



AUGUST 2026

CONTACT

EAST HARLING – WEST HARLING – BRIDGHAM – ROUDHAM –
BRETtenham – LARLING – RUSHFORD

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Assistant Priest: Revd Lynn Fry Tel: 07554930054,

Email: lynnandtony@outlook.com

Welcome to our Services in August 2026

	Sunday August 2nd Trinity 9	Sunday August 9th Trinity 10	Sunday August 16th Trinity11	Sunday August 23rd Trinity 12	Sunday August 30 th Trinity 13
East Harling	11.00am All Age	10.00 am Holy Com'nion BENEFICE	9.30am Holy Com'nion	9.30 Holy Com'nion	
Garbold -isham	9.30 am Holy Com'nion		11.00am All Age	9.30am Holy Com'nion	
Wret- ham	9.30am Service of the word		9.30am Holy Com'nion		
Bridg- ham	11.00am Holy Com'nion		11.00am Service of the word		
Larling					
Shrop- ham			No service		
Blo Norton					
Riddles- worth				6.30 Evesong	
Rush- ford	9.30 am Holy Communio n				10.00 Holy Com'nion BENFICE
Bretten- ham					



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~ Parish Records 2026 ~

~Floodlighting ~

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

21st Treasured memories of our dear Mum, **Daphne Holden** taken from us on 21st August 2003. Loving You and Missing You Always Sue and Billy.

Please make sure your requests are clearly written.
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

OUR CHURCH GARDEN NEEDS YOU!!!

Help please

If anyone would like to join our small East Harling churchyard maintenance team. We meet alternate Wednesday evenings 6.30-7.30.

Light duties of weeding, trimming, grass cutting and a Natter!!
Look forward to seeing you

Sorry for incorrect number now corrected!

Please ring Tony Fry on 07312 011419 if you have any queries. Thank you.

NO EXPERIENCE NECESSARY!

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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.

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Thank You!

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Methodist Services in August 2026

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9th 6.30pm Mr Pat Mottram
16th 6.30pm Harling Praise
(at Methodist Church)
23rd 6.30pm Rev Paul Mellor
30th 6.30pm Mrs Jane Mottram

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Lots on your mind?

Worrying?

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Worrying instead of sleeping?

So many concerns today ...

The world/town/work/family relationships

The Missing Peace
Chris Whittington

Meditation is one of the most ancient forms of self-care. Every major world religion has a silent meditative tradition, it is easy to pick up, and can be helpful to learn how to turn down the noise of the modern world

Free Meditation Classes

Please do feel free to join us from 4PM - 4.45PM Friday Evenings at Wretham Village Hall to learn about and practice meditation. Jon Ford teaches meditation in the Christian tradition, based on the practice and wisdom from the School of Contemplative Life. Come and find your inner peace!

Refreshments on arrival



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Benefice News from Jon Ford LLM in training.

What an amazing summer we've been having! From awesome weather, to the usual round of fetes, parties, festivals, concerts and so many other joyous activities associated with being part of our church and village communities.

Whilst traditionally, August will be a little quieter, as many people will be off on their holidays, it won't be long before the next season of community fun kicks off with Harvest Festival leading, in the wink of an eye, on to all our winter events – then Christmas.

The church, working alongside our village organisations, is one of the few institutions left that values and promotes community enjoyment in a way that brings people together in laughter and love, so we get a huge amount from throwing ourselves into all the benefits or activities that it brings. Personally, however, I do feel somewhat overwhelmed sometimes with the sheer 'busyness' of life but, I am very fortunate to have found meditation in the Christian tradition to keep me on an even keel. It is a simple daily practice which works really well to stop me worrying about things. This month, therefore, I'm delighted to report that our benefice now has an active meditation group! (*See the notice on p 5- Editor*)

We meet weekly at Wretham village hall on Fridays at 4:00 PM for around 45 minutes for instruction, practice and fellowship, and six weeks in the group is going well, but is always open to new people and if you're not a regular church-goer you are extremely welcome too!

Now I know that when I mention meditation (and I do mention it a lot!) I think some people immediately switch off as it sounds like 'hippie dippy baloney'. To be fair that's what I thought it was before I was fortunate enough to be introduced, through my work as a head teacher, to Chris Whittington of the School of Contemplative Life.

When introducing a session of meditation, Chris highlighted that sometimes we are distracted by thoughts that we play through like a video – repeatedly - in our heads. Or we end up in our heads chatting to ourselves about things we're worrying about, projecting problems into the future or worrying about things that have happened in the past. Chris was able to communicate that the whole purpose of meditation is to develop a new relationship with these thoughts; to learn a better way to let them go and spend more time in the 'here and now'. Often, in turn, this leaves us more open to be present for those around us; to really listen and engage. I have found through this practice that really, genuinely, being listened to is such a gift. Saint Benedict described it as 'listening with the ear of the heart' and anyone who has been listened to in this way will know exactly what I mean.

After a 20-minute silent practice session, we pray that through the act of following Jesus' example and loving those around us, we will become places of peace and places of love for people in our community.

With so many voices outside the church (and even a few within!) factionalizing us and pushing people to argue, to fight, to disagree, it is a source of great delight for me that the Church is still much more about bringing people together in love and that as Christians, we do that by putting other people first and by loving those around us.

So, as we enjoy what I hope will be a continued long hot summer, I do hope you'll take some time for reflection on all the benefits and the joys that the church community brings. You may even want to join us for meditation and see what all that's about! Even if that's not for you at this time, we can all just stop every now and again, be present in the moment, and just experience the warmth and beauty of another gorgeous summer.



Aaron Stokoe
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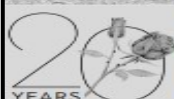
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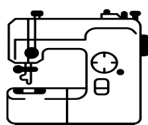
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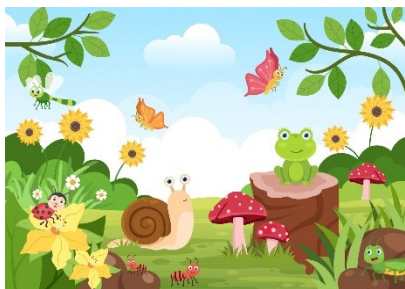
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THE GARDEN IN AUGUST



What a year so far. Winter was grey and damp which allowed bugs, grass and fungi to flourish. Spring was ok with rain and a little sun but then there was two days of late frost which damaged a lot of the soft new growth. Then followed May, June and July with long dry spells breaking heat records over and over. It is making traditional gardening much more difficult. We are going to have to rethink some of the plants we grow. The Mediterranean type plants do well in our new summers, but struggle to get a good start after our grey damp winters. Lavenders, sages, curry plants, santolina all looked particularly sad at the beginning of May, but then have really performed well.

At the time of writing, we don't have a hosepipe ban, but there could well be by the time you read this. In any event try to use water wisely. A good time to think about getting more water butts. Also save the washing up bowl water, capture the water you run off to get hot water from the tap into a bottle or other container to use.

Lawns: The coarse grasses have managed better than the finer ones but still look terrible at the time of writing. If you have been watering and need to trim, cut on a high setting without the box and leave the chopped grass as a mulch which will help with moisture retention.

Cuttings: Take semi-hard cuttings of flowering shrubs. (Wait until next month for rose cuttings). Cut below a leaf of pelargoniums to give a softwood cutting of about 3 to 4 inches, remove the lower leaves and put several into a large pot of free draining cuttings compost. Loosely cover with a clear plastic bag to keep humid until they root. Take fuchsia cuttings. Unusually cut just above a leaf joint and it will root from the short length of stem. Protect from frost over the winter.

Hedges: Cut or trim hedges. Make sure there are no active bird or wasp nests.

Roses: Tie in long shoots of climbing and rambling roses. Leave some rosehips for the birds (they are quite good in Christmas wreaths as well).

Wisteria: Shorten long whippy growth back to 5 leaves to encourage bud formation.

Rhododendrons and camellias These plants form next year's flower buds in August and September, and drought will adversely affect this. Keep them watered thoroughly in dry spells (remember the 7-inch rule if in pots - an inch of

water soaks down 7 inches of compost). If possible, use rainwater from your many water butts.

Perennials: Make sure perennials don't dry out, particularly Autumn flowering ones such as Michaelmas daisies. Dead head all faded flowers not wanted for seed.

Dahlias: Continue watering, dead heading and tying in.

Annuals and Biennials: Dead head regularly and keep watered. Collect seeds from hardy annuals and biennials. Harvest them on a dry sunny day. Sow immediately or store on an airtight container in a cool dry place. Don't forget to label them!

Bulbs: You can start planting daffodils and narcissi this month as they become available. Catalogues are available now online and in paper form.

Vegetables: Keep watered.

Earth up May - sown celery. Sow purple kohlrabi for harvesting until the first frosts. Harvest when the size of a golf ball or tennis ball.

Cut the growing point out of tomatoes 2 leaves above the top truss.

Sow outdoors for over wintering in a cold frame – autumn and winter lettuces, onions, winter radishes, winter spinach, spring cabbage. Sow quick growing lettuces and radishes in a greenhouse border. Harvest whatever is ready. Check sweetcorn. May be early again this year.

Fruit: Cut down fruited raspberry canes. Plant out rooted Strawberry runners. Support fruit tree branches if they are heavily laden with fruit.

Grapes: Pinch out the side shoots of grapes at 2 leaves past developing grapes and non-fruiting stems at 2 leaves. As our climate is warming British wine growers are winning international prizes, and indeed some of the French champagne growers are buying up land in the south of England as the Champagne region is becoming too hot. Grapes prefer a free draining soil which sums up most of Breckland. Why not consider planting a row. Most of the white wine varieties, especially Baccus, do particularly well, and the red wine varieties are getting better. Many of the dessert varieties such as Black Hamburg are also excellent.

Lavender: Tidy up once flowering has finished, trim to keep plants compact. Remove all spent flower stalks and cut back leafy growth by up to a couple of inches (5cms). Don't cut into the woody leafless stems.

Wildlife: Leave small piles of grass clippings under shrubs or hedges to encourage earthworms (a gardener's best friend). Leave shallow bowls of water for birds and mammals

Good gardening

Kevin

WHICH REPORT ON OLIVE OILS June 2026

A good extra virgin olive oil is an essential staple in many kitchens. But does spending more get you a better bottle? A panel of independent olive oil experts did a blind-taste and rated a selection of bottles, from supermarket own-label extra virgin olive oils to big brands eg. Belazu, Filippo Berio.

Best supermarket extra virgin olive oil

Italian olive oils from M&S and Waitrose got top marks from the experts in our 2026 test. Both are impressive in taste, although they are pricier than most other supermarket olive oils we tested. If you're looking for something more affordable, Aldi is our Great Value pick at less than half the price.



Best Buy: M&S Collection Nocellara Del Belice Extra Virgin Olive Oil Price: £12 for 500ml - Score: 75% -Italy (PGI)

Tasting notes: Balanced and fruity, with a good bitterness; Fresh, fruity and balanced, this delicious Italian olive oil from M&S was a clear winner for our expert panel. They enjoyed its grassy aromas and light, fruity flavours, with lovely notes of green tomato. It also had a balanced bitterness and peppery flavour, with one expert highlighting 'notes of cinnamon and black pepper'. This olive oil would make a fantastic pairing for roasted tomatoes, caprese salad or salty focaccia. However at more than £10 a bottle, it's a little pricier than most, but worth the extra cost if you're after a top-notch supermarket olive oil. Available from M&S (in-store only) and Ocado.



Best Buy: Waitrose No.1 Valli Trapanesi Extra Virgin Olive Oil, Price: £13 for 500ml - Score: 70% -Italy (PDO) Tasting notes: Fresh, green and punchy.

Waitrose olive oil is one of the most expensive on test, but its fantastic flavour was a hit with our experts. Characterised by fresh, green fruity flavours and a lovely spicy bitterness, it was a cut above most other bottles we tested. Our experts loved the grassy aroma with hints of sage and the light, clean mouthfeel. Its 'pleasant buttery taste' was complemented by 'a rocket bitterness and spicy radish pungency that lingers pleasantly'. This versatile oil is perfect for salads, fresh mozzarella or grilled fish. One expert even recommended drizzling over vanilla ice cream. Available from Waitrose.



Great Value: Aldi Specially Selected Terra di Bari Castel Del Monte Extra Virgin Olive Oil-Price: £5.59 for 500ml - Score: 69% -Italy (PDO) Tasting notes: Mild, balanced and clean. If you're looking for decent Italian olive oil that doesn't break the bank, Aldi is worth considering. Our judges found it had an appealing light, fresh aroma with delicate notes of tropical fruit and banana. The

flavour was mild, but balanced and clean with a subtle bitterness. At less than half the price of our Best Buys, it's a Great Value pick. Available from Aldi (in-store only). Great drizzled over cold meats or pasta.

14 - Book review from Sally Mac

Now summer has truly arrived, I wonder are you reading as much? I know I am, certainly on those hot afternoons.

The Mysterious Bakery on Rue de Paris by Evie Woods (this author was given the accolade of the bestselling author of 2025)

An unexpectedly good read. Goodreads is an app that you can download to any device, the great thing for me is that it keeps track of the books you read /hear. This book just evoked such memories of visiting France with my family many years ago. It really did remind of a French Patisserie that I knew and loved as a child. I've not been able to return to France in recent years, but I can still smell the bakery bakes as we speak. If you have memories of visiting France either sooner or later, you must read this book. I can almost taste the croissant as I write this.

Meet me at the Museum by Anne Youngsen

A beautiful book, I heard it as an audible book. I understand that it was part of a Radio 4 series many years ago, not available now. Audio books or a hard copy/kindle option. This book was recommended by my husband who had heard the Radio 4 programme and he loved it, as did I as an audiobook. It was definitely a page turner; I really wanted to know if they met up (no spoilers). It's a book I would highly recommend reading or hearing. It's a lovely story of friendship with people who have never met.

The Snow Killer by Ross Greenwood, published in 2019

This is the first book in this author' series. I absolutely loved it and read it in a day. His writing is just brilliant, certainly not to be put down, that's why you need those lazy days sometimes. The description is shown as this: Fear the north wind. Because no one will hear you scream...'. A family is gunned down in the snow but one of the children survives. Three years on, that child takes revenge and the Snow Killer is born. But then, nothing - no further crimes are committed, and the case goes cold. Fifty years later, has the urge to kill been reawakened? As murder follows murder, the detective team tasked with solving the crimes struggle with the lack of leads. It's a race against time and the weather – each time it snows another person dies .As an exhausted and grizzled DI Barton and his team scabble to put the pieces of the puzzle together, the killer is hiding in plain sight. Meanwhile, the murders continue...

There are eight books now in the DI Barton series, but I hear there is another one due later on this year. All I can say is that once you start, you will not regret reading his books.

Death on Cromer beach by Ross Greenwood

Part of a series, the DS Knightley Ash Series, this is the first. Yes sorry, another crime book but it's a great read / listen.

Continued on page 18



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NOTICE Harling Parish Council

A vacancy has arisen within Harling Parish Council. This is a voluntary position and more details on the responsibilities of being a Parish Council, along with an application form and information on the process can be found on our website www.harlingparish.gov.uk

Completed applications to the Council's Proper Officer Mrs Kate Filby via email clerk@harlingparish.gov.uk or post: 5 The Bailiwick East Harling by 1st September

OSH COFFEE MORNING

Wednesday 5th August. 10-12 noon.
Come and join us for sausage rolls, cheese scones, toasted teacakes and tea and coffee.

PLEASE NOTE there is no lunch in August.

HARLING OLD SCHOOL HALL FETE

A big THANK YOU to everyone who supported our Fete. Good weather and plenty to enjoy for the whole family. It is only with the support of our volunteers that we are able to continue with this Annual event.

It involves planning months ahead, bringing everything out of storage on the Saturday morning, putting up bunting and marking out on the Poplars the spaces where everyone is going.

We move everything onto the Poplars EARLY on Sunday morning and then start to assemble gazebos and marquees. All signage in place and everything ready to go by 11.30 am. We obviously need power and thank you to our kind residents who allow us to plug into their supply.

At the end of the day everything has to be cleared away and put back in storage for another year!

THANK YOU to our Volunteers. You know all the work you do for us and we are so grateful. See you again next year!

Finally thank you to the residents of Harling and surrounding villages and visitors who supported us.

HARLING IN BLOOM

A very big THANK YOU to everyone who are continuing to water the planters and supporting Harling in Bloom. It is



a challenge at present due to the extreme weather but we are so grateful to you all. With your support hopefully we can keep them looking colourful through Summer.

NOTICE OF VACANCY IN THE OFFICE OF PARISH COUNCILLOR

Notice is hereby given of a vacancy that exists for ONE Parish Councillor to serve on the Harling Parish Council caused by the resignation of Councillor Jean Dennis.

Unless within 14 days of the date of this notice, ten electors for Harling Parish (named on the Electoral Register) have requested to hold an election, the Parish Council will fill the vacancy by co-option as soon as practicable.

All requests (in writing) for an election to fill the vacancy should be sent to:

The Returning Officer
Breckland Council
Elizabeth House
Walpole Lane
Dereham
Norfolk NR19 1EE

Date: 5th July 2020

Signed: *K. Filby*

Chairman/Clerk to Parish Council

Address: 5 The Bailiwick East Harling

Note: In computing the 14 (and 60) day periods, Saturday, Sundays, Christmas Eve, Christmas Day, Good Friday and bank holidays are disregarded.

Printed and published by the Returning Officer,
Breckland Council, Dereham, NR19 1EE

EAST HARLING GARDENING CLUB

IMPORTANT TRIP TO HYDE HALL

If you are going to Hyde Hall on Saturday 8 August, The coach leaves Market Square at 9 am

Our August meeting will be on Tuesday 11 August at 7.30 in the Old School Hall. Retired Florist Mary Murray showing us how to make supermarket flowers into a display.

If you would like a display to take home, bring along a bunch of flowers and see them transformed!

September will be our annual members show, and schedules will be available in August. It will be quite different this year because of the strange weather. It is proposed to include some crafts, bakes and preserves so get making some jams and chutneys.

Morley Climbing Wall Is About to Get a Whole Lot Bigger

The volunteer-run wall at the Village Hall in Morley (NR18 9SU) is one of the few places in Norfolk offering roped indoor climbing, and thanks to overwhelming support from the local community, the expansion is now fully funded.

The upgrade will take the wall from 12 ropes to 18, adding new routes and a brand-new overhang section — opening up climbing to more people than ever before.

Sessions currently run Monday mornings and Tuesday and Friday evenings, open to anyone aged 15+. A first lesson and climb costs £17 including equipment; regular sessions are just £7 after that. Newcomers are always paired up, so nobody climbs alone.

Behind the scenes, we're also working on a new website and looking into offering kids' climbing — so watch this space.

Got questions? Get in touch — we're always happy to help. To find out more or get involved, email themorleywall@gmail.com or follow @morleyclimbingwall on Instagram.

HARLING 10 K

This years date for the Harling 10k has now been confirmed for

September 20th

If you would like to take part go to the Harling Athletics Club website or the Total race timing site to book your place.

I will be in contact with our marshals to see if you are available again. Everything should be about the same so we can look forward to another great day for our community!

Thanks Everyone for your help, I will say again without it the race could not take place.

Chid Blades and Harling Athletics Club.

A SAD CHURCH IN A SAD SOCIETY? Revd. Joshua Whitnall April 2026

This phrase has stayed with me over the past few days. It was shared at a clergy training morning in the Diocese of Norwich, led by the Revd Alan Bartlett, who as part of his talk on clergy wellbeing quoted the theologian Paul Avis: *"What we have now is a sad church in a sad society."*

And yet, I find myself resisting the notion that **sadness** has the final word. Because I believe, deeply and stubbornly, in the future of the parish system. Not as a relic or something we preserve out of sentiment, but as something both alive and life giving. One of the great gifts of the parish is that it is not an abstract idea. It is rooted in place, and more than that, it is rooted in people. Stand in any of our rural churches and you begin to see it.

In the registers, written with significantly neater handwriting than my own, are the names of those who have been baptised, confirmed, married, had banns called and found a final resting place in the Churchyard. Page after page, decade after decade, even century after century in some instances. I enjoy looking through these registers from time to time, and am always taken aback by one thing in particular, the same surnames appear again and again.

In the Churchyard that story seen in the registers becomes visible in stone. Family names clustered together. Children at rest near parents, husbands beside wives. Burial plots with multiple stones as entire families have been interred together. A quiet testimony that our Churches have held people, have marked their lives, and we have been entrusted to commend them to God.

On a Sunday service or at a coffee morning, those same names are still present. Sometimes there are, quite literally, descendants of those in the registers sitting in the pews of the churches, knowing that there are generations of their family resting just outside. In an era that promotes mobility and choice, I'm convinced the parish offers something quite countercultural: a church that belongs to a place, and therefore to everyone within it, past, present and future.

You do not join a parish church in the same way you might join a club. It is already there, waiting. Doors that open not only for the committed, but for the curious, the occasional, the uncertain and even the outright non-believers who still find peace in our buildings and churchyards. I am reminding each year at APCM (Annual Parochial Church Meetings) season of the few folk, never seen in the pews on a Sunday, but supporting *their* church, year after year, as it is quite rightly *theirs*.

We must take seriously the reality that folk feel we are a relic, a "sad church in a sad society," if you like. But before we throw away centuries of ministry in favour of the new, it would do us well to remember that the parish system is precisely the place where that sadness can be met with something else. Each parish church I serve is uniquely placed to be attentive. It notices when someone has not been seen for a while. It gathers when there is loss. It celebrates when there is joy. It holds together people who might otherwise never meet.

As much as I love a strategy, and have over the past few months sent many emails in attempt to shape the future strategy of our own Norfolk Diocese, as I have reflected upon Alan's teaching day I have come to the conclusion that the future of the parish system and the Church of England (and therefore my pension, not that I spend much time thinking about it!) will not be secured by strategy alone. I am becoming more and more convinced it will be found in the quiet, persistent work of being present. In keeping the registers; in tending the graveyards; in opening the doors; in saying the prayers; in knowing the names; In continuing to weave those threads that bind people to place, and place to God. Because those threads, whilst occasionally strained, have not yet broken, my diary and many of my colleagues diaries are testament to that. The parish, as I see it, for all its fragility and uncertainty, for all its burden and worry, still carries within it something remarkable: **the possibility of a church that is woven fully into the life of its community**, and that is not a sad vision at all.

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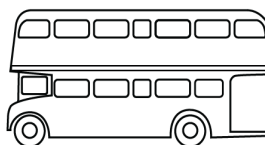
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Letter from Terry Jermy MP

Marking Two Years Since the General Election

It is the honour of my life to serve as the Member of Parliament for South West Norfolk, the place I have always called home. South West Norfolk is where I was born, went to school and became a local town councillor at 22.

When I stood for election, I made clear my commitment to being a constituency-focused MP. For too long, South West Norfolk had been overlooked and undervalued, and the consequences of that were stark. The Queen Elizabeth Hospital was rated as the worst hospital in the country, held up by thousands of metal and wooden props. We had an appalling lack of Special Educational Needs and Disabilities (SEND) provision that meant children were being transported out of their communities to schools hours away – or worse, not in school at all. We had banks shutting up shop on our high streets, and vital infrastructure, from our flood defences to our roads were left to crumble.

4th July 2026 marked two years since my somewhat surprise General Election victory, and I have loved getting to work across the constituency since that day. Whilst I am aware there is so much more to do, this two-year milestone provides an opportunity to note progress.

Following the election, I recruited a dedicated constituency team – including a SEND Specialist Caseworker. My team has been busy working alongside me to support South West Norfolk residents and we have been delighted to assist so many people, with 16,153 individual cases opened since September 2024. Much of this work isn't shareable but can be life changing for the people involved.

We've also been hard at work lobbying for the funding needed to address our local challenges. Within months of winning the election, the Government confirmed £1.4 billion in funding to build a new Queen Elizabeth Hospital. The build is already underway with much progress made – there's a new helipad, a new bus stop and as I type this, work is happening on the new multi-storey car park. All of which are necessary before the main hospital build can begin.

To help with local SEND provision, I secured £20 million in Government funding for a new SEND school in Downham Market, and led the campaign, collecting 800 signatures from residents calling on Norfolk County Council to commit to this proposal.

We've seen record levels of investment for Norfolk

County Council, which includes more than £26 million to improve our rural bus services, £3 million to help residents with heating oil support, and funding increases to fix our broken roads. We've also received more than £4 million for South West Norfolk's flood defences and internal drainage board networks.

Engagement with constituents has been a key focus with more than 100 surgeries delivered. Over the coming months, I will be undertaking my annual summer listening tour, where I am running advice surgeries in 31 of South West Norfolk's 72 villages. Should you or someone you know wish to attend, please email me: terry.jermy.mp@parliament.uk

In your email, please include your full name, address, and an overview of the matter you would like to discuss.

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Heather and Janice

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Book review Continued from page 10

The description of the book as shown is this: Ross Greenwood doesn't write clichés. What he has written here is a fast-paced, action-filled puzzle with believable characters that's spiced with a lot of humour' *Kath Middleton*

A brutal double murder on a Norfolk beach horrifies the town of Cromer. The way the victims died is chilling and so Norfolk's Major Investigation Team task DS Ashley Knight to manage the case. It soon becomes clear that the murders were carefully planned and the finger of suspicion points to an organised crime gang, but as the evidence mounts, a far more sinister theory emerges.

Ashley has been allocated a young but opinionated partner in Hector Fade, and sparks soon fly. Annoyingly for Ashley, Hector is no pushover and looks destined for great things. When the pair delve into the case, they struggle to understand who would inflict such suffering on their victims and hope the crime is a one off from a deranged and dangerous individual. But then another body is found.

There's a killer on the loose who must be caught, or other victims will meet their fate by the sea. Like The Snow Killer mentioned earlier, this book is so worth a read / listen.

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English Tourist Board Approved

Places to go with the Children this August

Knettishall Heath Country Park: Located about 9.5 miles south-west of Diss, this expansive Suffolk Wildlife Trust site offers free admission. It features dense woodlands, natural play areas, and shallow river paddling spots perfect for a family adventure.

Redgrave & Lopham Fen: Just outside Diss in South Lopham, this National Nature Reserve has a free car park, a visitor centre, and miles of flat, buggy-friendly boardwalks and trails to spot local wildlife.

If you are willing to make a slightly longer drive (about 15-25 minutes), consider:

High Lodge, Thetford Forest: While parking incurs a fee, entry to the miles of walking tracks, giant rope swings, and wooden den-building areas is free.

Norfolk Wildlife Trust Reserves: If you plan on exploring other Norfolk reserves (like Thorpe Marshes or Hickling Broad), remember that children aged 16 and under get **free admission** all year round

DIARY DATES 2026 for fundraising events, outings etc. in the parishes in the Harling United Benefice. Full details appear in the magazine pages

A note on short forms for Venues for some events

1. EHSSC is East Harling Sports and Social Club (opposite E Harling Church on Church Road)
2. OSH is Old School Hall in Harling on School Lane
3. Feline Care is on Roudham road
4. BVH is ~~Bridgham~~ Village Hall

AUGUST 2026

- 1st Feline Care Pop-up shop 10-1pm
 1st E Harling Church Community café 10-12
 3rd HUB at OSH 10-12noon followed Exercise Class
 4th Film Night OSH 7.15 for 7.30pm
 5th OSH Coffee morning 10-12 noon
 5th BVH Wednesday social 11-1pm
 8th Gardening Club coach trip to RHS Hyde Hall Flower Show see page 14
 9th EHSSC Smartphone speed quiz 6.00pm
 10th HUB at OSH 10-12noon followed Exercise Class
 11th Gardening Club OSH 7.30 Mary Murray "How to make the best of supermarket flowers"
 14th EHSSC Bingo eyes down 7.30pm
 15th EHSSC Open Mic Night 8.00pm
 17th HUB at OSH 10-12noon followed Exercise Class
 18th BVH Wednesday social 11-1pm
 22nd ~~Bridgham~~ Church coffee morning 10-12 noon
 24th HUB at OSH 10-12noon followed Exercise Class
 27th Knit and Natter
 31st bank holiday no HUB

SEPTEMBER 2026

- 5th Feline Care Pop-up shop 10-1pm
 5th E Harling Church Community café 10-12
 5th EHSSC LIVE MUSIC with ~~KickDown~~ 8pm
 8th Members Flower & Vegetable Show
 11th EHSSC Bingo eyes down 7.30pm
 19th EHSSC LIVE MUSIC with Red Leaf 8-30pm.
 22nd OSH Parish Council Meeting 7.15pm
 25th EHSSC - ~~Zakat~~ Potato food truck, 5pm-8pm.

OCTOBER 2026

- 3rd EHSSC LIVE MUSIC - Jonny B Good, 8pm
 13th Gardening Club OSH 7.30

CONTACT is published monthly by East Harling Parochial Church Council and items for the September edition should be submitted to the editor by email by 12th August 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. For enquiries regarding deliveries and insertion of flyers please contact the Editor by email.

Community Cafe Venezuela

Earthquake

Appeal



SATURDAY 1st AUGUST

**East Harling Church
10am-12.00 noon**

East Harling Church are raising funds on Sat, from our coffee morning to donate to the Venezuela appeal.

Coffee, tea, soft drinks and delicious home-made cakes served all morning

RAFFLE

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Tuesday 4th August FILM NIGHT

In Harling Old School Hall

Film starts at 7.30 pm

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