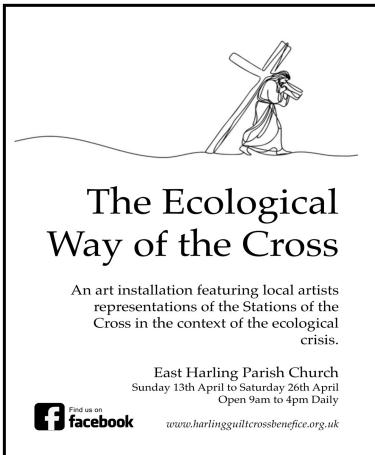
EAST HARLING – WEST HARLING – BRIDGHAM – ROUDHAM – BRETTENHAM – LARLING –

CHURCH SERVICES & NEWS PAGES 3 AND 5 SERVICES FOR HOLY WEEK AND EASTER -P 5 CURATES CORNER - PAGE 6 REFLECTIONS REVD LYNN SEE PAGE 9 GARDEING CLUB REPORT SEE PAGE 10 VILLAGE FETE AND VE DAY SEE PAGE 13 DIDARY DATES SEE PAGE 20 GETTING TOUGH TO IMPROVE WATER QUALITY A MESSAGE FROM OUR MP MR JERMY – PAGE 14 April Gardeing notes see page 16 Report from Harling Doctors surgery see Page 18 Details of Village entertainments this Month see back page!!!



www.harlingguiltcrossbenefice.org.uk

Also published online on the following we pages:

http://www.harlingguiltcrossbenefice.org.uk/our-churches/east-harling-st-peter-andst-paul/contact



HARLING AND GUILTCROSS BENEFICE



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

~ Welcome to our Services in April 2025 ~ Midweek Communion every Wednesday at 11.30am in East Harling Church

Date	E Harling	Garbl'sham	Wretham	Bridgham	Larling
Sunday		9.30 am	9.30 am	11.00 am	
6 th April	11.00 am	Holy	Service of	Holy	
Lent 5	All Age	Communio	the Word	Communio	
		n		n	
	Soul Café				
	OSH6pm				
Sunday	9.30 am	9.30 am			11.00 am
13 th April	Holy	Holy			Holy
Lent 6	Communio	Communio			Com'unio
	n	n			n
	9.30 am				
Sunday	Holy	11.00 am	9.30 am	11.00am	
20 th April	Communio	All Age	Holy	Service of	
Lent 7	n		Communio	the Word	
			n		
	6.30 pm				
	H. Praise				
_					
Sunday	9.30 am	9.30 am			11.00 am
27 th April	Holy	Holy			Service of
Lent 8	Communio	Communio			the Word
	n	n			

Date	Rushford	Shropham	Brettenham	Riddlesworth	Blo'Norton
Sunday 5 th April Lent 5	9.30 am Holy Communion				
Sunday 13 th April Lent 6					11.00am Holy Communion
Sunday 20 th April Lent 7		9.30 am Holy Communion			
Sunday 27 th April Lent 8			11.00am Holy Communion	6.30 BCP Evensong	

EAST HARLING MUSIC LESSONS VILLAGE HALL **POST OFFICE** IN EAST HARLING FOR HIRE Piano, Sax, Flute, Clarinet, Mon-Fri. 09:00 - 17:30 Sat. 09:00 - 12:30 Singing, Music Theory KITCHEN WITH TABLE LIVE MUSIC FOR Cash withdrawals – most banks SETTINGS FOR 100 STAGE, PIANO, DRESSING Cash deposits YOUR EVENT ROOM Car Tax Sax and Piano Duo available UPGRADED BLUETOOTH ٠ for Weddings, Garden Parties, Bill payments COMPATIBLE PA AND Parcels accepted up to 30kg **Birthdays** etc WIRELESS MIC 07851 098652/07538 578 788 Local collect available CAR PARKING Pay Station top-ups . MODERN TOILETS (WITH www.roundmidnightmusic.co.uk DISABLED) Mobile Phone top-ups RoundMidnightMusicNorfolk WIFI THROUGHOUT Good range of gift items "EXCELLENT KITCHEN FACILITIES" "GREAT SPACE FOR OUR WEDDING RECEPTION" BRECKLAND Cards for all occasions FINANCIAL MANAGEMENT (constantly changing) Pet supplies – competitive TO BOOK, CONTACT JILL A wealth of expertise on your prices 07899 891 288 doorstep Most brands of pet food bookings.hosh@gmail.com available to order We provide an experienced www.harlingoldschoolvillagehall.co.uk Dry cleaning wealth management Harling Old School Village Hall service and offer specialist f Registered Charity No. 285674 Tel: 01953 714602 advice in a wide range of areas including. Crime Family Property Care for Elderly Dispute Resolution METCALFE COPEMAN Investments and & PETTEFAR **Retirement Planning** Wills, Probate & Trusts Company & Commercial Inheritance Tax SOLICITORS Planning Advice for Care Fees www.mcp-law co.uk (SOLLA Qualified) Convenient town centre locations Mortgages 01842 756100 Home visits may be available Cage Lane, Thetford, IP24 2DT **Steve Hendrie** 01953 483 831 Email: steve.hendrie@sjpp.co.uk No matter what size your budget Website Our compassion is constant www.brecklandfinacialmanaaement. co.uk Your Home may be repossessed if **Home Visits** you do not keep up repayments on **Funeral Finance Direct Cremation** your mortgage. Affordable Choices Breckland Financial Management is an Appointed Representative of and represents only St. James's Place Wealth Management plc (which is authorised and regulated by the Financial Conduct Authority) for the purpose of advising solely on the Group's wealth management products and services, more details of which are set out on the Group's website www.sjp.co.uk/products. The 'St. Pre-paid Funeral Plans Personal Touch Rereavem Support Groups and Resources James's Place ria Rd. Diss IP22 4.IF High St, Attleborough NR17 2EH website www.spj.co.uk/products. The 'st. James's Place Partnership' and the titles 'Partner' and 'Partner Practice' are marketing terms used to describe St. James's Place representatives. Rosedale 24hr Telephone: 01953 452538 24hr Telephone: 01379 640810 FUNERAL HOME www.rosedalefuneralhome.co.uk Weight Management Urinary Tract Infection in **East Harling Pharmacy** Ear Infections Women



Since 1896 01953 717 207

Opening Hours: Open MON - FRI 9am - 6pm (Closed between 1pm - 2pm) SATURDAY 9am - 1pm Weight Management Ear Infections Impetigo Shingles COVID Vaccination Flu Vaccination Infected Insect Bites New Medicine Service Sinusitis Acute Sore Throat

Women Contraception Services Delayed Period Human Papillomavirus Service Travel Clinic Chickenpox Service Smoking Cessation Strep A Antibiotics Service Urinary Incontinence

Other General Services including a Delivery Service

~ Parish Records 2025 ~

~ Floodlighting ~

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

March

19th In loving memory of a dear Sister **LESLY**, sadly missed by all the family. Love Janice, Paul and all the family.

28th Treasured memories of our dear dad **ERIC HOLDEN** taken from us four years ago on the 28th March 2021. Loving you and missing you always Sue and Billy.

<u>April</u>

9th Remembering **KEN** who is dearly missed and always in our thoughts. Marylin, Karen & Family

<u>Please make sure your requests are clearly written</u>, 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



East Harling Church Annual Church Cleaning Calling all dust busters, dirt exterminators and anyone else happy to help

If you have some spare time on <u>Sat 12th April 2025 anytime in the day</u> <u>from 8am onwards</u> <u>refreshments available</u>

Please come and help Spring Clean your Beautiful Parish Church open to all daily. Tea/coffee, cakes and nibbles!! Contact Dave Wynn for further info on 07711806010.

EASTER LILLIES

We are planning to decorate East Harling Church with Lillies for Easter, and if you wish to donate a lilly in memory of a departed loved one can you please get in touch with Christ Tagg as soon as possible.

Please provide in writing the details of the donor, the names of the loved one to be remembered and enclose your donation either in cash or by cheque payable to East Harling PCC. As last year, the cost of one lily is £6.00.

Last day for ordering is Monday 14th March 2025 Contact details: Chris Tagg; Tel: 01953 717329 Mob: 07714 294214; Email: cpt@mrshoes.co.uk

METHODIST CHAPEL WHITE HART STREET

Methodist Services in April 2025				
6th	10.30am Mr John Browne			
	6.00pm Soul Cafe at Old School Hall			
13th	6.30pm Mrs Linda Spencer			
20th	11.00am Easter day United service at			
	Garboldisham St John the Baptist			
	6.30pm Harling Praise at Parish Church			
27th	6.30pm Chapel Anniversary Rev Paul Mellor			

Quidenham Carmelite Monastery Chapel (Roman Catholic) Public Worship

Daily Mass8.00amSunday Mass10.30amHoly Days8.00amFor further information contact:David & Gerda Bailey (01953) 717639

Holy Week & Easter

In the Harling and Guiltcross Benefice

Palm Sunday - 13th April Holy Communion - East Harling - 9:30am Holy Communion - Garboldisham - 9:30am BCP Holy Communion - Blo Norton - 11am BCP Holy Communion - Larling - 11am

Monday of Holy Week - 14th April Compline - East Harling - 7pm

Tuesday of Holy Week - 15th April Healing and Wholeness Eucharist - Rushford - 7pm

Wednesday of Holy Week - 16th April Midweek Holy Communion - East Harling - 11:30am Service of Tenebrae - Blo Norton - 7pm

Maundy Thursday - 17th April The Liturgy of Maundy Thursday - Garboldisham - 7pm

Good Friday - 18th April Eccumenical Walk of Witness - East Harling - 11:45am The Liturgy of Good Friday - East Harling - 12pm An 'Hour Before the Cross' - Riddlesworth - 2pm Stations of the Cross - Bridgham - 5pm

Holy Saturday - 19th April Easter Vigil with First Mass of Easter - Brettenham - 7pm

> Easter Sunday - 20th April Dawn Service - Blo Norton - 5:45am Easter Eucharist - East Harling - 9:30am Easter Eucharist (BCP) - Shropham - 9:30am Easter Eucharist (BCP) - Wretham - 9:30am Easter Eucharist - Garboldisham - 11am Easter Eucharist - Bridgham - 11am Easter Evensong - Riddlesworth - 6:20pm

For More Information - Visit our Website: www.harlingguiltcrossbenefice.org.uk







Dear Friends,

This month brings Eastertide, when the worldwide Church rejoice at Christ being risen from the tomb - it is a celebration of hope, of joy, and of victory.

As I write this piece in mid -March, it is often hard to celebrate hope, joy, and victory in the world. I have no idea of knowing what circumstances will prevail amidst the turbulence of our world over the coming month, but I pray that there will be much cause for hope and joy as nations make peace with one another.

As we journey through the last weeks of Lent and into Passiontide, we recall the story of turbulence in the world of Jesus ' day, we will remember some of the darkest moments of the Bible: Jesus being flogged through the streets, being stripped of his clothes, being bea ten and his head adorned with thorns before his Mother, Mary, watches in sorrow as he dies upon the Cross.

The Easter story, however, doesn't end there. As we all know, Jesus Christ-victorious from the shadows of death - rose again three days later and once more walked among his people. That first Easter was the restoration of the faith and confidence of the followers of Jesus. Easter is about God's gift of new life to everyone. It is about a love which goes beyond all that we can understand or even im agine. A love which brings restoration and hope.

As we journey through the turbulence of this world, as we watch death, destruction, and empire building unfold on our TV screens, Easter gives us cause for hope. Hope that we to, here on Earth, would embody the faith and confidence those first Disciples had.

My prayer this Easter is not only that we would each feel this restoration and hope, and that we would hold firm to the promises of joy and victory the Easter story gives us - but that the nations of the world would go through restoration, that people would be given hope - and that joy and the victory of peace that Jesus promises us would reign supreme.

Have a blessed Easter.

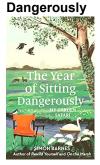
Revd Josh





Don't just do something, sit there!

Following some hospital treatment, I have been forced to spend time at home alone convalescing following closely on from the death of my parents. As the weeks of February drifted by, I was inspired by 2 books. In **The Year of Sitting**



books. In **The Year of Sitting** Simon Barnes describes his decision to sit in the same spot every day for a year and see and hear what happens to his surroundings. He had the bonus of living on the edge of the Broads and next door to a dozen acres of marshy scrub, with a water meadow and a river all managed for wildlife.

The other book **The Call of the Kingfisher** by Nick Penny describes a year spent on the banks of the River Nene with 'the sights and sounds and greens and browns of the riverbank, shot through with the blue and orange of a kingfisher's glowing feathers'.



I, however, live in the middle of East Harling surrounded by other gardens. I am used to sitting quietly, first thing each morning meditating in our summerhouse – rain or ice, dark or first light, I watch the day slowly arriving. So I decided, rather than sit with my eyes closed in my interior world, I would open them and look and see what was happening outside.

We don't get a huge range of birds in our garden, in spite of encouraging them with bird feeders. There are the big fat pigeons that scuttle around on the summerhouse roof and when chased off fly

away to the next tree, only to return the minute you sit down again. Then the rooks that gather on the huge sycamore tree for their morning meeting. I was helped by the Merlin App on my phone – it's free and just by pressing record, it will tell you quite accurately what is singing in your garden.



So slowly I began to recognise different voices calling and singing for joy – wrens, robins, great tits and blue tits, dunnocks, blackbirds, starlings and sparrows. As the garden began to wake up from the winter, green shoots began to emerge –

eventually into flowers – snowdrops, hellebores and a wallflower blooming away for the last month and now the daffodils.

As the sun shone, huge bumblebees emerged followed by comma and brimstone butterflies.



When you start to look and notice,

there is a huge amount going on in every garden. Nature does it all by herself but she appreciates a helping hand. Our woodchip paths provide lots of shelter for insects which the blackbirds enjoy rooting around for. Different fungi find a home there as well as it gradually rots down. Not clearing up too quickly helps – leaving our old



autumn growth to provide homes for insects over the winter which then gradually decomposes, protects the soil and enriches it. The circle of life!

As I have sat and watched, I have also felt connected to all the other people who have loved and nurtured this garden -160 years' worth of gardeners. There were still pig sties here when we moved in – tended by Daisy and a huge peach tree which gave us baskets full of peaches one year and then promptly died.

And as Lent progresses and spring settles in, I think of the coming season, of the swifts that have already left African shores and flying once more to screech up and down White Hart Street and hopefully nest in our boxes. Ordinary things but also spectacular.

Simon Barnes' invitation at the end of the book-

And now, dear reader, may I invite you to find your own spot? Take a seat, for the world is yours.

Reverend Lynn



EAST HARLING GARDENING CLUB



We meet on the second Tuesday of the month at 7.30 in the Old School Hall in School Lane. Membership has been held at £12 for the year starting 1 April 2025. Visitors are always very welcome at just £3 for

an evening of good company and enlightening talks.

For more information on the trip to Spalding Tulip Festival (cost £23) contact Jenny on 07866 843 983 or Mary on 01953 71 71 93

Programme of speakers 2025/ 2026



8 April Beekeeping and Growing your own pineapples (Richard and Pauline Mitchell)



10 May Coach Trip to Spalding Tulip Festival



13 May Hedgehogs □ (Diane Hedgehog rescue)

17 May Plant Sale 🍎



10 June Herbalist **∛** (Ingrid Sykes)

8 July 📽 Painful and poisonous plants 📽 (Barry Gayton)

12 August – Gardening Club **Flower and vegetable show**

9 September Colson) Horse Welfare Snetterton Brigit

11 November



9 December 2026 🗆 Christmas Lunch 🌲





10 February S The Royal Kingdom of Bhutan and around (Lydia O'Gorman)

10 March AGM and social evening

EAST HARLING WI

It is with sadness I would like to let everyone know that the Members of East Harling WI have made a decision to suspend the WI. After looking at the rising costs of annual membership, and the fact that about 65% of the annual subscriptions went to the National WI and the County WI, we do not have sufficient income to keep going.. East Harling WI commenced in 1928, and we have tried hard to keep the WI running to try and make it to it's Centenary year, but have struggled gaining new members.

<u>But</u>, like a Phoenix rising from the ashes, we, the Members, have realised that we enjoy each other's company and have had many pleasant evenings together and have decided to carry on but as a Friendship Group. We are still unsure of what we will be calling ourselves (some of my suggestions were vetoed - wisely!!), but at the moment we are 'Harling Ladies Friendship Group'.

Our aim is to carry on with the ethos of the WI, but without the formalities. We will charge an annual sub of $\pounds 25.00$ just to help with the hall hire costs. Anyone is free to come and dip their toes in at any meeting and just pay $\pounds 5.00$ per session. If anyone would like to join the WI, there are several branches near by i.e. Old Buckenham and Attleborough who would love to welcome you.

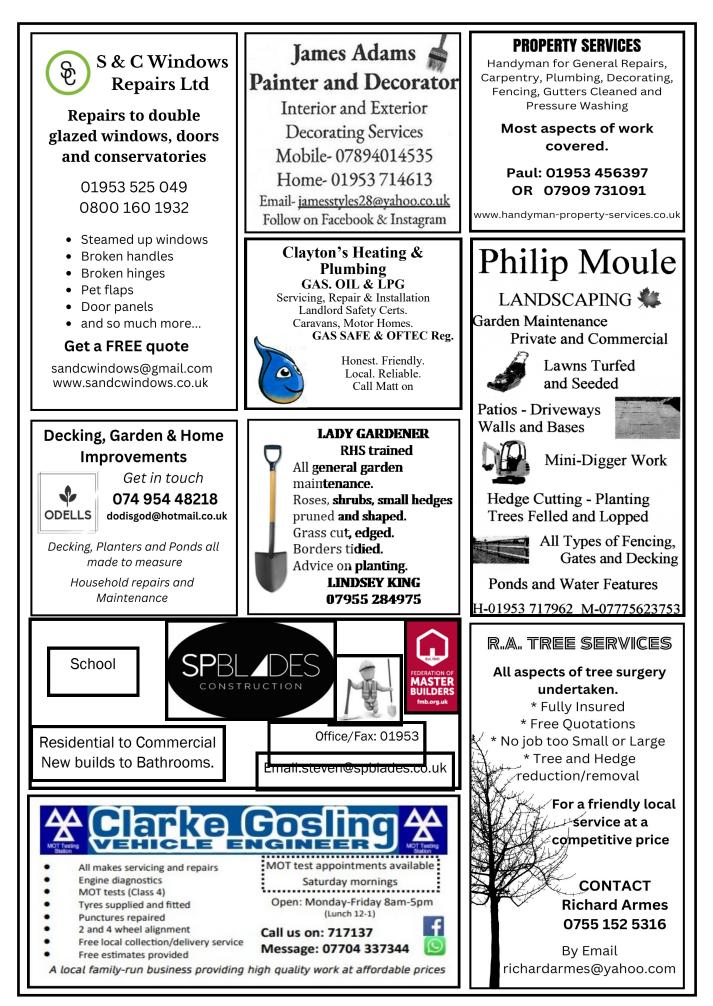
We would like to thank the Village for their many years of support with our various cake stalls, bacon rolls and nearly new clothes. We hope to still be a staple of the Village, and do various fundraising activities - mainly to raise money for local charities and local establishments. Over the years we have raised money for the discontinued Playgroup, Chapel Green School, Blood Bikes, The Old School Hall, Nelsons Journey, East Anglian Air Ambulance, Bethseda Orphanage and many others.

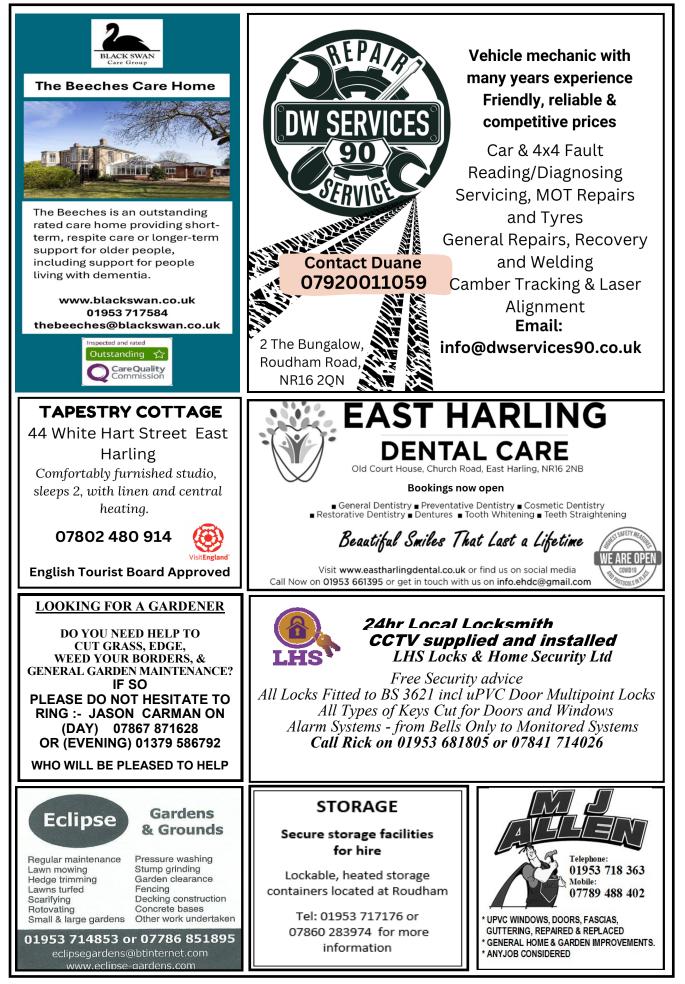
We will still meet on the third Tuesday of each month at the Old School Hall at 7.30pm.

Our April meeting on 15th April we will be holding a Welcome meeting with refreshments and nibbles, and look forward to seeing old and new faces.

If you have any questions please feel free to ring me Jackie Underwood on 07725 126115







NORFOLK WILDLIFE TRUST BRECKLAND

We have finished our season of talks and are now looking forward to getting out and about on a variety of walks. These are starting in May so look out for details next time about

Cavenham Heath, Orchids and Dragonflies.

For now we hope you enjoy the joys of early Spring.

<u>NEW BOOK by David Bailey</u> (advance notification)

This book is due to be published as a result of numerous requests for the complete series of "TALES OF OLD HARLING' to be re-issued in book form.

The original series of 23 'Tales' first started to appear in our monthly village magazine *CONTACT* ten years ago. Each chapter of this book will include numerous additional photographs and maps to illustrate its journey through Harling's rich history—from its very beginnings.

This book will also take a 'peek' at some unusual and obscure nooks and crannies of Harling's colourful past. Much has been written about Harling's more recent history, its past 150 years or so, but this new publication takes us much further back –to ancient times—to its first settlers 5,000 years ago—its key place in Iceni, Roman and Saxon East Anglia—its defensive networks against Viking attack—how it got its name--its fame and affluence in medieval times.------its long-lost landmarks—its 'Ghosts'! And much, much more. This compendium of 'Tales' of Old Harling will hopefully be enjoyed by oldtimers and new-comers to our village alike.

ALL profits from the sale of this book will go towards helping towards some of the production costs of our monthly and much-loved village magazine 'THE CONTACT'.

Publication date and price will be announced in next month's magazine

Some of you will remember David's fascinating talk about "what you can find under your feet in Harling", with some attendees brining along various "treasures" dug up in their gardens. All evidence of past human activity over a very long period of time of continuous occupation in this village. I am sure the book will be very engaging and many thanks for the kind donation to CONTACT magazine! *Editor*

EAST HARLING VICTORY DAY EVENT



EAST HARLING VILLAGE FETE

The Village Fete is on The Poplars playing field on Sunday 6th July 12noon until 4 pm.

A fun packed family afternoon featuring MR. SAM, the Magic man with his Punch and Judy show and his own fun games for the children and adults, PIPPAS MAD HATTERS (face painting, glitter tattoos and balloons) and DAISY and THE CONTINENTALS providing your musical entertainment.

Children's games. BBQ, sausages and burgers. TEA TENT. Delicious homemade cakes, drinks, strawberries and cream. BAR including Pimms. ICE CREAM VAN. RAFFLE with a first prize of £100. and second £50. plus more exciting prizes. RAFFLE featuring a wheelbarrow of booze.

and much more to keep you all entertained.

CRAFT STALLS

To book your stall at the Fete please contact Dawn on 01953 717888 or email <u>dclarke2336@gmail.com</u> <u>COMMUNITY STALLS</u>

To book your stall at the Fete please contact Mary on 07766745674 or Jacqui on 01953 717859.

It promises to be a great family fun afternoon for everyone and helping us to raise money for the continued upkeep of our well used Village Hall for the community.

MAKE A NOTE OF THE DATE! 6th JULY 2025.



GETTING TOUGH TO IMPROVE WATER QUALITY

constant emails on since being elected last July, and I am sure is of concern to all, is the quality of our rivers and streams.

In South West Norfolk we are fortunate to be home to chalk basin rivers, which are incredibly rare and precious. Unfortunately, they are increasingly coming under threat from pollution, and many are in a poor state. A few weeks ago, I was delighted to visit some of these streams at South Acre and Larling with the team from Norfolk Rivers Trust to learn more about the challenges and opportunities they face. I also met staff from the Internal Drainage Board in Southery to see the pump in action and met Shouldham Parish Council to talk about flooding concerns.



Last year in the South West Norfolk area there were a staggering 310 sewage dumps into our rivers, which was a 93% increase on the year before.

Our chalk streams are critical to our local environment and support many protected species. Sadly, too many of these precious streams are in a poor condition following a period of neglect over the past decade, which has allowed a rise in sewage pollution all while letting huge water companies off the hook.

That is why I was delighted to support the Water (Special Measures) Bill as it progressed through parliament. This Bill will put failing water companies under tough special measures and clean up the water sector. It is a major reform and will allow the Environment Agency to bring forward criminal charges against law-breaking water executives. It will create new tougher penalties, including imprisonment, for water executives when companies fail to co-operate or obstruct investigations.

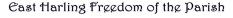


And I am sure to the delight of all, the Bill provides Ofwat with the powers to ban the payment of bonuses to water bosses if they fail to meet high standards to protect the environment.

I've also been campaigning for action in relation to Internal Drainage Board's. King's Lynn and West Norfolk Borough Council now contributes the equivalent of 43% of all its council tax income to funding local IDB levies. We also know that many of the pumps are aging and require investment. I called for greater financial support IDBs and was delighted when the for Government confirmed a further £250,000 for the Borough Council to support these costs. The government understands the challenges and importance of IDBs, which is why they are part of the new Flood Resilience Taskforce and I was delighted to see this body granted a £50million increase in funding recently. I'm working with the Government to see how our area can benefit from this

I remain committed to ensuring we fully fund our flood defences and protect our water sources and look forward to future progress in this area. Please write to me at <u>terry.jermy.mp@parliament.uk</u> if you have any concerns about local water quality or similar issues or visit the website; <u>www.terryjermy.com</u>.





Awards 2025 NOMINATIONS ARE NOW BEING TAKEN Open to residents of all ages from East Harling Nominate a person who has perhaps: · Overcome personal barriers to achieve success · Demonstrated a lifesaving act of bravery · Enhanced their local community or environment Is a young carer, for a relative or a neighbour · Helped to run a community or sports based club · Has been involved in fund raising · Someone who has shown commitment to a group or a charity · Someone who cares for others · Goes the extra mile An unsung hero This list is only an idea of the kind of nominations we will be looking at. Please send in your nominations, stating in at least 50 words the reason why you feel this person deserves recognition by email to harlingclerk@gmail.com or write to Mrs Kate Filby 5, The Bailiwick, East Harling. All nominations are reviewed by previous winners of the award. Closing date for nominations is the 4th April and the awards ceremony will be held on Friday 6th June in Harling Old School Hall.

APRIL GARDENING

April can have all four seasons, sometimes all in the same day! Watch the weather forecast for frost.

The birds and the bees. The nesting season is in full swing, so leave hedge pruning now for a couple of months if you can. Put a water source out. The honeybees had a couple of weeks feeding at the beginning of March so hopefully should be able to withstand the return to cold days. After a poor start to last year numbers should be up again at the start of this year – good news for fruit growers. Leave some dandelions to bloom as a rich source of spring food. Remove the dandelion heads before they set seed!

Lawns. Don't walk on it if it waterlogged, you will just compact the soil and make it more likely to flood next time it rains. Normally a good month to sow a new lawn the soil is moist, and the temperatures are rising. If you have an established lawn weed and feed if you didn't get round to it last month. Don't feed wildflower meadows.

Patios. Clean well to remove moss **a**nd weeds. Clean off the BBQ.

Rhododendrons, azaleas, citrus etc in pots. Scrape away any loose compost and replace with a mixture of new ericaceous compost and fertiliser. Water with rainwater.

Shrubs and young trees. When the ground is reasonably dry check that the plants are firmly in the ground. Prune lavenders, but don't go into the hardwood. Prune early flowering shrubs such as forsythia and flowering currant when they finish flowering.

Prune hardy fuchsias later in the month when new growth starts to appear. Cut out dead wood to healthy buds or cut out all old wood.

Perennials. Put in any supports while the new growth is still short.

Annuals. Finish off sowing hardy annuals such as calendula and love in the mist in the ground. Sow half hardies, such as cosmos, French marigolds and zinnias, in trays in the greenhouse or on a windowsill.



Biennials. Sow winter pansies, primroses, sweet Williams, forget me nots and bellis to flower next winter and spring. Deadhead pansies and primroses to encourage more flowers.

Spring bulbs deadhead daffodils and tulips so that they can concentrate on building new bulbs for next year's blooms. Deadhead Hippeastrum (amaryllis) and keep feeding and watering throughout the summer to build up the bulb for next year.

Dahlias. Plant tubers outside. Take cuttings from potted plants when they are about 10cm (4inches) long. Label the cuttings, they all look broadly similar until they flower.

Gladioli. Plant a few 10-15 cms deep (4-6inches). Continue planting a few every couple of weeks until late June. They will flower over a much greater period.

Vegetables sow<u>in the greenhouse or cold frame without</u> <u>heat:</u> French beans, runner beans. Ridge cucumbers and toward the end of the month sweet corn.

<u>Sow/plant outdoors</u>: broad beans, broccoli, cabbage, carrots, cauliflower, kale, lettuce (a few), peas, potatoes, radishes (a few each week until July)

<u>Plant out.</u> Broad beans, cabbage, cauliflower, leeks, lettuce, onion sets and peas.

Plant First and Second early potatoes at the beginning of the month with main crop ones at the end of the month. Plant in holes or trenches at least 4 inches (10 cms) deep. <u>Harvest</u> anything that is ready.

Greenhouse keep ventilated on hot days.

Join your local Gardening Club for talks and events and an opportunity to meet and share ideas with fellow gardeners. East Harling Gardening Club meets on the second Tuesday of the month at 7.30 in the Old School Hall) Happy Gardening Kevin



EAST HARLING & KENNINGHALL MEDICAL PRACTICE from Rebecca Leech

It's been some time since the Surgery provided an update and this is the first since I took over as Practice Manager earlier last year. Much hard work has been going on behind the scenes and I would like to bring you up to date with what we have achieved. The Practice went through a period of flux, with a number of familiar faces, both clinical and non-clinical, moving to pastures new and this in turn meant we had to utilise locum clinicians to ensure we continued to provide medical services for our patients. Whilst these clinicians plugged the gap, we fully appreciate that continuity of care was lost when having to use locum staff.

I am delighted to say we are now back to full staffing levels, having secured the services of two new salaried GP's. Dr. Staliuniene, working 8 sessions/week and Dr. Kemp who is working 4 sessions/week and GP provision is further supplemented by Dr. Mehrotra, a long-term locum, who is working 6 sessions/week. We have revived our Patient Participation Group (PPG) which are now a very pro-active and supportive group made up of volunteer patients from all corners of the Practice area and who meet on a regular 6/8-week basis. Their focus is on forging positive links with patients and the wider community, particularly the local schools, who are very much on-board with this collaboration.

Furthermore, you may be aware that we underwent our CQC Inspection back in June last year but, contrary to rumour, we have still not received our report. The Chair of our PPG emailed a complaint on behalf of the PPG, at the end of January, and an email was received with the following response: "You may have seen articles in the media recently outlining some of the challenges CQC are facing with their technology, including issues with generating reports. There have been some recent updates that have been put in place and we are making some progress with the assessments that have been impacted. As soon as we are at the point of preparing to send a draft to the service for factual accuracy, we will let you know".

Finally for this update, the Covid Spring Booster campaign starts on 1st April 2025 for patients aged 75 and over and those in the eligible cohorts. We have sent out messages informing patients that we will again be running clinics for patients to receive their vaccine in April, with the first date being Saturday 5th April at East Harling Surgery







Come join us for some fun and games, a cup of coffee or tea.



Start@11am **Bridgham Village** Hall

ON THE 1ST AND 3RD WEDNESDAY MONTHLY

The Heart of Our Magazine: Volunteers, Advertisers, and Contributors

Behind every issue of our magazine is a dedicated team of volunteers who work tirelessly to bring quality content to our readers. Their passion, creativity, and commitment ensure that each edition is engaging, informative, and beautifully put together. From February to end of March the Editor and Graphic Designer filter through hundreds of emails to get the new issue for 2025 ready from an advertising perspective but at the same time get the monthly issues ready as well and with the help of the volunteers each page is printed 1600 times and then manually stapled together. Without their support this is an impossible task. But we can not bring this together without our advertisers, your generous support makes it possible for us to continue publishing. Their partnership not only helps sustain our magazine but also strengthens our community by connecting readers with valuable products and services.

A special thank you goes to our regular contributors—writers, photographers, and designers—who consistently provide insightful stories and stunning visuals. Your talent and dedication bring our pages to life, making each issue a delight to read.

Together, this incredible team makes our magazine a success. We appreciate each and every one of you!



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 Parish 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

APRIL 2025

- 1st East Harling Film Night 7.15 for 7.30pm
- 2nd OSH Coffee Morning 10-12
- 2nd BVH Wednesday Social 11-1pm
- 5th E Harling Community Café 10 -12 noon
- 5th Feline Care Roudham pop up shop 10-1pm weather permitting
- 7th OSH The Hub Coffee Morning 10-12
- 8th East Harling Gardening club OSH 7.30
- 10th EHSSC Rudd Room E Harling Cameral Club 7pm
- 11th EHSSC Bingo Eyes down at 7.30pm
- 12th OSH Quiz Night! 7pm for 7.30pm start
- 12th East Harling chuch Big Church clean 8am onwards
- 12th Free East Harling Church an evening of live musical entertainment with the Pulham Orchestra 7.30pm with refreshments in the interval
- 13-
- 26th Art Exhibition in East Harling Church open 9am -4pm
- 13th EHSSC Indoor Boot Sale 11am 2pm
- 14th OSH Hub Easter Special coffee morning 10-12
- 15th OSH 7.30pm Harling Ladies Friendship Group (formerly WI)
- 16th OSH Sausage & Mash Lunch 12 for 12.30
- 16th BVH Wednesday Social 11-1pm
- 18th EHSSC Easter Family Fun Day 2pm 6pm
- 20th EHSSC Live Music with Lick & a Promise 8pm
- 22nd Annual Parish Meeting meet your local parish
- council at the Old Schol Hall at 7.45pm all welcome!
- 26th Bridgham Church Coffee Morning at village hall 10-12
- 28th OSH The Hub Coffee Morning 10-12

MAY 2025

- 2nd EHSSC Bingo eyes down 7.30pm
- 3rd E Harling Church Community Café 10-12
- 3rd Feline Care Pop-up shop 10-1pm weather permitting
- 6th East Harling Film Night 7.15 for 7.30pm
- 9th EHSSC Live Music with Chris Wilson
- 10th East Harling Church VE Day Celebration with The Super Swing Big Band 7pm-11pm
- 13th East Harling Gardening club talk on Hedgehogs
- 17th Gardening Club Plant Sale OSHall bargains!
- 18th EHSSC Rudd Room E Harling Camera Club 7pm
- 24th Bridgham Church Coffee Moning 10-12 24th E Harling Church Waveny Choir in conce
- 24th E Harling Church Waveny Choir in concert

JUNE 2025

- 3rd East Harling Film Night 7.15 for 7.30pm
- 6th OSH Freedom of the Parish Awards
- 7th East Harling Church Community Café 10-1212h EHSSC Rudd Room E Harling Camera Club 7pm28th East Harling Church Afternoon Tea from 3pm

NB Keep the dates free Sunday 6th July Village Fete and Victory Day - 16th August



On Saturday 12th April 2025 East Harling Church @ 7.30pm

Doors Open at 6.30 Interval refreshments Retiring Collection for the Orchestra costs and for church funds



CELEBRATION VE DAY 80TH ANNIVERSARY

Saturday 10th May 2025 featuring the SUPER SWING BIG BAND

At East Harling Parish Church

NR16 2NB

7pm - 11pm Music from the 40s and 50s Refreshments Licensed limited Bar

Tickets £10 & further Info

Contact Dorothy on 01953 717128

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