

OCTOBER 2026



CONTACT

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

VILLAGE NEWS AND EVENTS



Don't forget clocks go back by one hour on
Sunday 25th October at 2.00am to 1.00am

Also published on line on the following web pages

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<https://www.harlingguiltcrossbenefice.org.uk/our-churches/east-harling-st-peter-and-st-paul/contact/>

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Priest in charge: *Benefice in Vacancy*

Assistant Priest: Revd Lynn Fry Tel: 07554930054,

Email: lynnandtony@outlook.com

Welcome to our Services in October 2026

	Sunday October 4th Trinity 18	Sunday October 11 th Trinity 19	Sunday October 18th Trinity 20	Sunday October 25th Bible Sunday
East Harling	11.00am All Age 6.00pm Soul Café Old School Hall	9.30am Holy Communion	9.30 am Holy Communion	9.30 am Holy Communion
Garbold -isham	9.30am Holy Communion	9.30am Holy Communion	11.00 am All Age	9.30am Holy Communion
Wretham	9.30am Holy Communion Harvest		9.30am Service of the word	
Bridgham	11.00am Holy Communion		11.00am Service of the word Harvest	
Larling		11.00am Holy Com'union		11.00am Morning Prayer
Shropham			11.00am Holy Communion	
Blo Norton		4.00pm Harvest		
Riddles- worth				Moved to 1 st November
Rushford	4.00pm Harvest			
Brettenham				No Service



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~ Parish Records 2026 ~
~Floodlighting ~

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Methodist Services in October 2026

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11th 8.30pm Mr New Hodson
18th 11am United service at St John the Baptist
Garboldisham
6.30pm Harling Praise at Methodist church
25th 8.30pm Mrs Jane Mottram

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Sunday Mass	10.30am
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**BENEFICE PRAYER
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We meet every Monday at 2.00pm in
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ALL WELCOME!

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**Coffee
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Sat 17th Oct

10am-noon

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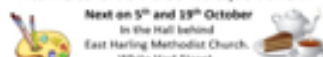
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White Hart Street

11.30^{am} Tues 20th Oct

Theme: Bible Characters


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Next on 5th and 19th October
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At the Methodist Church
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The Gift of Quiet

As I write, I am preparing for a 'Quiet Day', a day of preparation and reflection prior to my Licensing as a Lay Minister at the Cathedral. I am struck by what a privilege it is to be able to set time aside, a time for stillness and quiet, to focus on what has been and what is to come.

In our modern world, quiet can feel rare — even uncomfortable. We are surrounded by constant noise: the hum of traffic, the ping of notifications, the chatter of television and radio. We are bombarded by news, adverts, the demands of others. We fill our days with activity, often leaving little space for stillness. The days, weeks, months, seem to fly by.

Quiet is not emptiness; it is space. Space to breathe, to notice, to listen. In the hush of an autumn morning, we might hear the crunch of leaves underfoot, the distant call of migrating birds, the rhythm of our own heartbeat.

Equally, quiet does not mean we have to be alone, companionable silence, the warmth of just being in one another's presence can be a delight.

October offers us a natural invitation to embrace this gift. Shorter days encourage us to slow our pace. Cooler weather draws us indoors, to a quiet corner with a book, a cup of tea, or simply our own thoughts. A walk without headphones, a few minutes of silent prayer before the day begins, or sitting by the window watching the light change — these are not wasted moments. They are opportunities for rest and renewal. Perhaps a chance to clarify and clear our thoughts.

I am reminded of a story, in the Old Testament of the Bible, about the prophet Elijah waiting to hear the voice of God. When Elijah expected God to speak, he looked for dramatic signs. There was a powerful wind, an earthquake and a fire, yet God was not in any of these. Then followed the sound of silence, and into this God spoke in a gentle whisper. That whisper is easy to miss if our lives are too loud. God is not in a hurry, He is not competing for our attention, He invites all of us to draw near and listen.

The world will always have its noise, its demands, and its distractions. But this October let's remember that stillness is not idleness, and that quiet can bring new knowledge and understanding.

Let us make room for quiet — not as an escape from life, but as a way of entering more deeply into it.

Jo Hayward

As you read this, all being well, I will have entered into my role as a Licensed Lay Minister for Harling Guiltcross Benefice. Thanks to everyone who has supported me on the journey and into the beginning of this new chapter.....



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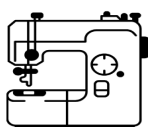
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In September we decided to cancel our normal show because of the effects of the hot dry weather. (We will try a Spring show in April). Instead, we had a series of workshops and a buffet with wine and soft drinks. We learnt some of the skills of plant propagation and of making rings out of flexible plant material as the base for wreaths.

Our October meeting is a demonstration of layered bulb planting.

As always, we meet at 7.30pm on the second Tuesday of the month (13th October) in the Old School Hall, free for members and just £4 for visitors.

We are talking bookings for our next trip – The Cromer end of pier Christmas Show on Tuesday 15 December cost £45 including coach and a ticket to the matinee performance, non-members welcome. See poster below. For details and to book contact Mary Wright on 01953 717193

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THE GARDEN IN OCTOBER



Lawns: The beginning of the month is still good for sowing or laying a new lawn. The ground is warm, and it will get natural watering (rain). Grass grows more slowly at this time of year, so it won't need much cutting. If new sown grass reaches ½ inch (12 mm) in height before the end of the year mow it on a high setting.

Trees and shrubs: a good month to plant container grown trees and shrubs for the same reason. Depending on the season bare root plants may be available towards the end of the month – these can be bought and planted until early March. Stake new trees to prevent rocking

Cuttings: continue taking hardwood cuttings of shrubs, trees, and shrub roses.

Dahlias and Chrysanthemums: keep dead heading. Water if necessary and check your supports. Stormy winds have become common in October.

Annuals: hardy annuals including sweet peas can still be sown in an unheated greenhouse or cold frame for the next couple of months ready to plant out in early Spring. Tender annuals can be removed as they get to the end of their life and replaced with bulbs, pansies, etc.

Biennials: such as wallflowers, foxgloves, hollyhocks and forget me nots can be planted out so that they get off to a good start next spring.

Bulbs: Try to finish planting spring flowering bulbs by the end of the month (tulips can be planted in tubs below other spring flowering plants, otherwise wait until November). **Join us** at the Old School Hall on Tuesday 13 October when there will be a demonstration of planting bulbs in layers by Marie Kemp (gardening club members free, visitors £4).

Vegetables: cut asparagus down to ground level to prevent rocking. Keep clear of weeds. Plant out spring cabbage plants (protect from pigeons). Plant garlic and winter hardy onion sets plant individual cloves of garlic flat side down about 1 inch (2 cms) below the surface, 6 inches (15cms) apart and 12 inches between rows. Plant winter hardy onion sets in loose soil pushing them about 1 inch below the surface the same distances as the garlic. Towards the end of the month sow broad beans Aquadulce Claudia for an early crop.

Harvest remaining main crop potatoes and whatever else is ready.

Pots and tubs: clear out as soon as summer bedding is finished. If there is no permanent planting tip them onto the garden – if there are any pest eggs they will be cleared up by the birds. Clean the tubs and fill with a good quality soil-based compost ready for planting with bulbs, or shrubs. Make sure there are good drain holes particularly important in the winter as we often get prolonged periods of rain. Remove saucers and group together for added winter protection. Stand off the ground on feet or bricks to aid drainage.

If there is permanent planting remove any dead annuals and perennials, feed and replant with pansies, violas, and primulas.

Tip if you are not ready to clear out the tubs buy pansies etc. in packs and pot them in 9cm pots to grow on and they can be transferred to the tubs later.

Wildlife

Install nest boxes – Birds often roost in nest boxes and can start looking for nesting sites as early as January. Clean out old boxes or buy new ones and put them up for sparrows, wrens in the autumn or early winter ready for next year.



Leave windfall apples and other fruits which provide an energy rich food for birds and insects. If you find them unsightly throw them to the back of a border or under a tree or shrub. Leave sunflower heads for goldfinches.

Green Gardening

Make leaf mould by collecting leaves and stacking in a chicken-wire frame or stuffing into a used compost sack, soaking, and making holes in the bag. Leave for 2 years. Catch winter rain. Install guttering, downpipes and water butts alongside sheds, greenhouses and other outbuildings to harvest valuable water. Reuse plastic pots and Trays. Wash out with warm soapy water then rinse and dry and store. This reduces potential disease and saves them from landfill.

Greenhouse Clean your greenhouse inside and out. Replace any broken glass and clean out gutters.

Good gardening

Kevin



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HARLING FREEDOM OF THE PARISH AWARDS



On Friday 4 September, Harling Parish Council hosted its annual Freedom of the Parish Awards at the Old School Hall. Now in their ninth year, the awards celebrate some of the very best people in our village and recognise those who make a positive and lasting contribution to our community.

The event was once again hosted by Lt Col Ian Lonsdale, a Deputy Lieutenant of Norfolk, who presented each winner with a commemorative scroll and a small gift. We were delighted to welcome previous award recipients and their families as our special guests, together with Breckland District Councillor William Nunn and Terry Jermy MP. Congratulations to our 2026 award recipients:

- 🏆 Mr David Bailey — Freedom of the Parish
- 🏆 Mrs Rachel Robb — Chairman's Special Award
- 🏆 Pheobe Hubbard — Young Person's Award

Our sincere thanks go to everyone who attended and to all the volunteers who helped organise the evening and make it such a special occasion.

Congratulations once again to David, Rachel and Pheobe — three very deserving recipients! 🍷

Harling Parish Council

SURVIVED THE SUMMER HEAT?

As we head into cooler autumn days and the heat goes out of the sun it is easy to forget the scorching days we endured in the summer. We have all been learning how good, or bad, our houses are at keeping us cool. This might be the time to think about what measures we can take to make next summer more comfortable.

Some things to think about-

Home insulation works in a similar way to a thermal mug or flask. Insulation slows the rate that heat escapes, keeping you warm in winter and cool in summer. Typical costs for wall, floor and loft or roof insulation depend on your home and the type of insulation you're installing.

Adding solar film to your windows will help reduce the heating effect of sunlight shining through the glass. Costs vary depending on the film you choose as well as the size and number of windows you want to cover. If you decide not to cover all of your windows, prioritise the ones that get the most sunlight. These include south facing windows, or those in rooms that get the warmest.

Installing blinds or canopies on the outside will reduce the heat on south facing windows.

Fans use much less energy than mobile air conditioning units so are cheaper to run

Air-to-air heat pumps are air conditioning units that can heat your home in winter and some models can also cool it during the summer. They're more common elsewhere in Europe than the UK. But as we see more frequent heatwaves and generally hotter summers, they may become a more common sight.

Grass, soil, trees and plants are all more effective than hard services – patios or tarmac drives – at cooling the air. Planting a deciduous tree or a climber like a vine will give you shade in the summer and let the light in in the winter. Make shady spots in the garden for when your house is too hot.

YOUR VOICE, YOUR SURGERY, YOUR COMMUNITY

Have you ever wondered who helps bring the patient voice into conversations about our local GP surgery?

The East Harling & Kenninghall Medical Practice Patient Participation Group (PPG) is a group of volunteer patients who work alongside the practice team to help make sure the views and experiences of patients are heard. We're here for everyone registered with the practice. Our community is diverse, and we want our PPG to reflect that. You don't need any particular experience, knowledge of the NHS or confidence in meetings, just an interest in your local community and a willingness to share your thoughts and ideas.

So, what does a PPG actually do? We work with the practice to improve communication between patients and the surgery, share ideas and constructive feedback, support health and wellbeing initiatives, and contribute to conversations about how services develop.

We're also working on some new ways to keep patients better connected, including a quarterly newsletter, improved online communication and stronger links with local businesses, organisations and community groups.

And importantly, a PPG isn't a complaints forum. There are established routes for individual concerns and complaints. Our role is to look at the bigger picture: what is working, what could be better, and what we can achieve by working together.

Could your voice be one we're missing?

We'd really like to hear from people from across the practice community. Different ages, experiences, occupations and perspectives bring different ideas, and that's exactly what a good PPG needs.

The commitment isn't huge. We meet at the surgery once every six weeks for around an hour, and there are opportunities to get involved with different projects depending on your interests and the time you have available.

Perhaps you've never thought about joining something like this before. That's absolutely fine. No previous experience is needed, just enthusiasm. Because ultimately, the people who use our local services should have a voice in helping to shape them. Good conversations can lead to great ideas, and great ideas can make a real difference. If you'd like to find out more about the PPG or are interested in joining us, we'd love to hear from you.

Email: Ehkppg@hotmail.com Jenny O'Dell - Comms Crew
East Harling & Kenninghall Medical Practice Patient Participation Group -Community • Conversation • Change



LETTER FROM TERRY JERMY MP

Banking and Post Office Services are Vital for Our Rural Communities

Earlier this month, I spoke in a Parliamentary debate about the much-needed provision of essential banking and post office services in rural areas like ours.

As a rural MP, one of my core focuses is ensuring that residents across South West Norfolk's 3 market towns and 72 villages can easily access these services in-person. Over the last decade, we have seen many banks reduce their high-street footprint, impacting rural areas like ours, without much consideration from these companies about what the impact will be.

A point I repeatedly stress in my meetings with banks and Post Office Limited, is that rural communities cannot be unfairly impacted by decisions that are made in inner-city offices, without assessing what that removal of services will mean for the communities they are there to serve.

Unless you have lived in a rural area, you do not understand the impact of a post office or bank closing. In South West Norfolk, it could mean having to travel two villages over, which, if you don't have a car or can't drive, adds another layer of rural inequality. Whilst it can be argued that many of these services can now be accessed online, not everyone has that option. Poor broadband speeds and unreliable connectivity can mean that large parts of rural communities still rely on physical locations for these services. I understand that for many companies, they operate in a digital-first approach, but holding a conversation with a real person about something as intricate and important as one's own personal finances, should, I feel, be given greater importance by these organisations.

It is estimated that 25% of people aged 55 and over still use cash as their primary method of payment. In South West Norfolk, the median age is higher than the UK average, so this is a particularly important issue for us here.

ATM access is another aspect I regularly raise in my meetings with banks and Cash Access UK – the organisation that operates banking

hubs. I was pleased, following my calls for them to do so, Cash Access UK added an ATM to their Downham Market banking hub earlier this year

and Nationwide increased their ATM capacity across South West Norfolk.

The Government is clear on its commitment to ensuring access to these essential services, which is why it pledged to roll-out 350 banking hubs by the end of this Parliament in 2029. Already, more than 235 have been opened.

The Treasury also launched an Access to Banking Services Review in May, which has gathered evidence on the impact of changes to in-person banking services and will help inform recommendations to Government on ways to improve in-person banking services. One recommendation I called for in the debate is for the Government to require a Rural Banking Impact Assessment before any rural branch closure, with a banking hub or equivalent alternative in place before – not after – closure.



Harling Theatre Company

DATES FOR YOUR DIARY...

For those anticipating next year's main annual production, we are delighted to announce we will be doing "Hangmen" by Martin McDonagh. A razor-sharp, pitch-black comedy thriller that will keep you laughing and gasping until the final drop!

We would also like to give you advance notice that the play will run a bit later than our usual week in late March. Next year's production dates are the 15th, 16th & 17th of April 2027.



We will be doing a fun read-through of this play on **Thursday 1st October**, at the Old School Hall, East Harling at 7pm and would like to warmly invite anyone who would like to get involved in either acting or backstage. Scripts will be provided on the night.

If you would like any further info please contact Sharon on info@harlingtheatre.co.uk.

The play and further details of the event will also be announced soon on our website:

harlingtheatre.co.uk

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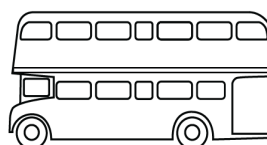
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EAST HARLING CHURCH -UNDER ONE ROOF—WE ARE UNDERWAY!

(From Paul Sharrock project Co-ordinator)

With a special thanks to the National Lottery Heritage Fund, and all who buy Lottery tickets, our many local supporters and generous benefactors, large and small, and to all who live in our lovely village, we want to share a short update on what has been happening since we were awarded our grant for the roof repairs and exhibition.

Whilst no construction lorries have arrived yet, they are planned. Much preparatory work has been done. Our architect has been appointed and the specifications for the works have started. Our ecologist has carried out all the legal surveys necessary before we can carry out works that will affect the bat maternity roost we have in the church. Sitting in church on a Sunday, I have to remember there is another protected world above my head! The presence of the bats dictates when the works can take place, and this has now been established. It will be in two steps. The first from March to April 2027 and the remaining works will take place in September and October 2027. Although the churchyard will always be open, there will only be access to the inside of church during regular Sunday services and for the Monday Prayer Group within these two construction slots. As with all construction sites, it will not be safe to be in or on the building during the works. Between end of April to beginning of Sept the church opens as usual.

Part of the project is creating an exhibition about East Harling and its church (St Peter & St Paul). This is being led by our Activities Consultant, and he is anxious that everyone is involved. We are going to hold an event in the Easter Holidays during which everyone can share stories and memorabilia as part of the exhibition. Please keep a look out for the date in the New Year. There will be several events and activities throughout the project with which anyone can get involved; some have an ecological flavor, others about local history. These are for all of us to contribute to and enjoy so watch this space!



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Book review 16 From Sally Mac

It's a bit of a mixed bag this time, I hope you like some of them.

My husband's wife by Alice Feeney

It may sound like an odd title, and you think the book will be as well. It turned out to be a really good and thoroughly enjoyable read/listen. It came up as a suggested book in one of the reading apps I use, BorrowBox, free if you have a library card. Whilst initially it was annoying flipping from one character to another in the chapters, I got used to it as I went through. I'd not read any of this author's books before, and it great to be able to get your teeth into a new reading style for a change. The title makes perfect sense as you read /hear more, which person is the husband's wife?

It's a great book to read and not a full on crime book but it does have hints of who committed any crime. I'd highly recommend it.

DCI Ryan series by LJ Ross

I have had the opportunity to re-read a crime series I thoroughly enjoyed by LJ Ross, DCI Ryan series. One of the reasons I enjoy the set of books is that it is set in the UK, in or near Newcastle and Hadrian's Wall, both stunning parts of the UK.

DCI Ryan and his police team and family develop as the books continue which is lovely, and humorous. My favourite book is called Banborough, without giving away the story, there always seems to be a dodgy policeman somewhere. This book clearly shows this. It's best to read the books in the correct order.

The Hunter by Tim Sullivan

I thoroughly enjoyed this book although felt frustrated that it was a short story which I didn't realise when I started it. For those who do not know anything about this series, it features family and professional details for DC Cross, a police detective based in Bristol. DC Cross is a one off certainly due to his medical condition, he always gets the job done though which seems incredible at times. His colleague DS Ottey has the patience of a saint working with George Cross that you will find out about.

Major Pettigrew's Last Stand by Helen Simonson

This book was recommended by husband and is most certainly something different. It is the kind of story you could imagine happening. It is described by Alexander McCall Smith as "a beautiful little love story." I would certainly agree with that synopsis completely. It may seem like a slow burn story but stick with it.

Major Ernest Pettigrew is perfectly content to lead a quiet life in a sleepy village of Edgcombe St. Mary, away from the meddling of the locals and his overbearing son. When his brother dies, the Major finds himself seeking friendship with the village shopkeeper, Mrs Ali. They are drawn together by their mutual love of books and can freely discuss the loss of their partners. It is beautifully written, and the descriptions provided are just lovely. If you are wanting an easy summer read, try this one, you won't regret it.

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DIARY DATES 2026 for fundraising events, outings etc. in the parishes in the Harling United Benefice.

Full details appear in the magazine pages

A note on short forms for Venues for some events

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

OCTOBER 2026

- 1st E Harling Theatre Company OSH Read through of new production for 2027 - actors and supporters of all kinds 7.00pm
- 3rd E Harling Church Community Cafe
- 3rd Feline Care Roudham Pop Up Shop 10-1pm weather permitting
- 3rd EHSSC LIVE MUSIC - Jonny B Good, 8pm
- 5/12/19/26th HUB at OSH 10-12 noon followed by Exercise Class
- 6th OSH Film Club 7.15 for 7.30
- 7th OSH Coffee Morning 10-12 noon
- 13th Gardening Club OSH 7.30 Marie Kemp planting bulbs in layers
- 17th OSH QUIZZ Night 7 for 7.30pm
- 21st OSH Cottage Pie Lunch 12 for 12.30
- 23rd Riverside Centre A Scam Awareness talk by Police Supporters 7.00pm
- 24th Bridgham Church coffee morning 10-12noon
- 24th Shropham Church Concert by the Haags Matrozenkoor Boys Choir 4pm
- 27th E Harling Parish Council OSH 7.15 pm

NOVEMBER 2026

- 3rd OSH Film Club 7.15 for 7.30pm
- 4th OSH Coffee Morning 10-12noon
- 7th E Harling Church Community Café
- 7th Feline Care Roudham Pop-up Shop 10-1pm weather permitting
- 10th E Harling Gardening Club OSH 7.30pm
- 18th OSH Lunch 12 for 12.30
- 24th E Harling Parish Council OSH 7.15pm

CONTACT is published monthly by East Harling Parochial Church Council and items for the November edition should be submitted to the editor by email by 12th October 2026 at the ABSOLUTE LATEST. Please ensure that the sender's name and address or telephone number is included in all communications. Please don't wait until the last day as we cannot guarantee last minute items will be printed.

Editor: email sue.wall@uwclub.net or new email address from January

ehcontactmagazine@gmail.com

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Contactmagazine.Advertising@gmail.com

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



Tuesday 6th October FILM NIGHT

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

This Alan Bennett-scripted film, is set in 1916 in a Yorkshire factory town. The choral society at the heart of this town has an ambitious committee, determined to continue, despite the singers lost to the war. They engage a new chorus master (Ralph Fiennes). As conscription papers start to arrive, the whole community discovers that the best response to the chaos that is laying waste to their lives is to make music together.

Rated 12A

**£5.00 donation
EVERYONE WELCOME**



SATURDAY 3rd OCTOBER

**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 secondhand bookstall.

Everyone Welcome!