



HM QUEEN MEMORIAL EDITION OCTOBER 2022

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# CONTACT

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

VILLAGE NEWS AND EVENTS

Our Dearly Beloved Queen Elizabeth 1926-2022



*Drawing by Eleanor Tomlinson used by kind permission of the artist*

*....we will be with our families again, we will be with our  
friends again, we will meet again*

HM Queen's speech 5th April 2020

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The Rectory, Church Road, East Harling. NR16 2NB



~ Welcome to our Services in October 2022 ~

Midweek Communion every Wednesday at 11.30am in East Harling Church

Date	East Harling	Garbl'sham	Wretham	Bridgham	Larling
Sunday 2 <sup>nd</sup> Oct Trinity 16	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 9 <sup>th</sup> Oct Trinity 17	9.30am Harvest Festival	9.30am Holy Communion			11.00am Holy Com'union
Sunday 16 <sup>th</sup> Oct Trinity 18	9.30am Holy Communion  6.30pm Harling Praise	11.00am All Age	9.30am Holy Communion	11.00am Service of the Word	
Sunday 23 <sup>rd</sup> Oct Trinity 19	9.30am Holy Communion	9.30am Holy Communion			11.00am Service of the Word

Date	Brettenham	Riddlesworth	Blo'Norton
Sunday 2 <sup>nd</sup> Oct Trinity 16			
Sunday 9 <sup>th</sup> Oct Trinity 17			11.00am Holy Communion
Sunday 16 <sup>th</sup> Oct Trinity 18			
Sunday 23 <sup>rd</sup> Oct Trinity 19	11.00am Holy Communion	6.00pm Holy Communion	





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## ~ Parish Records 2022 ~

### ~ Funerals ~

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

**Brian Inglis** whose funeral was held on the 8<sup>th</sup> September 2022, followed by burial in the churchyard.

**Malcom Blades** whose funeral was held on 21<sup>st</sup> September 2022 followed by interment in Harling Parish Cemetery.

### SCHOOL OF THEOLOGY

Beginning October 5th at 7pm in St Peter and St Paul's, East Harling. Occurring weekly, for an hour. Open to anyone in the Benefice, this will be an ongoing opportunity to learn more about the Christian faith. Sometimes we will look at books of the Bible, or at different current affairs and how our faith interacts with them. But to begin with, we will go back to basics, and look at the basic foundations of the Christian faith, using the Apostles' Creed as a guide. All are welcome – and feel free to invite people who don't currently attend Church, but might be interested. It will involve teaching from Simon, but with opportunity to ask questions, disagree, have discussion – but no expectation that you will have to say anything if you don't want to!

Any questions, get in touch with Revd Simon Richardson on 01953 558763.

### 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.

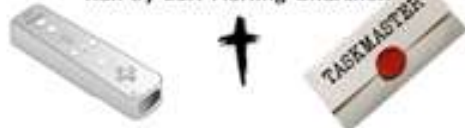


## Youth Café

Open to all young people in year 7 and above  
Every Tuesday in term time  
7-8.30pm

NB no meeting on 25<sup>th</sup> Oct or 1<sup>st</sup> Nov  
In the Methodist Church Hall

Run by East Harling Churches.



for more info contact Jane on 01953 714629.



### METHODIST CHAPEL WHITE HART STREET

#### Methodist Services in October

2nd 10.30am Rev David Ely (Communion service)  
6.00pm Soul Cafe at Old School Hall

9th 6.30pm Mrs Jane Mottram

16th 10.30am United service with and at St John the Baptist Garboldisham

6.30pm Harling Praise Parish Church E Harling

23rd 6.30pm Rev David Ely (Communion service)

30th 6.30pm Mr John Browne

### Quidenham Carmelite Monastery Chapel (Roman Catholic) Public Worship

Daily Mass 8.00am

Sunday Mass 10.30am

Holy Days 8.00am

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David & Gerda Bailey (01953) 717639

### Community Cafe

**SATURDAY 1st October**  
come and join us!  
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!**

East Harling Methodist Church  
invites YOU to...

### Monday Craft Café

10am-12noon on the  
1<sup>st</sup> and 3<sup>rd</sup> Mondays of the month

**Next on 3<sup>rd</sup> and 17<sup>th</sup> October**  
In the Hall behind East Harling Methodist Church  
White Hart Street

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



### **East Harling Churches**

invite you to drop in for

**Fun, Games**

**Craft**

**& Refreshments**

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

At the Methodist Church  
White Hart Street





Dear friends

As I write this, we are all still in the aftermath of the death of Her Majesty Queen Elizabeth II. Obviously everyone has their own relationship to this event but I think that it is uncontroversial to say that this is a pivot point in the history of our Nation, and of the Commonwealth of Nations.

Just under seventy years ago, quite some few months into her reign, Her Majesty went to Westminster Abbey for her Coronation. A young woman, she went into that imposing building, and layer upon layer of glory and splendour were laid on her. Robes, cloth of gold, jewels, sword, holy oil, orb, sceptre, crown ... all these layers of majesty, of estate, of beauty, of value laid upon her as she became Queen of the United Kingdom, Head of the Commonwealth, Supreme Governor of the Church of England and so on and so on ...

Now as her body is prepared to be buried, all those layers are stripped away, and the final truth of her physical body is about to continue on. For like every one of us, Elizabeth II is dust, and to dust she shall return.

But she also knew the deeper truth, the deeper glory, that all that glory was always transient ... and that an eternal glory is hers in the presence of God. She knew in life that everything that was laid on her, on that Coronation Day, and on every day since all the splendour, all the power, all the expectations, all the pomp and ceremony, and even all the wealth, was just a dim reflection of the glory and majesty of life with God in eternity.

On the Tuesday before she died, we all saw a photo of Her Majesty upon the handover between Prime Ministers, and I think we all suspected that there might not be much time left to her. But there was also a joy and a vitality that still shone out of her, even when her body was clearly weakened. She bore that diminishing so well because of her confidence that an even greater glory awaited her.

You and I live lives very different from hers, or from our new King's; but you and I have an invitation, a call from God to make our home with him, where all shall be love and joy and light. I pray that in these days when we realise that truly nothing earthly will last forever, you would consider what God might have in store for you – life, love, a home that lasts forever, and confidence and hope in this life.

Yours with every blessing

*Simon*

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Editor's footnote: here is one of the many inspiring messages which the Queen regularly broadcast to the nation and to the Commonwealth in 2014:-

“..For me, the life of Jesus Christ, the Prince of Peace, whose birth we celebrate today, is an inspiration and an anchor in my life. A role model of reconciliation and forgiveness, he stretched out his hands in love, acceptance and healing. Christ's example has taught me to seek to respect and value all people, of whatever faith or none.

God Bless you Ma'am and Thank You - for Everything.

Editor

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**EAST HARLING & KENNINGHALL MEDICAL PRACTICE - Practice update: October 2022**

Firstly, I would like to introduce myself as the new Practice Manager. I am very much looking forward to working to support all our patients, and hearing from them in respect of how we can continually strive to provide them with the highest possible level of care.

In order to hear as many views from patients as possible, we have now launched a new patient feedback form which is available either in paper form at East Harling and Kenninghall practice sites, or on our website.

We are also re-launching our Patient Participation Group (PPG) which is now seeking volunteers willing to attend regular meetings (approximately every 6 weeks), again to discuss how our patients think the Practice is performing and encourage views on how we can further enhance the care we provide. If you are interested in joining the re-launched PPG please contact me via my e mail address: [s.round3@nhs.net](mailto:s.round3@nhs.net) I thought it may be useful for this first newsletter article to outline the size and scope of the Practice as well as the latest updates on flu and Covid-19 vaccinations:

- The Practice currently has approximately 8,700 patients and has a catchment area of 140 square miles
- The range of care provided by the Practice is considerable, and includes:
  - 8 highly experienced doctors
  - Nursing staff, again all highly experienced, led by our Practice Nursing Manager whose team also includes a further nurse, Advanced Nurse Practitioner, and an Emergency Care Practitioner and 2 Health Care Assistants
  - Mental Health Practitioners
  - A community pharmacist
  - A Midwife
  - First Contact Physiotherapists
  - A Social Prescriber
- In addition, we have periodic specific clinics, including flu vaccinations and diabetic eye screening.
- **The next round of flu clinics for patients eligible for the flu jab will be taking place on the mornings of Saturday 1<sup>st</sup> and 8<sup>th</sup> October 2022. Appointments for these clinics can be booked by telephoning the Practice on 01953 717204, or by visiting Reception at either Practice site.**
- From 7 September 2022 eligible patients will start to be invited for an Autumn Covid-19 booster. As patients become eligible for the booster they can book via the National Booking Service online at :

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>

Patients who are housebound or who are resident in a care home will be subject to separate arrangements

**NO COVID-19 VACCINATIONS WILL BE UNDERTAKEN AT EITHER PRACTICE SITE**

- We operate dispensaries at both practice sites which almost mirror the Practice opening times of 08:30-18:00 Monday-Friday, with the exception being that the dispensaries are closed 13:00-14:00 each weekday.
- Patients can telephone during our surgery hours (08:30-18:00 Monday-Friday) and speak to one of our Reception staff (we do not use a call centre, so the call will be answered by one of our team at East Harling or Kenninghall)
- Our Reception team are not targeted with the number of calls answered in a particular time period, as instead our focus is on giving each patient the maximum amount of time and attention. This can sometimes lead to patients holding on the telephone lines, especially during busy periods.
- Patients can also use the electronic forms on our website for a range of services, including requesting repeat prescriptions

To give an idea of the demand on the Practice, which continues to grow weekly, for the 5 days of week commencing 15<sup>th</sup> August (2022), the clinicians across both Practice sites completed 691 patient appointments.

Regrettably, during the month of August (2022) there were approximately 120 appointments where the patient did not attend their booked appointment. We would please ask that if you are ever not able to attend an appointment you let us know as soon as possible in order that the appointment can be offered to another patient.

The entire team here is totally committed to providing the best possible care for all our patients. I do believe that listening to feedback from our patients is critical to our constantly striving to further enhance patient experience, and I look forward to speaking to as many of our patients as possible over the coming months.

Simon Round  
Practice Manager  
East Harling & Kenninghall Medical Practice

THE GARDEN IN OCTOBER

**Lawns:** I would leave alone until towards the end of the month then rake. May need a cut with the blade set high if we have substantial rain (????). This is the ideal month for laying a new lawn with turf. The ground is warm and there will be rain(????)

**Trees and shrubs:** a good month to plant container grown trees and shrubs for the same reason. Depending on the weather bare root plants may be available towards the end of the month – these can be purchased and planted up until early March. Stake trees to prevent rocking – there will be wind.

Don't give up on trees and shrubs that look dead after the drought they may come back in the spring. Equally don't be surprised if some of those that you thought had got away with it curl up their toes and don't survive the winter. It would be worth buying a few small shrubs in pots and growing them on to fill gaps in the Spring. Remember if all else fails the gardening club have an excellent plant sale in May.

**Cuttings:** Take hardwood cuttings of shrubs and trees, and shrub roses from the middle of the month.

**Plant:** Plant or move shrubs, trees and hedging. Keep watered if necessary until Mother Nature takes over – there will be dry spells.

**Dahlias:** Keep dead headed. Water if necessary and check your supports – the hurricane of 1987 was in October.

**Annuals:** Hardy annuals can still be sown in a greenhouse or cold frame over the next couple of months ready to plant out from March. Prick out when large enough to handle.

Tender annuals can be removed as they come to the end of their life cycle and replaced with bulbs, pansies forget me nots and primulas

**Biennials:** such as foxglove, hollyhock and forget me nots can be planted out so that they get a good start next year

**Bulbs:** Try to finish planting spring flowering bulbs by the end of the month (tulips can be put in tubs below other spring flowering plants, otherwise wait until November).

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

Plant out spring cabbage plants.

Harvest whatever is ready. Traditionally Brussels sprouts, celery and parsnips were not harvested from the garden until after the first frost, however in recent years this would mean you wouldn't be eating them until after Christmas! So harvest as you need them.

**Pots and Tubs**

Clear out as soon as the summer bedding is finished. If there is no permanent planting tip them out onto the garden – if there are any pest eggs they will gratefully received by the blackbirds, but if put in the compost heap may come back to haunt you in the spring. Clean the tubs and fill with a good quality compost (if using plastic tubs a soil based compost will give it more weight and prevent being blown over in the wind) Good drain holes are particularly important in the winter as we often have prolonged wet periods.

If there is permanent planting remove any dead annuals, feed and plant winter/spring flowering annuals and perennials (primroses, pansies and violas all do well).

Good Gardening

Kevin

Appeal Lunch Club

We are desperately trying to get the lunch club up and running for the over 65s (I used to say elderly, but like most of the volunteers I am well past that). The last couple of years has taken its toll on our cooks. Ideally we have 2 people sharing the cooking at each meal. The club traditionally met twice per month.

Cooks need to have a level 2 hygiene certificate, which is a fairly straightforward on line course taking just a few hours, and we have funding available if needed. This qualification would help with obtaining employment in the hospitality sector.

Ideally we could do with 4 more cooks, which would mean you would only be cooking once every couple of months. If interested please give me a ring on 07594 288 139 or email me on jks52@btinternet.com

Kevin

CHRISTMAS TREE FESTIVAL

Many of you enjoyed our first Christmas Tree Festival in the church last December. The church looked absolutely amazing and magical and this was only made possible by all of you. As it was so successful,

we have now sorted out the dates for December, 2022 and have already started making a list of participants for this year. I have spoken to several of you who participated last year, but need confirmation from any of you who I may not have spoken to yet.

As last year we are hoping for local schools, clubs, businesses, shops and individuals to take part by decorating a tree. Each contributor will need to bring their own tree, decorations and battery powered lights, as there are not enough power points in and around the church. There is, however, plenty of room for lots of trees. We have 60 already but there is plenty of room for more!

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

Wednesday 7th December 12.30 - 6pm

Thursday 8th December 10 - 7pm

Friday 9th December 10 - 3pm

If none of these are suitable for you please contact Susan to arrange a suitable time.... 07890 102392 / 01953 717832 or email the address below.

If you would like to participate this year, or have any questions, please contact Susan Wilson by phone: 07890 102392, send a message or email: [susanmwils@gmail.com](mailto:susanmwils@gmail.com).

The visiting times of the Christmas Tree Festival are as follows:

Fri, Sat, Sun, 9th, 10th, 11th December. 4-7pm.

Thurs, Fri, Sat, 15th, 16th, 17th December. 4-7pm and

Sun 18th December, 4-5.30pm before the Carol Service at 6pm.



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### HARLING OLD SCHOOL VILLAGE HALL

HOSH Management committee would like to express our deep sadness at the death of our Queen and thank her for her dedicated service.

Despite the circumstances, as a committee we felt it important to honour the Queen's commitment to communities by carrying on with our event, and it was humbling to see our community, young and old, come together to enjoy a family event during this sad time.

To those who took part, whether you held a yard sale, made a scarecrow, browsed stalls, or voted for your favourite scarecrow, thank you. Another thank you to those who helped on the day.

We are pleased to announce that Scarecrow S20 won, the witch on King Street and Ellie Hall won the £10 cash prize on the treasure map game.

Please save the date for our popular Christmas light switch on and market, which returns again this year on 3rd Dec. We are happy to have joined forces once more with the PTFA and the LIGHT FESTIVAL resumes this year. More details to come but for now, please save the date.

If you are a local craft seller and would like to book a stall at our market, please do get in touch via [eastharlingeevents@gmail.com](mailto:eastharlingeevents@gmail.com) or Facebook: East Harling Light festival for more info

Harling Old School Village Hall Committee

### EAST HARLING GARDENING CLUB

At our September meeting we were inspired by Dr Ian Bedford (formerly of the John Innes Institute) extolling the virtues of companion planting to reduce the need for chemicals to counter pests.

Our October meeting will be an illustrated talk by Simon Partridge about the work of the How Hill Trust. If, like me, you had never heard of it look them up on line. They are an environmental study centre in the heart of the Broads. They have gardens that look well worth a visit, and put on occasional courses and events (e.g. a pudding night in November). It promises to be a good lecture. As always the event is free for members, and just £3 for visitors

November will be a holly wreath making demonstration and December a Christmas lunch at The Swan for members only (another good reason to become a member).

Also in December (Thursday 15th) we have organised a coach trip to Cromer Pier to a matinee performance of the Christmas show. Cost is £35, and there will be a couple of hours to sightsee or get lunch before the performance. This is open to non-members. If interested please phone Mary on 01953 717193

Visitors are welcome at most of our meetings for just £3 or why not become a member for just £9 – some of our events are for members only and at others members get first refusal

### **HARLING OLD SCHOOL VILLAGE HALL October Events**



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**Book review – Contact magazine – October 2022**

Here is a review of a selection of books available from the Book Swap in East Harling or your local bookshop. With all this recent hot weather, the best option is to find a chair and start a good book.

**The last thing he told me by Laura Dove**

There are great reviews of the book on the cover. You, therefore, think it's a great read. It is an interesting read for sure for several reasons. Initially published in 2021 in the US, stated as being the No 1 New York Times bestseller. Having read the book, I find this a rather worrying comment. It has a good plot that hooks you in, but really that's where the attraction stops. There is much looking backwards i.e., two years ago, i.e., two months ago. Personally, I am not a fan of this kind of narrative, but it may work for you. It has a murder/mystery element to it, and as the reader, you expect great things. Don't hold your breath

**Spilling the Beans by Clarissa Dickson Wright**

This book has been described as the autobiography of the year, published in 2008. I loved it, and it made me laugh and cry throughout it. She is better known as one of the "two fat ladies" on television. [My gosh](#), what a life she has led. It is an honestly written book with nothing left out. How she has managed to survive her upbringing and life is incredible. It is, as one review says, brutally candid. Don't let that put you off at all. If you feel you are having a bad time, read this book, it will cheer you up to no end.

**The Alchemist by Paulo Coelho**

This is one of my favourite books, one I can read repeatedly. It is the story of a shepherd boy who dreams of travelling the world in search of treasure that anyone has ever found. It has been described as a novel about the essential wisdom of listening to our hearts and following our dreams. It looks like a short read, but it is well worth giving it a go. Beautifully written, and the descriptions of the Andalusian countryside are just lovely to read. Worth remembering sometimes. I highly recommend it.

**The Couple at the Table by Sophie Hannah**

This is a novel written by the same author, 'Haven't they Grown' which was reviewed last month. I like the way Sophie writes. Although I understand that her writing is a bit like Marmite, you either love her or not. I most definitely do. This is a carefully written murder mystery. When you think you have the answer, another twist appears. The introduction to the book is "you receive a note warning you to beware of the couple at the table nearest to yours" What will happen? Read the book to find out. I couldn't put it down. I hope you enjoy it as well.

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Mondays fortnightly 7.15-8pm in the Church  
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[lydiaogorman.music@gmail.com](mailto:lydiaogorman.music@gmail.com)

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### **A little piece about our dark rural skies.¶**

Light Pollution is the light that is thrown away. Useful lighting is the light that is required that reaches the area that needs to be lit (at the correct brightness). It sounds simple, but, like climate change, it is increasing.¶

Lighting is often installed without required thought despite best intentions for security purposes. The appropriate light for the environment is hard to source (I have tried) and needs more research than most people have time for. It doesn't need to be as bright and it doesn't need to be daylight (electric) blue. Maybe it is tilted so it shines some of its light outwards and upwards, maybe it is installed too high, maybe it won't allow you to tip it fully downward because of the bad designs commonly sold in DIY stores.¶

After a few studies on the link between lighting and crime, there has not been a link ever shown. In fact after folk were worried about street light switch-offs, data showed that by a non-significant amount those darker streets were safer. It suggests any benefits of permanent lighting are outweighed. In an unlit area a ne'er-do-gooder would have to get a torch out to see what they were doing, making them obvious. And conversely, poorly installed lights create glare that can hide someone creeping beneath it.¶

Most people, especially children are charmed and even inspired by the view of the Milky Way in a dark sky. It is something that takes you off this planet. This leads to an interest in science and more technical achievements in their education, a great thing for the country's future. Those views of the sky are limited in Norfolk now with sky glow being visible everywhere. It is also unnecessary and we can make savings by switching unneeded lights off or getting dimmer bulbs. Why do we now need to light everything so brightly and wastefully?¶

### **A down tilt or timer could really save the sky¶**

A big issue we should all be concerned about is how stray light affects the natural world. A recent study was done on new 'daylight' blue LED streetlights and showed less than half the number of caterpillars than before the lights were installed. This leads to a breakdown, i.e. less birds, mammals, even pollinators which are essential for our crops which may have long term consequences. Some councils are aware of this colour difference but many developers use standard blue-white lights. We ask all lights are 'warm white' (3000K) because the bluer ones have a wide scattering ability and are closing up many areas of darkness, despite them being more directional and dimmer. They also have an effect on our sleep. Any hint of blue light at night signals 'morning' to a receptor in your eye and

governs your waking time caused by a disturbance of your melatonin levels.¶

There is also the point about general irritation by light. Imagine you could always see a relaxing view of stars out of your bedroom window until someone decides they need a security light on all night. They may think that it's inconsequential, or is helping keep the area safe (good intentions), but since when is it acceptable without asking? Even sensor lights that go on and off, can be triggered by cats, leaves, dust, anyone walking past who really doesn't need that thing to shine at them. The sensor is clearly too sensitive or has not been installed properly and the light is clearly too powerful. Putting up lights incorrectly isn't always considerate. The onus shouldn't be on the astronomers or neighbours to call out every light or planned light. In the local area, Snetterton has increased in brightness, with big firms lighting the outside of the huge buildings. A mass production chicken farm want to move and build North of Snetterton, their existing site is covered with lights shining out brightly in all directions. Slowly, expansion in the ever popular Norfolk has the potential to ruin the sky with lighting. We need to spread awareness of how light pollution prevents people being able to see spectacles in the sky like the northern lights that were visible the other day. Look for the Milky Way, the huge galaxy in which our tiny solar system exists, it is always there, especially in late summer and autumn. So for now, be vigilant and watch and comment on planning proposals to try to counteract the spread of light pollution. Go chat to your neighbours and in time, politely mention the lights. We are all people just trying to do the best thing.¶ Good old Sir Patrick Moore used to say (I paraphrase), it is not that we ask anyone to turn the lights out, just light the right thing, at the right brightness, at the right time. I would add to this to shield the light from going above the horizontal so no glare can escape the property (i.e. no one can see the bulb itself from outside the grounds of the property). This can be achieved by tilting the fixture fully downwards, achieving a much less harsh, glare-free look. Dim down lights lighting the floor can help people see paths really nicely, these can be solar powered but are often not glare-free and are daylight blue. The final reminder is to make sure the bulbs you install are a warm white colour and a temperature of 3000K or less. With those few rules applied, everyone and nature can co-exist happily for many decades.¶

**Dan Self** Chairman of the local Breckland Astronomical Society. We thoroughly welcome visitors. <https://www.brecklandastro.org.uk> NB on October 14<sup>th</sup> we have BBC's Professor Chris Lintott giving a talk at the Great Ellingham Hall in Gt Ellingham ¶



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**Bridgham Church**  
**COFFEE MORNING**



*Saturday*  
*22nd October 10-12noon*  
*in the church*



**WEDNESDAY  
SOCIAL**

Come join us for some fun  
and games, a cup of coffee or tea  
Bring your crafts, cards, or  
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**Open from  
11am**  
On the 1st and 3rd  
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**Bridgham Church**  
**HARVEST FESTIVAL**  
*Sunday 16th October*  
*in the Church 11am*  
**HARVEST LUNCH**  
*1pm in the Village Hall*



### **BRIDGHAM CHARITIES TRUST**

These Trusts exist to help any resident of the parish of Bridgham who is in need, hardship or distress. Money available from the Trust this year it will be distributed during **November 2022**.

If you wish to make an application--- Please write to any one of the three Trustees named below **before 7<sup>th</sup> November 2022**. All applications will be treated in strictest confidence

Mike Welton Bifrost, 52 The Street,  
NR16 2RS Tel: 717786

Janette Hines 101 The Street,  
NR16 2AE Tel: 718250

Gary Francis 34 The Street,  
NR16 2RY Tel: 718732

## **Tuesday 4th October FILM CLUB**

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

This month's film is a British Comedy Drama made in 2019 based on the true story of the signing of a group of shantie singing fishermen by Universal Records as the latest "buoy band".



A great comedy drama worth it for the scenic Comish landscape and sea shanties music.

**Adult £5.00 / Child £2.50**  
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### HARLING TOWN LANDS EDUCATIONAL FOUNDATION Charity Commission Reference 311209

#### GRANT AWARDING POLICY:

#### **Who may apply for a grant?**

You may apply for a grant from the Trust if:  
You live within the Parish of Harling (East, Middle & West Harling).  
You are in full or part time education including pre-school, school, college, apprenticeship, evening classes, university.  
Please be aware that there is an upper age limit of 25.

**Our criteria for a grant is that the requested need is "unable to be met out of ordinary income".**

#### **Types of grant:**

If you qualify to apply for a grant, the Trust may give you a grant for any purpose that promotes your education in the broadest sense.

#### Examples of grants:

Financial assistance towards the costs of uniforms/clothing, tools, instruments, books, IT equipment etc to help you to take part in an educational course.

In exceptional circumstances allowances for living expenses to enable you to undertake a course or to enable you to travel in the UK or abroad to pursue your education.

Educational school trips / expeditions or with organised youth groups that will assist in your education. Attendance at activities such as Outward Bound or the Duke of Edinburgh Award Scheme.

Youth Groups/Schools etc may apply for group funding. Please adapt your answers to reflect the group rather than an individual.

Further information or to request an application form is by email to: [andrew.hayward@doctors.org.uk](mailto:andrew.hayward@doctors.org.uk)

#### **SUCCESS STORY TEA AND TOTS**

Tea and Tots reopened in September 2021 following being closed for Covid. After such difficult times we were keen to keep costs low for families and were originally running at a loss.

The trust contacted us regarding funding. We applied to the trust and were thrilled within weeks to receive a grant.

Tea and Tots leaders Vickie and Julia put the allocated funds to good use; buying a new rug and shelf for the book corner, sensory mirror blocks, small world pirate play, several math resources that encourage early numeracy and sorting skills, a 3 child rocking crocodile to promote co-operative play, and a water table, amongst many other things such as various craft resources.

Our numbers have steadily grown and we now regularly welcome 30 plus families from East Harling and surrounding towns and villagers.

We have had so many positive comments on the new resources, and it's fabulous to see the children enjoying and benefiting from good quality learning equipment that will continue to support the early education of local children for many years to come.



## DIARY DATES 2022

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

### OCTOBER

- 1<sup>st</sup> E Harling Church Community Café 10-12noon  
2<sup>nd</sup> Bridgham Village Hall Friday Social 6-11pm  
4<sup>th</sup> E Harling Film Club 7 for 7.30pm  
5<sup>th</sup> Bridgham Village Hall Wed Social 11-1pm  
5<sup>th</sup> School of Theology study of Christian Faith with Rev'd Simon E Harling Church 7pm-8pm weekly see page 5 for details – All welcome  
7<sup>th</sup> Bingo Night OSH doors open 6.30 eyes down 7.00pm  
7<sup>th</sup> EHSSC Band Son of Mark 8pm  
8<sup>th</sup> Bring & Share Harvest Supper E Harling Church 6pm  
Contact Eleanor for further details 01953 718304  
11<sup>th</sup> Gardening Club talk How Hill Trust 7.30pm OSH  
12<sup>th</sup> OSH Coffee Morning 10-12noon  
14<sup>th</sup> EHSSC Bingo Night (family friendly) 7.30pm start  
19<sup>th</sup> Bridgham Village Hall Wed Social 11-1pm  
20<sup>th</sup> EHSSC Harling Comedy Night 7.30pm  
22<sup>nd</sup> Bridgham Church Coffee Morning 10-12 noon  
22<sup>nd</sup> E Harling Church Designers & Makers Exhibition 10-4pm  
25<sup>th</sup> E Harling Parish Council OSH 7.00 pm  
26<sup>th</sup> OSH Sausage & Mash Lunch 12 for 12.30  
28<sup>th</sup> EHSSC Kids Halloween Party 8.30-9.30pm  
29<sup>th</sup> East Dereham Brass Band Concert in East Harling Church - Music from the Shows 7.30pm  
31<sup>st</sup> Light Party at Methodist Church 5.30-7.30pm

### NOVEMBER

- 1<sup>st</sup> E Harling Film Club OSH 7 for 7.30 pm  
6<sup>th</sup> E Harling Church Community Café 10-12noon  
8<sup>th</sup> Gardening Club Holly Wreath Making 7.30pm OSH  
9<sup>th</sup> OSH Coffee Morning  
22<sup>nd</sup> E Harling Parish Council OSH 7.00 pm  
22<sup>nd</sup> Designers & Makers Exhibition East Harling Church 10.00-4.00pm – refreshments served all day  
23<sup>rd</sup> OSH Soup Lunch 12 for 12.30  
26<sup>th</sup> Friends E H Church Christmas Fayer OSH 10-3.30pm

### DECEMBER

- 3<sup>rd</sup> E Harling Church Xmas Community Café 10-12noon  
3<sup>rd</sup> Lantern Parade from Church 4.30pm  
3<sup>rd</sup> Village Christmas Lights switch on OSH 5.30pm  
3<sup>rd</sup> Christmas Market and Festivities OSH 5-7pm  
6<sup>th</sup> E Harling Film Club Xmas special OSH 7 for 7.30pm  
7<sup>th</sup> Christmas Coffee Morning OSH 10-12noon  
7<sup>th</sup> -9<sup>th</sup> East Harling Church Christmas Xmas Tree festival decorating trees (see page 10)  
9<sup>th</sup> -11<sup>th</sup> Xmas Tree festival East Harling Church 4-7pm  
15<sup>th</sup> Gardening Club trip to Cromer Pier Xmas Show visitors and friends welcome see details page 13  
15<sup>th</sup>-17<sup>th</sup> Xmas Tree festival East Harling Church 4-7pm  
18<sup>th</sup> Xmas Tree Festival E Harling Church 4-5.30  
18<sup>th</sup> East Harling Church Carol Service 6.00pm

**CONTACT** is published monthly by East Harling Parochial Church Council and items for the November PAPER edition should be submitted to the editor by email by 12<sup>th</sup> October 2022 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](mailto:sue.wall@uwclub.net)

## URGENT APPEAL ON BEHALF OF OUR UKRANIAN GUESTS

I have the privilege and pleasure to be hosting a mother and daughter who have fled Ukraine. There are also a few other families in, or who will be coming to, the village soon. Most of the children have learnt English as a foreign language, and with some encouragement will learn quite quickly. Most of the adults learnt Russian as a second language. Many of them had responsible jobs back home before the Russians invaded.

We are looking for volunteers to help teach English as a second language so that they can obtain employment. I would like to hear from anybody who has suggestions of how to set this up. If you are interested or can help in any way, please give me a ring on 07594 286 139 or email me on [jks52@btinternet.com](mailto:jks52@btinternet.com)

*Kevin*

Saturday 22nd October in  
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Music from the Shows

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