

JUNE 2025

CONTACT

EAST HARLING - WEST HARLING -
BRIDGHAM - ROUDHAM - BRETtenham - LARLING -

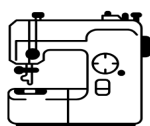
CHURCH SERVICES & NEWS PAGES 3 AND 5
REV SIMON NEWSLETTER - PAGE 6
UK AID FOR UKRAINE AND CONCERT - P9
EAST HARLING EVENTS SEE PAGE 13
DIDARY DATES SEE PAGE 20

A MESSAGE FROM OUR MP MR JERMY - PAGE 14
JUNE GARDEING NOTES SEE PAGE 16
ADVICE ON QR CODES SEE PAGE 18
DETAILS OF VILLAGE ENTERTAINMENTS THIS
MONTH SEE BACK PAGE!!!



Also published on line on the following web pages:

<https://www.harlingquiltcrossbenefice.org.uk/our-churches/east-harling-st-peter-and-st-paul/contact/>
<https://roudhamandlarlingparishcouncil.gov.uk/2025/03/05/contact-magazine/>
www.harlingquiltcrossbenefice.org.uk



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~ Welcome to our Services in June 2025 ~

Midweek Communion every Wednesday at 11.30am in East Harling Church

Date	E Harling	Garbl'sham	Wretham	Bridgham	Larling
Sunday 1st June Ascension	11.00 am All Age Soul Café O S H 6pm	9.30 am Holy Com'union	9.30 am Service of the Word	11.00 am Holy Com'union	
Sunday 8th June Pentecost	9.30 am Holy Com'union	9.30 am Holy Com'union			11.00 am Holy Com'nion
Sunday 15th June Trinity Sunday	9.30 am Holy Com'union 6.30 pm H. Praise	11.00 am All Age	9.30 am Holy Co'munion	11.00am Service of the Word	
Sunday 22nd June Trinity 1	9.30 am Holy Com'union	9.30 am Holy Com'union			11.00 am Service of the Word
Sunday 29th June St Peter & St Paul's	Benefice Service E H 11.00	BENEFICE	BENEFICE	BENEFICE	BEN'FICE

Date	Rushford	Shropham	Brettenham	Riddlesworth	Blo'Norton
Sunday 1st June Ascension	9.30 am Holy Communion				
Sunday 8th June Pentecost					11.00am Holy Communion
Sunday 15th June Trinity Sunday		9.30 am Holy Communion			
Sunday 22nd June Trinity 1			11.00am Holy Com'unin	6.30 BCP Evensong	
Sunday 29th June SS Peter & Pauls'	BENEFICE	BENEFICE	BENEFICE	BENEFICE	BENEFICE

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~ Parish Records 2025 ~

~ Weddings ~

We offer our congratulations to:

Jay N C Chokshi and Emma Jane Charnick who were married at East Harling Parish Church on Sat 10th May 2025.

~ Funerals ~

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

Paul Edward Barnes whose funeral was held in East Harling Parish Church on Friday 2nd May 2025 followed by interment in the Churchyard.

~ Floodlighting ~

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

MAY 2025

30th In loving memory of a dear sister Lesley on your birthday. Love Janice, Paul and all the family.

JUNE 2025

27th Dear DEBBIE we love and miss you so much- forever in our hearts. From all the Family.

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

METHODIST CHAPEL WHITE HART STREET

Methodist services for June

1st June 10.30am Rev David Ely communion

6pm Soul Cafe Old School Hall

8th June 6.30pm Mrs Sarah Hawes

15th June 10.30am Mr Dennis Cartwright

6.30pm Harling Praise

22nd June 6.30pm Rev Paul Mellor

29th June 6.30pm Rev David Ely

Quidenham Carmelite Monastery Chapel (Roman Catholic) Public Worship

Daily Mass 8.00am

Sunday Mass 10.30am

Holy Days 8.00am

For further information contact:

David & Gerda Bailey (01953) 717639



**PRAYER
MAT**

Prayer is a way in which we can talk to God. [It can be personal or communal, and many people find comfort and guidance through prayer in various situations.](#)

As Christians we know that God is able to answer our prayers, although not always in the way we expect, and it may be sometime before we see how they have been answered. But He will answer.

Would you like prayer for yourself or others, for example, for help, answers to problems, thanks, healing?

During the make and create day in church in September last year many participants contributed to the creation of a woven mat/wall hanging. This was made of natural materials including wool, fabric and reeds.

This has now become a focus for prayer and sits near the back of the church. There you will find paper and pens to write any prayer requests which can be left in the weave of the mat. You do not need to leave your name but please do so if you wish.

All are welcome to come and make requests. There are also find some printed prayer cards. You might want to take a little time in the quiet to reflect or offer your own prayer.

The prayers requests will be collected most days and brought to God during morning prayer at the church, usually for a week unless otherwise requested.

Equally, If you wish to pray with someone, please contact one of the Church Ministers. You are also very welcome to join us at any of the services as listed in Contact.

St Peter & St Paul Church, East Harling.

Everyone is invited to
Soup Church
fabulous fresh
Homemade lunch



East Harling Methodist Church
White Hart Street

11.30am Tues 17th June



Dear friends

My partner, Tyrone, and I went over to Northern Ireland earlier this month to see the house we have bought. We're not moving, at least not just yet. But in an attempt to plan for the future and so on, we have bought somewhere that will be somewhere for us to live in retirement.

But it got me thinking about home. This place in County Down will be our home one day and I am already a bit in love with it. But I am very blessed in having a home that I love in East Harling, and in all the parishes for which I'm priest-in-charge. But what makes these places 'home' in different ways?

I think it boils down to being a place where you belong, where you are seen, known and valued. Most of us find ourselves in all sorts of places, but they aren't home because, fundamentally, we know that it doesn't necessarily matter whether we are there or not. But when you're at home, it really does matter – you matter, because it just wouldn't be the same without you.

I'm so grateful to have a home – and not just these homes. Even more central is that I am at home in the presence of God. One of the reasons that I am glad to be a member of a Church is because each Church is genuinely a place where I know I belong. They're not perfect – far from it – but they are places to work at being part of something that matters. And throughout my life, the presence of God that I sense all around me reminds me that no matter where I am, I am seen, known and loved by God. So I am never, truly, without that sense of belonging.

I would love for you to experience that sense of belonging. It's not always immediate, and there are things we have to get used to (like I need to work out when the bins go out in my new house!) – but the Christian journey allows us to be seen and known by friends we didn't know we had, and by God, so that every place becomes home. If you would like to know more about how to come home, please do get in touch any time.

Your friend and priest,

Simon.

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EAST HARLING GARDENING CLUB

May was a busy month for the club. We had a coach trip to Spalding Tulip Parade, then on to Bay Tree Nursery for lunch, and some of us enjoyed an interesting lecture while other just browsed.) - All in all a good day out.

Our regular meeting at the Old School Hall this month was a fascinating, impassioned and humorous talk on hedgehogs by Diane from hedgehog rescue.

The table show of rhubarb was won by Steve Robb with Anne Lake as second. The salad item was won by Anne Lake with Rachel Robb coming second.

I am writing this before our annual plant sale which promises to be bigger and better than ever.

Our June meeting will be on Tuesday the 10th, and is a talk about herbs by local herbalist Ingrid Sykes. As always, we start at 7.30. Admission: members – included in your membership (currently just £12 for the year ending 31 March) Visitors are welcome - £3 Table show for June: 5 sweet peas and /or a salad item (members can enter either or both categories).

Are you a crafter or community based group wanting to raise some funds of sell some goods...

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**Harling Parish Council
invite you to attend the
Annual Parish Awards on
Friday 6th June**

**Come and celebrate with
this years recipients and
their families**

Everyone welcome

Harling Old School Hall 7pm
A small buffet will be served
after the ceremony

UK-AID UKRAINE EMERGENCY APPEAL

The Parish Church of SS Peter & Paul East Harling has been a drop off point for tinned and dried food, for the people of Ukraine. We had hoped that the items would be on the way to Ukraine at the end of May. We have however decided to wait until the next trip by UK-AID, so that we can hopefully get a bigger quantity of much needed food and essential items, to those in desperate need.

THE CHURCH WILL BE OPEN FOR DONATIONS

BETWEEN 10AM AND 4PM

UNTIL MONDAY 16TH JUNE.

WE HAVE BEEN COLLECTING:

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Dried - pasta, (including gluten free), rice, oats, milk powder,

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THE HARLING LADIES FRIENDSHIP GROUP

We are still finding our feet and hopefully will get ourselves more organised. It seems as we grow older there is less time and even more commitments!!

It was nice to see a couple of new faces at our first get together, and we look forward to hopefully seeing new and old faces.

In June, we will be meeting at the Cafe at Lynford Hall, near Mundford.

We usually go for a short casual walk, then have a picnic on the benches outside the Cafe. We will try and meet for 7pm, please bring a plate of goodies to be shared with others. It will be lovely to see you.

Any questions please call Jackie on 07725 126115.

EAST HARLING PARISH CHURCH

Our church contains an amazing record of our local history dating back to the 14th Century. It is famous for its glass and wood carvings and interior monuments.

It attracts visitors from around the world and is open to all every day.

So of course the building needs to be cared for, dusted, polished and vacuumed, on a regular basis to keep it looking good for everyone!

We are asking for people to join our cleaning teams, people who come and clean the church interior usually at 10 weekly intervals for around two hours every 10 weeks.

So if you can spare some time to come and join us we would be pleased to give you a very warm welcome!

PLEASE CONTACT DAVE WYNN ON

07711806010 for further information



East Harling Methodist Church invites YOU to...

'Monday Craft Café'

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

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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!

EAST HARLING COMMUNITY CAFE IN SS PETER & PAUL CHURCH IN JULY

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NORFOLK WILDLIFE TRUST BRECKLAND LOCAL GROUP

We have just had our first walk of the year. This was at New Buckenham Common on a lovely warm Spring morning.

We were led by James Symonds, NWT warden at Weeting, who was delighted, as we all were, with the array of Green Winged orchids on the site. We also saw species of Water Crowfoot flowering, but unfortunately, try as he might James couldn't find the webs of Small Egger Moth caterpillar.

Our next walk is at Cavenham Heath Nature reserve, which is accessed from Tuddenham. This is a 2 1/2 mile walk taking in the nature, landscape and World War II relics. It's led by Martin Hull who has done this walk for U3A and BFER groups. It's on Sunday 29th June starting at 10.am. Cost is £2 members and £3 non members, cash on the day. Booking is essential with Fiona 07788217651 or fionaroad@btinternet.com.



Providing A Voice For Local Residents

As a Member of Parliament for a large rural constituency, farming and the environment is at the heart of much of my work. I regularly meet with local farmers and growers throughout South West Norfolk. It is their hard work after all, that results in food being available on our tables locally and for families all across the country.

On each visit I witness first-hand how passionate our local farmers and growers are about achieving food production through environmentally friendly practices, and we discuss how the Government can assist in supporting the industry. Following the recent pause of the Sustainable Farming Incentive (SFI), much of the conversation lately has centred on what the new scheme should look like.

Many have spoken to me about their frustrations with the scheme under the previous government, the countless forms, the unfairness of its 'first come, first served' approach, and brokers charging huge fees just to access it. The result was it was not fully utilised with millions of pounds of the last budget remaining unspent. We need the new SFI to be accessible and to work for the people it will benefit. That is why talking to the farmers who will utilise the scheme, to help shape the policy, is crucial.

Many members of my family are involved in farming and having grown up in Norfolk, I understand the challenges and the concerns. That is why I am committed to ensuring South West Norfolk's farmers and growers have a key role in shaping this Government's farming policy, and indeed other policies. I am in regular contact with DEFRA, as well as Daniel Zeichner MP, Minister of State for Food Security and Rural Affairs.

During the pause in SFI applications, I want to hear from local farmers and growers about how it, and other support schemes

can be improved, to collate ideas and feed back to Government.

To further assist in gathering views on SFI, the effectiveness and usefulness of other environmental schemes, and ideas for improving farm sustainability, I have created an online survey.

To take part, please visit:

<https://tinyurl.com/SWNorfolkFarmSurvey>.

Another key issue of late has been the increase in solar farms proposals and of specific concern locally, the High Grove and Drove applications that could span parts of South West Norfolk – particularly in the East of the constituency around Ashill, Marham, Narborough, Sporle and Swaffham. I support efforts to improve energy security and support net zero ambitions, but we must undertake a pragmatic approach and recognise there are implications if these applications are approved.

Finding the right balance is imperative and we need to ensure that any proposal properly considers the effect on communities, the landscape and environment, as well as food production.

In response to these solar farm proposals, George Freeman MP and I have formed the *Breckland Solar Farm Alliance* to make sure our residents are heard. Whilst George and I might sit on opposite sides in the House of Commons, we are connected by our constituency lines, and that is why working together is fundamental to reach the best possible outcome for our local communities. I've always been prepared to put politics to one side and work cross-party on behalf of residents, and this solar farm alliance is a good example of that.

Terry James Jermy is a British politician and journalist who has been the Member of Parliament (MP) for our South West Norfolk constituency since 2024.

Email:- terry.jermy.mp@parliament.uk
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JUNE IN THE GARDEN

What a difference a year makes. Last June my article started with a reference to the fact that despite the weather between July 2023 and April 2024 being unbelievably wet and windy Mother Nature had done her thing. This year started similarly but with a few frosts, but from February onwards it has been cold sometimes, warm sometimes and hot occasionally, but dry dry dry. Anything that flowers has done so in abundance so hopefully a good crop of Fruit to come – certainly the plums, gooseberries and blackcurrants have set well and are looking promising. With 3 weeks of May left as I write this the 14 day forecast is for more sun and warmth, and no rain before very late May. In spite of the vagaries of the weather everything in the garden is doing what it should, more or less on time, or even early.

Tasks for June

Wildflower garden: While you are out and about enjoy the natural garden that nature provides in the forest and grass verges. Looking at the roadside verges up Lopham Road the nettles and brambles are doing well which tends to choke out the other wildflowers. If you have planted a wild section dig out anything you don't want to give the native species a chance.

Mow spring meadows towards the end of the month, or early in July. Leave the cut grass and stems for a few days for the seeds to drop, then rake up and compost.

Lawns: Mow if necessary with the blades set high. If you have room leave some space for nature (see above).

Roses: Remove any suckers as near to the base as possible. Cut out any dead wood. Remove dead flowers to encourage more blooms.

Perennials: Support taller growing perennials. Deadhead lupins and other perennials as soon as the flowers are over, with a bit of luck you may get a second set of flowers later in the summer.

Biennials: By the middle of the month is your last chance to sow pansies, forget-me-nots and primroses to plant out in the autumn for flowering next year. (Garden centres and nurseries will have plants ready to plant out in September).

Annuals: keep deadheading to promote more flowers

Greenhouse: Finish pricking out seedlings. Plant tomatoes, peppers, and cucumbers – best in the ground but large pots will do. Remember to keep watered and feed regularly with a high potassium liquid feed– the greenhouse can get very hot if we have sun. Keep well ventilated. Plant a few French marigolds or tagetes which deter aphids.

Pots, tubs and hanging baskets: Keep well watered, and feed flowers with a high potassium plant food (eg tomato food) weekly. Roots in a pot can't spread out looking for water and nutrient like they would in the ground.

Bulbs and corms: Divide and replant daffodils, narcissi, and bluebells if you didn't get round to it last month. Keep planting gladioli at fortnightly intervals to prolong the flowering season.

Cuttings: Young growth at this time of year makes good softwood cuttings. Use non-flowering shoots up to about 4 inches long (10 cms) from deciduous shrubs such as fuchsias, forsythia, mophead hydrangeas – don't forget to label!

Fruit: Protect cherries and redcurrants with netting unless you are growing for the birds. Pick gooseberries and blackcurrants when they are ripe. Continue pulling rhubarb stems and remove any flower stems.

Watch out for woolly aphids on fruit trees. These sap sucking insects hide under a waxy fluff on branches and shoots. Use a small stiff brush to remove them.

Vegetables: If you only have a small space there is no reason why you can't mix flowers and vegetables in the same area.

Sow outdoors: French and runner beans, beetroot, carrots, courgettes, marrows, lettuces, peas, radishes (a few at fortnightly intervals), spinach, and Florence fennel.

Plant out: sweetcorn, cauliflowers (not particularly good in the thin Brecks soil), courgettes, broccoli, Brussels sprouts, cabbages leeks and tomatoes.

Harvest: First early potatoes, asparagus (until the middle of June, then leave to grow on to build up the plants for next year), late sprouting broccoli, broad beans, spring and summer cabbages, radishes, and anything else that is ready.

Compost grass clippings

Cut evergreen hedges such as privet. Don't do in full sun or cut leaves will scorch.

Slugs Not such a big problem this year. We had a few frosts and dry weather neither of which they like.

Five Friends to encourage in your garden:

1. Hedgehogs diet in the summer is mainly worms, caterpillars and beetles, but in the Autumn slugs become an important source of calories
2. Many birds will devour slugs, especially robins, starlings, crows and rooks. Blackbirds prefer worms, but will eat slugs after wiping the excess slime off on the grass.
3. Frogs, toads and slow worms are very partial to slugs. Slugs form about 25% of a frog's diet!
4. Carnivorous slugs. Many of the larger slugs are carnivorous or omnivorous feeding on worms, slugs and other bugs and grubs smaller than themselves.
5. Beetles and other invertebrates. Ground beetles are efficient predators roaming gardens to hunt their prey using their grasping jaws.

Remember to stop, look, and admire your handiwork from time to time.

Good Gardening,

Kevin

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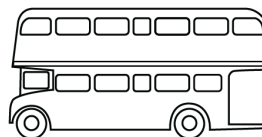
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Scam QR codes continuing to catch motorists out.

Quick Response (QR) codes are those black and white patterned squares you scan with a smartphone, which then direct you to a website. They have become a popular tool for scammers, with reports to Action Fraud about all QR code scams, not just parking. These nasty scams can convince you to scan a dodgy QR code with your phone to pay for parking, only to sting you with a [monthly subscription trap](#) after gathering your personal and financial details. Nine councils across the UK have recently reported that QR codes have been left in council car parks on pay-and-display machines and parking boards. Bridgend County Borough Council warned that some QR codes led to fraudulent websites. These were found to be impersonating legitimate parking payment platforms RingGo and PayByPhone.

Previous Which? QR code scam investigations have found that these scams can be used to disguise phishing websites, misleading adverts, [subscription traps](#) or to infect your device with malware.

How to tell if a QR code is safe

Always follow these six checks before you scan a QR code:

Look for evidence of tampering – can you see that they've been stuck over something? If in doubt, enter the website address manually.

Avoid using an app to scan QR codes because it can increase the risk of downloading malware or being redirected to a misleading advert. Most phones have a scanner built into the camera, so use this instead.

Preview the address before following it. When you scan a QR code, the address should come up before you're redirected to it.

Use a verified app store (Play Store at play.google.com or App Store at apps.apple.com) to download apps instead of using a QR code as the latter is less trustworthy and could lead to malware being downloaded to your device.

Avoid QR codes in emails as these could be used by scammers to disguise phishing links.

Check the display board in car parks to see how you can pay for parking. If you lose any money to a scam, call your bank immediately using the number on the back of your bank card and report it to [Action Fraud](#), or call the police on 101 if you're in Scotland.

Thanks to Which magazine for this article

? BIG QUIZ ?

Join us on Saturday June 14th at the East Harling Sports and Social Club for our Big Quiz 7pm for 7.30

Teams of up to 6 people, table booking getting essential so call Rachel on 07798 697566 to book a table.

Bridgham Church

*Saturday
10-12noon
28th June
in Bridgham Church*



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DIARY DATES 2025 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

JUNE 2025

- 3rd East Harling Film Night 7.15 for 7.30pm
 2nd HUB at OSH also June 9th/16th/23rd/and
 30th
 4th OSH Coffee Morning 10-12
 4th BVH Wednesday Social 11-1pm
 6th OSH Freedom of the Parish Awards 7pm
 7th East Harling Church Community Café 10-12
 7th Feline Care Roudham Pop-Up shop 10-1pm
 weather permitting
 7th Showcase concert in E Harling Church 7.30
 Harling & Kenninghall Singers see Page 13
 for details
 10th E Harling Gardening Club OSH 7.30 talk on
 herbs by Ingrid Sykes herbalist
 12th EHSSC Rudd Room Camera Club 7pm
 14th EHSSC BIG QUIZ 7 for 7.30 see advert
 page 18
 18th OSH Quiche Lunch 12 for 12.30pm
 18th BVH Wednesday Social 11-1pm
 19th Knit & Knatter at E Harling Church 9.30-
 11am
 19th Kyiv Classic Accordion Duo concert in
 East Harling Church 7.3pm retiring
 collection in aid of UK Aid for Ukraine
 28th East Harling Church Afternoon Tea 3pm
 28th Bridgham Church coffee morning 10-12

JULY 2025

- 1st E Harling Film Night 7.15 for 7.30 OSH
 5th Community Café E Harling Church together
 with a Gardeners Questions time 10-12
 5th Feline Care Pop-Up shop 10-1pm
 8th Gardening Club OSH 7.30 talk on
 Poisonous and Painful plants
 6th E Harling Village Fete 12-4pm on Poplars
 10th EHSSC Rudd Room Camera Club 7pm
 11th EHSSC Bingo, eyes down 7:30pm
 13th EHSSC Archie's Anthems concert on the
 Rec fundraiser 11:30am to 10pm
 26th EHSSC East Harling Comedy Club 7:30pm
 31st BVH Quiz Night

NB Keep the date free Victory Day - 16th August

East Harling Church

Afternoon Tea

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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!

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

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