King Lear in Stratford – only to find that this is not the birthplace of the Bard, but a sleepy Norfolk village. Instead of Kenneth Branagh and Dame Judi Dench, the cast are a bunch of amateurs trying to save their theatre from developers. Jefferson's monstrous ego, vanity and insecurity are tested to the limit by the enthusiastic am-dram thespians.

Warning there is sexual references and some adult language, but these are necessary for the plot and the humour of the play, plus of course flamenco dancing, sword fighting, action heroics and a sex scandal thrown in too!

This play really has it all, so I hope you can join us in March and see what a **talented** Bunch of Amateurs you have in East Harling. If you would like to be part of this play, whether as backstage or as a cast member, please contact us....we really are a super friendly bunch and all are welcome.

Dates: Fri 24th March at 7.30pm and Sat 25th March 2023 with 2 performances a matinee at 2.30pm and evening performance at 7.30pm - £10 per ticket (carers go free)

VIP Tickets: Available for Fri 24^{th} March performance only – treat yourself to a 2 course evening Meal at The Nags Head before the show, best seats of the house and a free raffle ticket and programme £32 pp – To Book 07808 509110

To Book: <u>www.ticketsource.co.uk/harling-theatre-company</u> or phone 07808 509110.

Sharon Gaffney

THE GARDEN IN FEBRUARY

"Some random quotes about February: If January is the month of change, February is the month of lasting change. January is for the dreamers... February is for the doers. -Marc Parent

ador

Every gardener knows that under February's cloak of winter lies a miracle...a seed waiting to sprout, a bulb opening to the light, a bud straining to unfurl. And the anticipation nurtures our dream" - Barbara Winkler

"There is always in February some one day, at least, when one smells the yet distant, but surely coming, summer" - Gertrude Jeckyll

<u>Snowdrops and winter aconites:</u> if you are lucky enough to have clumps of these split them when they finish flowering and replant to establish new clumps. If not, this is a good time to plant them "in the green" - far more successful than planting dry bulbs in the autumn.

<u>Lawns</u>: A good month to lay turf so that it has time to root down and establish ready for the summer. (Wait until early April to sow seed when the combination of a little warmth and rain will encourage strong growth).

<u>Shrubs, trees and deciduous hedges</u>: Bare root plants are still available at a fraction of the cost of potted ones, and will establish quickly as the soil warms up.

<u>Hedges</u>: Cut deciduous hedges hard to promote new growth before birds start building nests.

Pruning: Prune bush roses hard to outward facing buds.

<u>Perennials</u>: Remove dead material before new shoots begin to grow. Split established plants. Plant new perennials. *Tip* small plants from garden centers establish quicker than larger ones and in a couple of years will be as big and healthier than large, more expensive ones.

Tip 2 Look around the village – there are several stalls with people selling surplus plants at a fraction of the garden center prices.

<u>Dahlias</u>: Tubers are now available in the garden centers. If you do buy them protect them from frost but don't store in a dry centrally heated room.

Gladioli: as dahlias.

<u>Sweet Peas</u>: Sow in pots in a cold greenhouse or cold frame. Soak seed overnight (no longer!) before sowing.

Annuals: not until next month.

<u>Vegetables</u>: *Tip* most packets of seeds contain far more than you need. If kept cool and dry, and resealed most seeds will remain viable for several years (not parsnips).

Sow in a heated propagator greenhouse cucumbers and wrinkled peas; sow under glass without heat, broad beans, brussels sprouts, cabbage, radishes and salad onions;

sow outdoors (when ground is not frozen or waterlogged): parsnips, round seeded peas and summer spinach

Plant early potatoes. Harvest whatever is ready – remember when the weather warms up many of the overwintered crops like kale and leeks will flower and become only good as compost.

<u>Trays</u>, <u>Pots and Tubs</u>: Plastic pots and tubs and trays cause environmental problems when disposed of, and there are now more environmentally friendly alternatives coming onto the market. However if you have plastic pots you can reduce your environmental impact by washing and re-using them. Toilet roll middles and newspaper

rolled into tubes can be stood in a tray and used for sowing individual seeds such as peas and sweet peas, then when you plant out, plant the whole container (below soil level or it will act as a wick and dry out the area around the roots). Plastic meat trays can be recycled or with several small holes made in the base they make good small seed trays.

Good Gardening Kevin

EAST HARLING GARDENING CLUB

Membership costs just £9 for a year of interesting talks and demonstrations. Non-members are welcome at our meetings at a cost of £3 (so membership really is a bargain!). This year we will have a new benefit of two cards available to borrow allowing 50% off admission to RHS gardens.

We meet at the Old School Hall at 7.30 on the second Tuesday of the month. Our calendar for the next year, starting in April is currently being put together - watch this space. A trip has been arranged for September to How Hill - an environmental trust on The Broads. Following on from the success of the trip to the variety show on Cromer Pier we are considering organising a trip to the pantomime in Bury St Edmunds at the end of the year.

Our January meeting was a social event taking the form of a quiz night with nibbles. It seemed to be enjoyed by everybody (I wrote the questions, so am biased in thinking it was a brilliant evening!). We had a tie for first place - congratulations to Greenfields+1 and Compost. It was a close fought battle with only 4 1/2 points between all of the tables.

February sees two events, Our regular meeting takes place on Tuesday 14 February at 7.30pm (what better way to spend Valentines evening than listening to a talk by Ken of the Garden Enclosure - always interesting, and normally brings some plants for sale).



On Wednesday 15 February we have a coach trip to Fullers Mill Gardens for a snowdrop walk, then on to Fordham Garden Centre (order may be reversed depending on weather forecast). Departs from Market Square at 10 am, will start our return journey by 4pm. Cost is £18 including admission to the gardens, open to non-members. Please ring Mary on 01953 717 193 to book.

Our March meeting will be our AGM plus a social with wine and nibbles.

Kevin

P GARWOOD

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

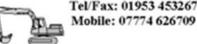
Call Paul on Telephone: 01953 718303 Mobile: 07775 621721

Free estimates—friendly advice Work Guaranteed

W. P. FULCHER

CIVIL & GENERAL BUILDER JCB3CX & MINI DIGGER HIRE

RENOVATIONS & EXTENSIONS PAINTING & DECORATING HARD LANDSCAPING GROUNDWORKS FREE ESTIMATES



Tel/Fax: 01953 453267

Rich

Walpole Roofing



New roofs

One off self builds to complete sites

- Re-roofing from:
- Complete strip & re-tiling to roof repairs
- · Lead work.
- Moss removal.

Fully Insured 07747784742

■■■ TAYLORMADE BATHROOMS

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

www.taylormadebathrooms.co.uk

To see examples of our work please follow us on Facebook: Taylormadebathrooms1

Call Robert Taylor on 01359 221015 or 07979590528

TIM'S MAN AND MINI DIGGER FOR HIRE CONSTRUCTION LTD

New Roads & Streetworks Act City & Guilds Approved Over 30 Years Experience FREE ESTIMATES, NO OBLIGATION QUOTE



■ Dropped Kerbs Driveways Block Paving ■ Patios & Paths

■ Drainage & Footings 07786 223 141

01953 688 301 tim.taylor141@yahoo.co.uk

S B Services

Windows and Doors



PVCU Doors, Windows and Double Glazing Repairs New Installations and General Maintenance Over 30 years experience Friendly and Reliable Based in Great Hockham Call Shane on 07508 941086 Email: shanebloss@btinternet.com

MILTS FITTED BATHROOMS & KITCHEN FLOOR & WALL TILING SERVICES



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

lan Aspinall Renovations

City & Guilds Qualified Carpenter

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

07917 680857 - 01953 718512

e: 77asprin@gmail.com

S&C Window Repairs

01953 525049 or 0800 160 1932 Repairs to double glazed windows, doors and conservatories

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

www.sandcwindows.co.uk

School Lane. East Harling



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

Office/Fax 01953 718706 Mobile: 07778780104

Email:steven@spblades.co.uk Web: www.spblades.co.uk

BILLY HOWE Builder

BRICKWORK **EXTENSIONS** ALTERATIONS Free estimates

Tel: 01953 718219 Mob: 07919991097

01953 718 363 07789 488 402

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

K.J. Beales Ltd

Building and Home Improvement Specialists

Kitchens Windows Extensions **Bathrooms** Fascias and Guttering Renovations Landscaping

Superior Quality and Craftmanship All aspects of building work undertaken - Established 2003

Kevinjbeales@gmail.com / Mobile: 07881622516

Philip Moule

LANDSCAPING



Garden Maintenance Private and Commercial



Lawns Turfed and Seeded

Patios - Driveways Walls and Bases





Mini-Digger Work

Hedge Cutting - Planting Trees Felled and Lopped



All Types of Fencing, Gates and Decking

Ponds and Water Features

I-01953 717962 M-07775623753

LOOKING FOR A GARDENER

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

PLEASE DO NOT HESITATE TO RING :- JASON CARMAN ON (DAY) 07867 871628 OR (EVENING) 01379 586792

WHO WILL BE PLEASED TO HELP

R. A. Tree Services

All aspects of tree surgery undertaken.

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

Email: richardarmes@yahoo.com



ANGLIAN TREE SOLUTIONS

- * PRECESSON DESTRANTLENG OF LARGE TREES
- * CROWN REDUCTIONS & LIFTING
- * STORIK DAMAGE REPAIRS
- * DEAD WOODING

and Competitive Service

- * PLANTING * STURF REMOVAL
- * WOOD CHIPS DELIVERED

James Chapman Telephone:

Mobile 07778 957358

www.angliantreesolutions.co.uk

james@angliantreesolutions.co.uk

Chartel House, Roselbate, Namerick, 19814 SQN

Eclipse

Gardens & Grounds

Regular maintenance Lean mowing Hedge kinning Lawns turled Scarifying Small & large gardens

Pressure washing Stump princing Garden cisarance Fencing Decking construction Concrete bases Other work unders

01953 714853 or 07786 851895

eclipsegardensijkbtinternet.com www.ecliese gardens.com

ELITE FENCING

HARD SURFACE CLEANING PRESSURE WASHING

TREVOR ON 01359 221128 OR

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

ALL PESTS & COUNTRY

SERVICES



07917203761 | 01953 433030

alipest10@yahoo.co.uk

alipestsandoountry

www.allpestsandcountryservices.co.uk

The Flowerpot Man

'For beautiful gardens all year round'

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

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

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

(LANDSCAPING)

FENCING GATES, DECKING PATIOS, PERGOLAS, PATHS, BASES, TURFING DEMOLITION, REPAIRS, COD JOES & MORE!

FOR FREE ESTIMATES CALL 07761651567



AKERS TREE SERVICES

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

CONTACT US FOR A FREE CONSULTATION 01953 308909 or 07825651311 peter@akerstreeservices.co.uk www.akerstreeservices.co.uk

Breckland Brush Chimney Sweep & Stove Installation





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

LADY GARDENER



07955 284975



CHARLIE THE CHIMNEY

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

charliethechimney@btinternet.com 01842 822411

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





HARLING SINGERS- a family friendly community choir- all welcome! Mums, dads, grandmas, grandads, children, siblings, friends or come on your own! You are all welcome to come and enjoy the power of singing together for fun.

A very light-hearted session and no experience necessary.

Rehearsals fortnightly on Monday's in the church. This year we are very excited to have a couple of performance opportunities already, including performing with orchestra at the Village King's coronation event. All welcome!

Just £2.50 a session, or £4 if you come as a family.

To register, please contact Lydia on lydiaogorman.music@gmail.com or 07851 098652

HARLING OLD SCHOOL VILLAGE HALL

I am sure many villagers will have heard that we had a burst pipe in the Hall following the cold spell before Christmas. We were very lucky that Steven, a local resident, was passing by and heard water running and was able to alert us to the problem before the whole Hall was flooded. There was extensive damage to part of the ceiling but that has now been made safe and the Hall is being used as usual. We will have to close the Hall again for a few days while the damaged ceiling is replaced but we will let hirers know the dates in plenty of time for them to cancel their activity.

I would like to personally thank the local builder and members of the committee who spent hours clearing up the mess and making it possible for the Hall to be open again in a very short time.

After many years serving as the village school it was opened as a village hall 40 years ago. We will be celebrating a successful forty years serving our community on 3rd June with an Afternoon Tea. More details of this event and other special occasions, such as the "Harling Then & Now Slide Show" can be found in Contact and on our website and Facebook.

Christine McLean, Chair, HOSH Committee

BACK BY POPULAR DEMAND HARLING THEN & NOW SLIDE SHOW

Including lost lanes and highways (a brief glimpse of our village before the invention of photography)

HARLING OLD SCHOOL HALL
SATURDAY 18th March
7.00pm prompt
Doors open at 6.30pm

£5 ENTRY BY TICKET ONLY (to include refreshments in the 30 minute interval)

TICKETS from Market Stores, Post Office, or call 01953 718658

New comers to Harling! -come along with your questions.
Old-timers of Harling!----come along with your memories.

Did you know Harling once had 13 pubs where are they now?!

EAST HARLING WI

East Harling WI's February meeting will be a talk and slideshow by Justin Jacobs on the history of Eastfield House. The exhibition will be Village memorabilia. The meeting will take place on Tuesday 21st February 2023.

East Harling WI meet on the third Tuesday of each month, at the Old School Hall for 7.30pm. All are welcome, and we look forward to seeing old and new faces. We are a small group and look forward to welcoming new faces and hopefully new members.

If you would like to give a talk, demonstration or exhibition of your work or talents or knowledge, please get in contact with us. If you have any queries please do not hesitate to contact me Jackie Underwood on 07725 126115

INVITATION TO TENDER FOR SPORTING RIGHTS

Tenders are invited for the sporting rights over the 54 acres of East Harling Fen, for the three year period

Written letter of tenders, not later than 1st March 2023, to Mrs K Filby, Clerk to East Harling Combined Trust, 5 The Bailiwick, East Harling, NR16 2NF

Enquires to harlingclerk@gmail.com

Please note the land has no vehicular access and is accessed on foot only via the very top of Fen Lane.

EAST HARLING CRICKET CLUB

We are currently looking for new adult cricket players. We would welcome ladies or men of any ability who would like to become part of our fun family friendly club. The Club plays on a Saturday within our home or away matches. We currently have a couple of ladies who play within our team and they do the team very proud!

As the warmer weather arrives we will be continuing with adult nets and our growing junior section will continue to meet again on set nights and times. We are currently still arranging the days and times for nets.

We have fantastic facilities which include changing rooms, bar (most important!) and we also offer 5* teas for the players. We are well known within Norfolk and are very proud of our teas, as any cricketer that has visited East Harling CC will tell you!

Further information on when our adult and junior nets will begin can be found on our facebook page called: East Harling Cricket Club or you can contact us via Email: keeleylhoyte@hotmail.co.uk or by telephone to Kevin Seymour on 07500 334978

EAST HARLING WARM HUB HARLING OLD SCHOOL HALL EVERY MONDAY NEXT on 6th FEB 11AM - 3PM THE HUB OFFERS: *A WARM SPACE* *A FRIENDLY WELCOME* *FREE REFRESHMENTS* *GOOD COMPANY* *A CHANCE TO MAKE NEW FRIENDS* *A CHILD FRIENDLY ENVIROMENT* *AND LOTS MORE* Everyone is welcome to come along If you would like further information, or would like to help in any way, please call Kate on 714656 A Harling Parish Council venture

HARLING COMBINED TRUST FUND

GENEROUS GRANTS ARE AVAILABLE TO RESIDENTS OF EAST HARLING IN NEED

HELP WITH FUEL COSTS ARE AVAILABLE

HOW DO I APPLY?

Contact Kate on 01953 714656 or email harlingclerk@gmail.com

PHILIP EDGE AWARD

It is with great pride that I can announce today that Philip Edge has been recommended to His Majesty the King for the honour of Medal of the Order of the British Empire (BEM) in the 2023 New Years Honours List. This medal recognises outstanding achievements or service to the community which have had a long-term significant impact.

Philip has worked tirelessly and voluntarily within our community for many decades now, not only as Parish Council Chairman but on committees such as the Old School Hall, Youth Centre, Village Trusts, Recreation Ground, and many more over the years. Philip has supported our community not for the recognition, but just for the love of East Harling and the desire to see it flourish and continue to the be the wonderful village that it is. Philip will receive his medal in due course and will attend a Kings Garden Party in the Summer!

Congratulations Philip, it is a privilege to work alongside you. Kate Filby Clerk to Harling Parish Council





01842 761 333

thetford@turnerfunerals.co.uk

24 HOUR SERVICE

East Harling's Longest Running Funeral Service "Professional and friendly personal service that really made me feel like I was one of their family and not just a statistic. Thank you Lydia, Mal and your wonderful team"

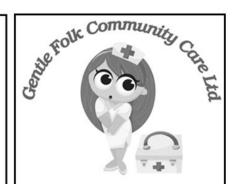
www.turnerfunerals.co.uk



High Street, Attleborough Telephone: 01953 452538

www.rosedalefuneralhome.co.uk

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



A Family Run Business Promoting Health & Independence

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

We're hiring too!

Weekend/full/part-time vacancies available.

01953 887187 www.gentlefolkcare.co.uk



Independent family funeral director 01953 452455 24 hours

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

Guaranteed pre-paid funeral plans available

www.andyfree.com Fairfields House, High Street Attleborough





THE FOX INN

GARBOLDISHAM Community Pub

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

RESTORED AND RUN BY THE VILLAGERS OF GARBOLDISHAM

Family Friendly - Local Real Ales - Log Fires - Pool Table - Dogs Welcome - Large Garden Street food every Saturday from 5pm / See website for other events Open: Wed 6-9pm, Fri 5-10pm, Sat 12-10pm, Sun 12-5pm On the A1066 between Thetford and Diss



STORAGE

Secure storage facilities for hire

Lockable, heated storage containers located at Roudham

> Tel: 01953 717176 or 07860 283974 for more information



Take a tour of the distillery

OPEN 7 DAYS A WEEK

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

ORDER ONLINE AT

www.englishwhisky.co.uk

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

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

SQUARE DEAL STORAGE

Self Storage Container/Office Hire

CALL US TODAY

T: 01953 714628 / 07801 837227

E: sales@squaredealstorage.co.uk

W: www.squaredealstorage.co.uk Hereward Way Business Park Roudham Road, East Harling NR162SR

À ≜ CHRISTMAS TREE FESTIVAL À À

The churchwardens Dorothy and Susan would like to say an enormous thank you to everyone who took part in our Christmas Tree Festival 2022. It was even bigger and better this time thanks to all your support and imagination. The church looked absolutely magical each evening and visitors were delighted with what they saw. We had more trees thanks to more businesses, groups and individuals participating. Thank you so much and we look forward to you all taking part again this year!

Sincere thanks too to everyone who helped in any way at all, whether it was helping to decorate the church, stewarding, selling raffle tickets or anything else. We couldn't have done it without you all. A very big well done!

See you all in December hopefully for our Christmas Tree Festival 2023!











Disclaimer

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



TECHNOLOGY SUPPORT AT HOME

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

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

SMART HOME DEVICES

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

- Local, Responsive and Reliable
- ·Fully insured, All work guaranteed
- •Low Cost I



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

www.facebook.com/ integratedsmarthomes

METCALFE COPEMAN & PETTEFAR LLP

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

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

SOUTH NORFOLK MOBILITY CENTRE

22 Oakwood Ind. Est. Harling Road, Snetterton NR16 2JU 01953 887777

Open Tues-Sat. 9.30am-5pm

- · Bathlifts, Scooters, Powerchairs
- · Indoor and Outdoor trial areas
- Wheelchairs, Daily living aids
 Competitive prices, after sales backup Servicing, Spares, Batteries

BRECKLAND FINANCIAL MANAGEMENT

A wealth of expertise on your doorstep

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

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

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

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

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

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

millbanks

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

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

"We take the stress out of moving home"

AMAS

Aaron Stokoe CeMAP

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

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

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



PC or MAC Problems?

Contact BAILIWICK IT LTD T: 01953 718421 M: 07928 326008

Email help@balliwickit.com Visit: www.balliwickit.com

Architectural Design & Project Management



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

Free initial consultation

Large and small projects undertaken

Mobile 07515 598298

Telephone 01953 603074

alastair@agellusprojects.co.uk

www.agellusprojects.co.uk

LARLING CHURCHYARD

The old Leylandi hedge removed exactly a year ago has now been replaced by 50 metres of mixed deciduous hedging plants. They are all wildlife friendly species bringing plenty of colour berries and nuts after a few years growth. Fencing might have to be erected to keep the deer at bay.

One English Oak in the hedge line has been planted by the Revd Simon Richardson. This was acquired as part of the late Queen's Platinum Jubilee Green Canopy Scheme by Larling and Roudham Parish Council. The Council also provided a metal estate type tree guard. Part of the hedging was also funded under this scheme.

After Simon's prayers and blessings we ae sure that the hedge will thrive and be admired for future generations and keep the north easterlies at bay.

The PCC would like to thank those that helped in any way with this project

Dudley Stammers.

THE POPPY APPEAL 2022 ROYAL BRITISH LEGION

Rachel would like to thank the villagers at Larling for their generosity during the recent annual appeal. A total of £204.43 was raised in Larling. The grand total for Wretham, Shropham, Larling and Great Hockham area.



BRIDGHAM WARM WEDNESDAYS at the Village Hall Enjoy the warmth & FREE TEA & COFFEE



Cakes etc. available February 1st and 15th 11am – 1pm EVERYONE WELCOME

BOOK REVIEWS - THANKS TO SALLY

Now that Christmas, and the initial New Year, are over, it's an excellent time to get stuck into some new books. I am sure, like many of you, you either had books given to you, recommended, or book tokens gifted. I love gift tokens. Then you can spend them when you like, but for the giver of the tokens, it's harder to know what you purchased. I hope you enjoy reading about some of the books I was lucky enough to read over this festive period. Some books can be found in the Book Swap in Harling, and others in local charity shops or libraries.

A heart full of headstones by Ian Rankin

I'm a great fan of Ian Rankin and have loved his previous Rebus books. They are the kind of books you just cannot put down once you start. Perfect for rather wet gribbly days. This book follows the previous Rebus, "A Song for the Dark Times". I was looking forward to starting this book. Unfortunately for me, I'm finding it a tricky read. Unsure why. I'm not sure if Ian Rankin has changed his writing style for some reason, but it's not as "smooth" as the others. This will have to be my backup book; I am sorry to say, whilst I read something more pleasurable to get through for now.

The Couple of at No 9 by Claire Douglas

I have read a few books and love her writing style. You think it's a straightforward crime book, but there is always a twist somewhere where you least expect it. The intro to the book says that "it was the house of their dreams" "until the bodies were found". You want to think you know what's coming next, but I couldn't imagine what did come next—highly recommended if you like crime books with something different in them.

A man called Ove by Frederik Backman

This book was "gifted" to me by a good friend who thought I would enjoy and laugh at it, which I did. It did seem to be written in an American style of writing, but I checked it is printed in the UK. Perhaps the writer is European. There is something about the writer that is different and always appeals to me. I can wholeheartedly say that it is "warm, funny and unbearably moving", according to the Daily Mail. I did laugh out loud at some parts of it. It is about the grumpiest man on earth; it seems you may think you do not want to know more about Ove, but the fact that he is the way he is makes him more appealing to find out more. A highly recommended book to see other people's views of life.

LOL COLYER

35 Years experience Plastering & Building

> 01953 718136 07899 968505

77 Kerridges, East Harling, Norfolk NR16 2QB

lolcolyer@live.co.uk

Touch Therapies

Health & Wellbeing

Clinical Reflexology Skincare & Facials **Holistic Treatments** Private Treatment Studio in the middle of East Harling

Maria Pilgrim CRM5(Dip) MAR 07375 498717

LOCAL ELECTRICIAN

Electric 11

07584 316 894 FIND US ON

www.electricll.co.uk

Offering Interior Design services suitable for all project sizes; individual rooms or entire properties.

Colour Palette Advice Mood Boards Room Styling Furniture Layouts Floor Plans Furniture Sourcing Home Staging

pines_designs Email: info@pinesdesigns.co.uk



Mondays and Tuesdays

in Kenninghall

Please call or text Becky on 07880 854993

If I'm busy I will come back to you.



A fun and lively interactive sensory, music and dance class for your baby, toddler or preschooler.

East Harling Methodist Church

Fridays: 10am Family time 11:15am Babies

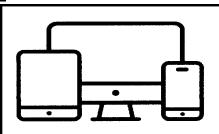
www.beebopsltd.co.uk



touching hearts, changing lives

Mondays 5.30 & 7.30

East Harling Sports and Social Club Call Michaela: 07584 323686



Website Design www.GillianAnn.com 07826559085



KITCHEN FITTING BATHROOM FITTING REFURBISHMENT PLASTERING CARPENTRY DECORATING COVING

RYAN FULCHER MAINTENANCE

TEL 07914 063471

Email: fulcherryan@hotmail.com



Cleaning Service

Domestic cleaning **East Harling area** Regular weekly clean Maximum 2 hours £12 ph afternoons only Call Joy on 07748 215843 rungstevens@gmail.com

Disclaimer

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

ADVERTISE YOUR BUSINESS HERE

THE CONTACT

MAGAZINE IS DELIVERED TO OVER 1500 HOUSES **EVERY MONTH**

EACH SPACE MEASURES 5.85 X 5.35cm AND COSTS ONLY £60 PER YEAR

LILY'S DOG SERVICES

- Fully insured
- 10 years working with animals
- Available 7 days a week
- Experience with a multitude of breeds and personalities.

Services offered

- Walks
- Drop ins
- Overnight stays

T:07501128383

lilysdogservices



DIARY DATES 2023

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

FEBRUARY 2023

1st Bridgham Village Hall Warm Wed 11-1pm 4th

E Harling Church Community Café 10-12

6th Harling Warm Hub OSH 11-3pm

7th E Harling Film Club OSH 7 for 7.30pm

8th OSH Coffee Morning 10-12 noon

11th Methodist Chapel Valentines Coffee Morning 10-12

13th Harling Warm Hub OSH 11-3pm

14th OSH Gardening Club AGM 7.30pm

15th Bridgham Village Hall Warm Wed 11-1pm

18th Quiz Night OSH 7.30pm - all welcome!

20th Harling Warm Hub OSH 11-3pm

21st OSH E Harling W I 7.30pm

22nd OSH Sausage & Mash lunch 12 for 12,30

25th Bridgham Church Coffee Morning 10-12

noon

 27^{th} Harling Warm Hub OSH 11-3pm

MARCH 2023

1st Bridgham Village Hall Warm Wed 11-1pm

4th E Harling Church Community Café 10-12noon

 6^{th} Harling Warm Hub OSH 11-3pm

7th E Harling Film Club 7 for 7.30pm

8th OSH Coffee Morning 10-12noon

13th Harling Warm Hub OSH 11-3pm

14th Gardening Club OSH 7.30pm

15th Bridgham Village Hall Warm Wed 11-1pm

18th Harling Slide Show with a difference -get tickets now!

22nd OSH Beef Casserole Lunch 12 for 12.30 24th /25th Harling Theatre Co Play "A Bunch of

Amateurs" 7 for 7.30pm Cash Bar

25th Harling Theatre Co "A Bunch of Ama-

teurs" Matinee performance 2.30pm

25th Bridgham Church Coffee Morning 10-

12noon

Harling Warm Hub OSH 11-3pm

APRIL 2023

1st East Harling Church Easter Community Café 10-12

4th E Harling Film Club 7 for 7.30pm

OSH Coffee Morning 10-12 noon

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

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

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

QUIZZZ NIGHT!!

Saturday 18th FEBRUARY Old School Hall 7.00 pmTeams of up to 6 £3 per person for Tickets Call Dorothy on 01953 717128

Prizes for the Winning Team Interval Refreshments Tea/coffee/soft drinks & nibbles Or Bring your own Bottle



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 7th February FILM CLUB

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



The Bouy band are back for round two of their extraordinary journey to the Pyramid Stage at Glastonbury. A lighthearted entertaining film for all the family.

Adult £5.00 / Child £2.50 EVERYONE WELCOME