

FEBRUARY 2026

CONTACT

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

VILLAGE NEWS AND EVENTS

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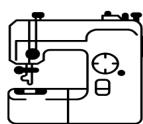
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Assistant Priest: Revd Lynn Fry Tel: 07554930054, Email:

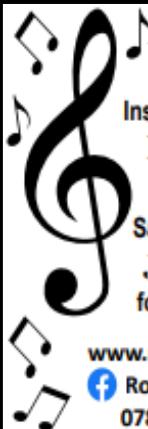
lyninandtony@outlook.com

Welcome to our Services in February 2026

	Sunday 1st February Epiphany 4	Sunday 8th February 2nd Sunday before Lent	Sunday 15th February 3rd Sunday before Lent	Sunday 22nd February Lent 1	
East Harling	11:00 All Age 6.00pm Soul Café in the O S Hall	09:30 Holy Communion		09:30 Service of the Word	
Garbold- isham	09:30 Holy Communion	09:30 Holy Communion		09:30 Holy Communion	
Wretham	09:30 Service of the word		}		
Bridgham	11:00 Holy Communion		11.00 BENEFICE Service for the Transfiguration		
Larling		11:00 Holy Communion		11.00 Service of the word	
Shropham					
Blo'Norton		11:00 Holy Communion			
Riddles- worth				06.30 BCP Evensong	
Rushford	9.30 Holy Communion				
Brettenham	Due to the Interregnum	there are no services this month			

A quiet reflective service for Ash Wednesday will be held at E Harling Church at

7pm on the 18th February.



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~ Floodlighting ~

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

January 2026

Remembering our dear friend from the Bowls Club, Rene ~~Bufferey~~ who passed away peacefully on the 6th January at the age of 97.

Please make sure your requests are clearly written, include the date and add your name and contact number in case of any queries. Donation of minimum £5/night should be enclosed (cheques payable to East Harling PCC please).

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

FOOD BANK

Please Remember!



Items for delivery to Thetford Food Bank can be left in the hamper at the rear of the pews in East Harling Parish Church.

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

No fresh fruit or vegs please.

All items must be 'in date'.

Your gifts will be collected regularly.

Thank You!

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East Harling Methodist Church
White Hart Street

11.30am Tues 17th Feb

Theme: Parables of Jesus

METHODIST CHAPEL WHITE HART STREET Methodist Services in February 2026

1st 10.30am Mrs Jane Mottram
8pm Soul Cafe OSH
8th 6.30pm Rev David Ely Covenant Service
15th 10.30am Mrs Janet Browne
6.30pm Harling Praise
22nd 6.30pm Mrs Linda Spencer

Quidnenham Carmelite Monastery Chapel (Roman Catholic) Public Worship

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Sunday Mass	10.30am
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East Harling Methodist Church invites YOU to...

'Monday Craft Café'

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

Next on 2nd and 16th February

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White Hart Street.



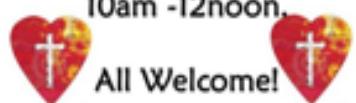
Bring along any craft you would like to, have a chat, and coffee/tea and cake will be available!

The Methodist Church
East Harling, (White Hart Street.)

VALENTINE'S COFFEE MORNING

Sat 14th February,

10am -12noon.

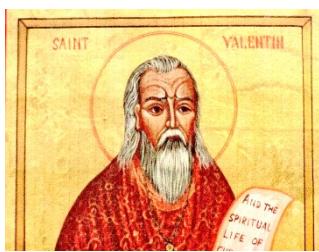


Benefice News

A message from our Associate Priest Reverend Lynn Fry

As soon as the Christmas decorations have been cleared from the shops, it's a bit of a race to see which comes next – Easter eggs or Valentine cards.

While most holidays centre around an historical event or a religious event, Valentine's Day is the only one to celebrate love – the most fundamental and universal emotion. Romantic love is the one that springs to mind on Valentine's Day and can leave out the different kinds of love we experience in our lives - there is also the love of friends, love of family, love of God and universal love. Anthropologists would say that love is essential for our human flourishing – the love that parents have for their children and the love between partners and friends strengthens bonds, builds community and ensures their survival.



The earliest root of Valentine's Day is in the Roman festival of Lupercalia – a fertility rite with sacrifices and matchmaking. As Christianity spread it was renamed in honour of Valentine, said to be a priest who secretly married soldiers who were meant to remain single. Legend says that he fell in love with his jailor's daughter and sent her a letter signed – Love Valentine – the first Valentine card.

The focus on romantic love on Valentines Day can bring to light feelings of loss, loneliness and longing. I well remember the agony of Valentine's Day at school – hoping and hoping that someone would send me a card. One year I sent myself one to keep my friends quiet!

While others are receiving cards and gifts or going on a romantic dinner dates, for others it's just another reminder of something or someone that is missing from our lives. If you are facing challenges in your relationships or experiencing loss, the pink flowers and love hearts can intensify the experience. Knowing that we are loved by God is reassuring, and a foundation for my life, - but doesn't take away those feelings.

Maybe we can find a way to remember Valentine's Day free from commercial or cultural pressure. You might want to spend some time reflecting on and thanking people who have given us love and appreciation. Tell them how you feel! A letter or a phone call out of the blue or an act of kindness could make someone's day.

Love in all its forms in the end is about the power of connection, shown in the many different ways we relate to each other and the fuel that builds up our communities. It's a love I see worked out in multiple ways in these places we live.

St Paul says it best in words that you may recognise from the wedding service - *Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self -seeking, it is not easily angered, it keeps no account of wrongs.*

Love takes no pleasure in evil, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things.

Let all that you do, be done in love,

Lynn

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06 Book review – Contact magazine –February 2026 from Sally Mac

I hope you all had a good Christmas with the potential of book tokens or gifts brought to you via Santa Claus. Here are some books you may not have tried before. It's always great to read something new at the start of a new year.

How many books do you intend to read this year? Do you just read/listen to as many as you can or set yourself a target? I've set myself a target of one hundred books, unsure if I'll manage it but worth a go. I know a lot of the books I review are crime related, but I'm trying to change my ways for 2026.

Great Uncle Harry – Michael Palin

This was a gift for Christmas, and such a lovely surprise it was. I've not read any of his books before, although I do love him as a presenter. I'm always interested in my family history and other people to see what can be found out. What a story Michael has to tell. He like many of us "given" family records by a member of his existing family. If this happens to you, your first thought is where to start, but so worth doing though from my experience and Michael Palin's.

If you've ever seen him on television, you know he is a man of detail. I particularly enjoyed seeing the photographs, it most certainly is worth a read, I would highly recommend it, although it's something you have to read slowly, I found certainly.

The Psychopath Next door - Mark Edwards

I read/heard this book via the Audible app; I'm always a fan. This was a new author introduced to me by a friend, what a brilliant recommendation. I couldn't stop listening to this and was completely addicted. From the moment it starts you just know that there is something odd about the next door neighbour, but what? The ending certainly was completely unexpected; I read a lot of crime books as you may know but this one really got to me. It makes you wonder who your neighbours really are. I think I'm safe with ours, a 98 year old lady living with her family, what a relief!

The Snow Killer – Ross Greenwood

Another new crime writer recommended. I couldn't put this book down; I started it in the morning and finished it by 10pm that evening. A completely compulsive read, it is a series of four books, I've only read three of them so far and will most certainly read the rest, but I need a lot of time. It starts from a very initial simple story, and I like the fact that one chapter is written by the killer, the next by the victim, too much information, but try it. Definitely worth an enjoyable read. The author is on social media and suggests you contact him directly which I have done.

What's on at the Village Hall

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THE GARDEN IN FEBRUARY



DIY Seed Packet Valentines
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Snowdrops and winter aconites: If you are lucky enough to have clumps of these now is a good time to plant them "in the green" – far more successful than planting dry bulbs in the autumn

Lawns: 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)

Shrubs: trees and deciduous hedges. Bare root plants are still available at a fraction of the cost of potted ones and will establish quickly as the soil warms up
Hedges: Cut deciduous hedges hard to promote new growth before birds start building nests.

Cuttings: Take 8-inch (20cms) pencil thick hardwood cuttings of deciduous shrubs such as deutzia and grapes. Trim top to just above a bud and bottom to just below a bud. Pot up and water well. They should be ready to pot on or plant out in the Autumn.

Pruning: Prune bush roses hard to outward facing buds. Prune apples and pears if you haven't already. Prune autumn-fruiting raspberries.

Perennials: Remove dead material before new shoots begin to grow. Split established plants. Plant new perennials. *Tip* small plants from garden centres establish quicker than larger ones and in a couple of years will be as big as 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 centre prices

Dahlias: Tubers are now available in the garden centres. If you do buy them protect them from frost but don't store in a dry centrally heated room. Gladioli: as dahlias.

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

Annuals: not until next month



Vegetables: *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 or greenhouse: aubergines, peppers, Tomatoes, chillis, 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 a few early potatoes in pots in a frost free greenhouse or conservatory. Stand rest of potatoes round end upwards in a tray to chit (sprout), and plant in the ground towards the end of March.

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.

Rhubarb: Autumn through to late winter is a good time to plant or revitalise an old crown of rhubarb. Dig in plenty of well-rotted garden compost or manure. Plant so that the top of the crown is just showing. To revitalise an old crown, dig it up and split with a spade. Plant some of the younger outer pieces with at least one bud showing on each "new" crown.



Trays, Pots and Tubs: 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). Brown plastic meat and vegetable trays can be recycled or with several small holes made in the base they make good small seed trays

Birds: Clean out and disinfect bird boxes if safe to do so. Put up new boxes ready for the Spring.

Good Gardening

Kevin



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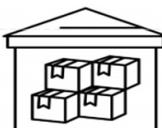
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SUSTAINABLE WARDROBE

Did you know that according to the Waste and Resources Action Programme (Wrap) a British charity that about 30% of clothing in UK wardrobes has not been worn for at least a year.

How to make your wardrobe more sustainable

Reduce consumption: buy less or rent, mend or upcycle existing clothes, also look out for clothes swaps, East Harling church had one at their December coffee morning swapping Christmas jumpers and party wear, hopefully there maybe another clothes swap later in 2026.

Take care of existing clothes store them properly and avoid unnecessary washing.

Buy second -hand or preloved from charity shops or from web sites such as Vinted, Depop Check what the garment is made of before buying. Avoid blended fibres if possible as this makes the garment really difficult to recycle. Blended fibres are difficult to recycle primarily because the different materials such as a mix of cotton (natural) and polyester (synthetic) must be separated before processing, which is technically complex and expensive with current technologies

Ultimately these difficulties mean that a significant amount of blended textiles waste end up in landfill or is incinerated contributing to environmental issues.

Just a couple of other facts did you know the making of one pair of jeans uses roughly 3,781 litres (832 gallons) of water, and the adding of elastane into cotton makes jeans less durable, also wash your jeans inside out to help keeping their colour.

So, if we want to make a change to our wardrobes just take a few minutes to look at what we have ask a few questions Do I really need that new jumper, what's it made of (single fibres), can I upcycle or swap it with friends or family.

EAST HARLING



As a rural MP, farming and the environment is at the heart of the constituency, and throughout the election, I made clear it would be one of my top priorities.

It is for this reason I spent the last year campaigning against changes to Agricultural Property Relief. Having met with dozens of South West Norfolk farmers, both in the constituency and in Parliament, and working closely with both the National Farmers' Union (NFU) and the Country Land and Business Association, I promised I would voice their concerns about this policy, and I did so.

I wrote directly to the Prime Minister on a number of occasions, lobbied the Treasury and the Department for Environment, Food and Rural Affairs (DEFRA), met with Secretaries of State and other Ministers, and spoke in the House of Commons raising these concerns. I took the voices of South West Norfolk farmers with me in every conversation and in every correspondence, urging the Government to find another way and mitigate the worst impacts of this policy.

Just a few weeks ago, the Government showed it had listened, announcing that the threshold would rise from £1 million to £2.5 million per person, meaning up to £5 million for married couples or civil partners.

The change represents a significant boost for family farms and rural businesses, helping to ensure that agricultural land and property can be passed on to the next generation without forcing sales to meet inheritance tax liabilities. The announcement has been welcomed by the NFU. Another aspect of farming that has been a core focus of mine has been ensuring the Government quickly re-establishes the Sustainable Farming Incentive (SFI). SFI is a government scheme that helps fund the implementation of sustainable farming practices and provides much-needed financial assistance for farmers. Though the scheme had aspects that needed addressing, it was a key fund for farmers and growers to access, and I was disappointed with its sudden closure. I urged DEFRA to commit to bringing the scheme back and presented findings from a survey I conducted with local farmers to the Secretary of State and other Ministers showing ways that the scheme could be improved.

I was very pleased with the announcement in January that the scheme will return, and I look forward to hopefully seeing some of the suggestions proposed by South West Norfolk farmers in its new iteration.

Whilst I recognise these announcements won't solve every issue, they are both significant steps forward and will do much to support small family

farms, many of which are right here in the constituency, and they both show that this Government listens.

I will continue to work with my colleagues in the Labour Rural Research Group and as a member of the Environment, Food and Rural Affairs Select Committee to raise concerns and champion farming.

REPORT FROM THE RSPB

Since the 1940s, farming has transformed in response to government policies, market pressures, bigger machinery and new fertilisers and pesticides, which helped produce more food to feed a growing population. However this also resulted in destruction of the local environment. Meadows and heathlands were ploughed up. Hedgerows and woodlands were removed. Peat bogs and ponds were drained. Large areas of these habitats disappeared, removing the food and shelter that wildlife relies on.

And it's not just wildlife that is affected. This loss has made farming harder too. There are fewer pollinators and insects to help control pests. Soils have lost life and structure. Even much-loved birds like Curlews and Turtle Doves have started to disappear. In the UK, nature and farming are deeply intertwined, and because of this, farming is central to much of the work at the RSPB. One of our key priorities is supporting farmers and accelerating the shift towards nature-friendly farming.

On the ground, farming (especially livestock grazing) is a key feature in the management of many of our reserves at the RSPB. Therefore, we work with farmers and graziers to deliver a wide variety of habitats for nature. Backed by our cutting-edge scientific research, our advisors also work with farmers across the UK to support a wider transition towards nature-friendly farming. Meanwhile, our demonstration arable farm allows us to trial and share the latest nature-friendly techniques. This is all supported by our policy work and campaigning, where we engage with policymakers, businesses, and the public to showcase the benefits of nature-friendly farming. This helps to ensure that farmers have the support they need to bring nature back across our landscapes.

Today, more and more UK farmers are adopting regenerative and agro ecological principles, leading the way to a food and nature-rich future. However, nature needs more farmers to build on these vital principles to create habitats that support wildlife all year round. In turn, when farms work with nature, they become more resilient; the land becomes healthier, food production is more secure and wildlife can recover.



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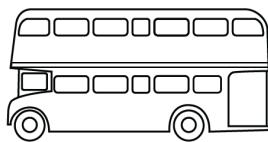
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SAVING THE PLANET WASH LESS!

Running the washing machine consumes electricity and water, as well as introducing chemicals and micro-plastics into the water system. Plus traditional laundry detergents use a lot of plastic packaging. All of which is a Bad Thing. So the number one eco-friendly laundry tip is to simply **Do Less Laundry!**

Before tossing something in the laundry hamper, stop and think about whether it really needs washing just yet. Underwear, sportswear and clothes worn next to the skin generally need washing after one wear, but outer layers can usually go several wears between washes if they are not obviously dirty.

There is hot debate about how frequently household linens need to be washed, but there really is no need to wash bath towels after a single use. This is hugely wasteful of resources. (I find it hard to believe that people actually do this, but apparently some do...) So long as towels are allowed to dry out between uses, they should last many days without going musty.

Washing at 30: Most modern washing machines now have an 'eco' cycle which runs at 30 degrees. *Which* magazine found that washing clothes at 30 degrees rather than 40 used 38% less energy, lowering your electricity bill as well as helping the environment.

30 vs 40 degrees: A 30 degree cycle cleans perfectly well for the average wash, but if clothing is particularly dirty or stained you may need to occasionally raise the temperature to 40 degrees for that extra little bit of cleaning power.

40 40 vs 60 degrees: *Which* magazine reports that using a 60 degree programme uses over 50% more electricity than a 40 degree programme, so ideally you should only use of this temperature when it's absolutely necessary. A 60 degree cycle is typically recommended for towels and bedding (although we often wash ours at 40 with no ill-effects) and can also be useful for getting rid of greasy stains (although pre-treating with a laundry soap or washing-up liquid will often do the trick even at a lower temperature).

Use a more sustainable detergent

When choosing a more eco-friendly detergent, there are a number of separate issues to consider:

- **Packaging:** Liquid and 'pod' type detergents typically come in plastic packaging, which is non-biodegradable and is not necessarily recyclable. If you use a liquid detergent, check for those which come in bottles made of recycled plastic, and which offer refill pouches. Powder, tablet and soluble strip type laundry products usually come in cardboard or paper packaging which is therefore both recyclable and biodegradable.
- **Carbon footprint:** Liquid detergents contain water and are therefore bulky and heavy to transport, thus using more energy. Consider switching to a concentrated detergent to reduce the carbon footprint arising from transportation. Some new eco-friendly laundry detergents take a totally different approach and sidestep all the above issues. For example: Smol laundry capsules come via a monthly subscription in neat little cardboard boxes and are totally plastic-free.

The EcoEgg laundry egg contains detergent 'beads' which last for up to 70 washes, are then refillable, and are guaranteed to last 10 years.

Several different brands now make laundry detergent strips, where the detergent comes in the form of water soluble sheets which you just tear up and place in your machine. These typically come in compact paper packets - no plastic packaging, no bulky containers.

Be Green and Clean!

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A note on short forms for Venues for some events

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2. OSH is Old School Hall in Harling on School Lane
3. Feline Care is on Roudham road
4. BVH is Bridgham Village Hall

FEBRUARY 2026

2nd HUB 10 -12 followed by Exercise Class 12-1pm
3rd Film Night OSH 7.15 for 7.30
4th OSH Coffee Morning 10-12
4th Bridgham V Hall Wednesday social 11-1pm
7th Community Café E Harling Church 10-12noon
9th HUB OSH 10-12 followed by exercise class
10th Gardening Club 7.30 OSH
12th E. Harling Camera Club EHSSC Rudd room at 7pm
13th EHSSC Bingo Eyes down 7.30pm
16th HUB OSH 10-12 followed by exercise class
18th OSH Lunch in the Old School Hall for 12.00
18th Bridgham V Hall Wednesday Socia l11-1.00pm
23rd HU OSH 10-12 followed by exercise class
26th Knit & Knatter 9.30am-11.00am
28th Bridgham Church Coffee Morning in village hall 10-12noon

MARCH 2026

2nd Film Night OSH 7.15 for 7.30pm
4th Bridgham V Hall Wednesday social 11-1pm
4th OSH Coffee morning 10-12
7th E Harling Church Community Café 10-12
7th OSH RACE NIGHT for SARAIID 7.00 to 11pm
10th Gardening Club OSH 7.30pm
18th OSH Lunch in OSH for 12.00
18th Bridgham V Hall Wednesday Social 11-1pm
19th Harling Theatre Group Calendar Girls 7.30pm
20th Harling Theatre Group Calendar Girls 7.30pm
21st Harling Theatre Group Calendar Girls 2.30pm
21st Harling Theatre Group Calendar Girls 7.30pm
28th OSH Quizz Night for OSH save the date!
28th Bridgham Church Coffee Morning in the village hall 10-12noon

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 2026 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 or new email address from January
ehcontactmagazine@gmail.com

TRADE ADVERTISING: contact Ben Yorke tel: 01953 717450 or email
Contactmagazine.Advertising@gmail.com

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

Tuesday 3rd February
FILM NIGHT

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!

Towards the end of WWII a brisk refugee from Nazi Germany, a doctor, arrives at Stoke Mandeville hospital in Buckinghamshire and is appalled to find the partially paralysed spinal patients heavily sedated and left to rot with bed sores. He immediately initiates a new regimen of treatments and eventually gains the trust of the nursing staff and the patients, when they see he is treating them as people, not patients, talking to them and involving them in musical entertainments and sporting activity. An excellent story about caring and nurturing people to enable them to achieve their best.

£5.00 donation
EVERYONE WELCOME



An early VALENTINES DAY
SATURDAY 7th FEBRUARY

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!

KNIT &
KNATTER



Thursday 26th February 2026

9.30 to 11am

By kind invitation: 12 Greenfields. East Harling
All are welcome – no need to knit, come to knatter