



JULY 2025

CONTACT

**EAST HARLING – WEST HARLING – BRIDGHAM –
ROUDHAM – BRETTHENHAM – LARLING – RUSHFORD**

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SUNDAY 6th JULY 12 - 4pm **POPLARS PLAYING FIELD (NEAR THE** **COMMUNITY GARDEN)**

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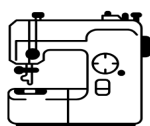
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<https://roudhamandlarlingparishcouncil.gov.uk/2025/03/05/contact-magazine/>
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~ Welcome to our Services in July 2025 ~

Midweek Communion every Wednesday at 11.30am in E Harling Church

Date	E Harling	Garbl'sham	Wretham	Bridgham	Larling
Sunday 6th July Trinity 3	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 13th July Trinity 4	9.30 am Holy Com'union	9.30 am Holy Com'union			11.00 am Holy Com'nion
Sunday 20th July Trinity 5	9.30 am Holy Com'union 6.30 pm H. Praise	11.00 am All Age	9.30 am Holy Com'union	11.00am Service of the Word	
Sunday 27th July Trinity 6	9.30 am Holy Com'union	9.30 am Holy Com'union			11.00 am Service of the Word

Date	Rushford	Shropham	Brettenham	Riddlesworth	Blo'Norton
Sunday 6th July Trinity 3	9.30 am Holy Communion				
Sunday 13th July Trinity 4					11.00am Holy Communion
Sunday 20th July Trinity 5		9.30 am Holy Communion			
Sunday 27th July Trinity			11.00am Holy Com'union	6.30 BCP Evensong	

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~ Parish Records 2025 ~

~ Weddings ~

We offer our congratulations to:

PHOEBE PYE & HARRY BURRIDGE who were married in East Harling Church on Friday 13th June.

~ Funerals ~

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

PAMELA DEIDRE SEAMAN, whose funeral was held in East Harling Parish Church on Thursday 29th May 2025 followed by cremation.

~ Floodlighting ~

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

July 2025

13th In loving memory of **GEORGE BOND**
Loved and remembered always. Angela and Ann.

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

ATTENTION FRIENDS EH CHURCH

The Friends of East Harling Church will be holding their AGM at 9.30 am on 5th July 2025 in Church prior to the monthly coffee morning.

Everyone is invited to
Soup Church
fabulous fresh
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East Harling Methodist Church
White Hart Street

11.30am Tues 15th July
Theme: Prayer

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METHODIST SERVICES FOR JULY

6th July 10.30am Circuit service at Thetford Methodist Church

NB no Soul Cafe

13th July 6.30pm Mrs Jane Mottram

20th July 11am United service at Garboldisham Parish Church

6.30pm Harling Praise at Methodist Church

27th July 6.30pm Mr Pat Mottram

Quidenham Carmelite Monastery Chapel (Roman Catholic) Public Worship

Daily Mass 8.00am

Sunday Mass 10.30am

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Dear friends and neighbours

I am writing the day before Trinity Sunday– the day in the Church when the ‘threeness’ of God (Father, Son and Holy Spirit) and the ‘oneness’ of God are celebrated. This may seem fairly arcane, and you may be wondering why I mention it, but there is good reason.

The heart of the Christian faith is that while there is one God, that unity is not a bland, monochrome, solitary thing, but is community in its very nature. In a way that continues to be a mystery that people debate, ponder on, and, yes, argue about, God’s very nature and very ‘oneness’ is essentially a community – and a community of love. When St John says ‘God is love’, what he is *not* saying is that God has warm feelings towards us (or, even worse, towards some selected few people). Rather, it is the revelation that God is the very LOVE that means that anything exists at all; the very LOVE that we get glimpses into in our best moments when experience love for family, for friends, for the world, for ourselves.

And I mention all this just as a reminder, as one of the people who tries in his own small way to speak of God, of LOVE, right here, right now, that you are caught up in that LOVE too. You only exist because God loves you. And we are all called to receive that LOVE, and share that LOVE. At a time in the world when there are forces trying to tear us apart, choose love, and choose a LOVE that is truly creative, forgiving, hopeful, joyous and will bring us all closer together, despite differences and disagreements.

I continue to pray that you know the LOVE of God in all its breadth and length, and depth and height, and know that you have infinite value in the eyes of God, and so does each and every one of our neighbours, no matter where they have come from, or where they are going. Choose LOVE, my friends, and see LOVE grow around you.

Yours with every blessing
Simon

SAVE THE DATE
The Friends of East Harling Church
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History & Music Evening
on Friday 12th September 2025
Tickets £5 per person


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EAST HARLING FREEDOM OF THE PARISH AWARDS

The awards held on Friday 6th June saw the village come together to celebrate the awards for 2025 presented by Lt Col Ian Lonsdale Deputy Lieutenant for Norfolk. These awards celebrate amazing people who make Harling a better place to live. The award winners were chosen by a panel of past recipients and voted for by you the residents and were as follows:

FREEDOM OF THE PARISH AWARDED TO:

Mr Graham Jubb
Mr David Bggia

YOUNG PERSONS SPECIAL AWARD
Archie and Monty Shaen-Carter

CHAIRMAN'S AWARD
Mrs Kate Filby

Congratulations to all.



TAKE READING TO THE GREAT OUTDOORS WITH THE SUMMER READING CHALLENGE 2025

Children can grow their imaginations with this year's Summer Reading Challenge: Story Garden – Adventures in Nature and the Great Outdoors, which launches in Norfolk libraries on Saturday 5 July.

Developed by The Reading Agency and delivered in partnership with public libraries, the Summer Reading Challenge is a free activity for children aged 4-11. It's all about reading for fun, aiming to improve children's reading skills and confidence over the summer holiday. Children can read anything they like and collect free rewards for their reading. For under 5s there is a mini challenge, so they don't miss out.

This year's theme will inspire children to tap into a world of imagination through reading, exploring the magical connection between storytelling and nature. They can also join in with free Story Garden activities at their local library.

To sign up to the challenge, just pop into your local library or visit the website. Children will need to be library members - you can do this in a library or online. It's free of charge and children will receive their own library card for which there are no overdue fees.

This year's Summer Reading Challenge features artwork from award-winning illustrator Dapo Adeola, whose stunning illustrations will bring the Story Garden theme to life; creating an enchanting world where children can find magical creatures, plants and flowers to inspire their next reading adventure.

Find out more at
www.norfolk.gov.uk/summerreadingchallenge

WHAT'S ON AT THE VILLAGE HALL
CHECK OUR WEBSITE WWW.HARLINGGOLDSCHOOLVILLAGEHALL.CO.UK



JULY





WED 2 JULY
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WED 23 rd JULY
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12 noon
All welcome

EAST HARLING GARDENING CLUB

After going to press in May we had our annual plant sale which was bigger and better than ever. As well as our normal plants we had a great selection of acers, azaleas, camellias and rhododendrons. A huge thanks to everybody who brought plants and to everyone who bought them, and to the large number of members who gave up their time to help make it run smoothly. The club retains 10% of the takings with the remainder going to the vendors and after paying for the hire of the hall the club made enough profit to pay for another speaker next year, on top of this we had a very generous donation from one of the sellers.

We had a really good turnout for our June meeting, which was a fascinating talk about the medicinal properties of some very ordinary wildflowers and trees, by local herbalist Ingrid Sykes. It was good to see a few new faces

Our July meeting is almost the opposite - **Painful and Poisonous Plants** by Barry Gayton of Radio Norfolk fame on **Tuesday 8 July**.

As always, we meet at 7.30 in the Old School Hall, School Lane on the second Tuesday of the month. **Table** show for July a dahlia bloom and/or 2 carrots (members can enter either or both categories). Members free, visitors £3.00.

We will have a stall at the Fete on the Poplars on **Sunday 6 July** offering advice and selling a few surplus plants. Additionally, our chairman will be one of the panellists along with Tony Fry at the gardeners' question time at the community coffee morning in the church on **Saturday 5 July from 10 -12**.

Do come along and partake of the wonderful array of homemade cakes and coffee while we will try to answer your gardening queries. As an encouragement there will be a free Garden pink in a 9cms pot (*Dianthus pulmaris*)) (variety Doris) for the first 18 questions asked.

THE HARLING LADIES FRIENDSHIP GROUP

In May, a few of us ladies met at the Old School Hall, where Gary - the PT guy helped us to do a line dance to Dolly Parton's 'Nine to Five'. We got there in the end, it took a lot of rehashing the moves. We all had a great evening and thoroughly enjoyed ourselves – 'Yeehaw'!

In July, Jackie Long - who is passionate about food, cooking and using what you have will be giving a hands on demonstration of either a chicken or a salmon salad. Due to the cost of ingredients we will have to charge £5 per head. Please come at 7pm as we will be making and preparing the food together from scratch. Please let me know if you are coming and what your preference would be so that we can arrange ingredients beforehand.

We look forward to seeing you. Our July meeting will be on Tuesday 15th July at the Old School Hall. If you have any questions please ring me Jackie Underwood on 07725 126115.



NORFOLK WILDLIFE TRUST BRECKLAND LOCAL GROUP

At the time of writing we haven't had our June event at Cavenham

Heath. But we look forward to seeing all the heath has to offer.

On July 6th we are having a Dragonfly ID morning with county recorder, Pam Taylor at Thompson Water. There are a few places left. This starts at 10.30 cost is £2 members £3 non members.

A not to miss opportunity is our booked walking tour at Wild Ken Hill, home of Springwatch in 2021 and 2022. Join us on Sunday 3rd August at 10 am for a 2 and a half to 3 hour guided tour with emphasis on their wildlife.

Cost is £28 per person with a suggested donation of £2 per person to NWT. This is a saving of £7 per person if booking individually.

Places are limited to 15 so get in quick. For either of these events contact roatfiona@gmail.com

THINGS TO THINK ABOUT Revd Lynn **Don't throw away any tools!**

Tools with a Mission is a Christian charity based in Ipswich that collects unwanted usable tools, refurbishes them, sorts them into trade tool kits and sends them to the developing world for livelihood creation.



Locally, they provide volunteering opportunities to older retirees who struggle with loneliness and isolation and support for community groups and refugees.

In Sub Saharan Africa, their work is crucial in offering a way out of poverty for those who cannot afford to buy their own tools and have limited access to education or career opportunities.

Through partnerships, training and support are provided to individuals who may otherwise be trapped in exploitative labour, often facing physical harm or abuse, or led into lives of crime and sex work. For more information their website is [http:// www.twam.co.uk](http://www.twam.co.uk). We will be collecting tools in August. We cannot take broken tools or equipment.

Agricultural tools: forks, spades, hoes, garden rakes, hand forks and trowels, loppers, secateurs, hand shears, cultivators, sickles, shovels, axes, and bow saws.

Builders' tools: levels, sledgehammers, bolsters, chisels, hammers and trowels, pin and lines, tape measures, hacksaws and blades, utility knife blades..

Haberdashery: needles, cottons, large material pieces or rolls, buttons, zips, tapes.

Fully working IT equipment: desktop computers and laptops running a minimum of Microsoft Windows 7, cables, laptop bags.

Don't throw away any Christmas jumpers or partywear!



At our December Coffee Morning in Church we will be having a Christmas Clothes Swap. Please save any Christmas clothes you are tired of – we will find them a new home.

Details about collections in future Contact magazines.



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THE GARDEN IN JULY

I am writing this in early June on a break in Sussex where the grass is all green and the leaves are all shiny. What a difference to East Harling when I left a few days ago.

Much of the normal advice of what to do when in the garden has been turned on its head in the last couple of years. The grass in verges at the side of the roads is struggling, but that reduces the competition with wildflowers which are doing really well, especially the deep-rooted ones like dandelions, Mother Nature is wonderful!

Lawns Grass growth slows down in the summer normally. This year it looks like late summer. Treat the new growth that will come as you would in March, raise the mower blades which allows the grass to go into the Autumn reasonably healthy. If we do have another long dry spell keep the sprinkler in the shed, mains water is expensive and has a high carbon footprint. If you have a new lawn (seed or turf) you will need to keep them watered.

Shrubs Prune early flowering shrubs. Cut back some of the older growth of shrubs such as deutzia and flowering currant to new growth lower down the branch, then remove up to a quarter of the oldest stems at the base.

Cuttings - Take cuttings of penstemons, salvias (including sages), rosemary and lavender. Take 10cm (4 inch) from current seasons non-flowering shoots. Put in damp cuttings compost in a bright place out of direct sunlight and keep them moist.

Hedges - Cutting can continue. Watch out for birds' nests and wasps' nests.

Roses - Keep deadheading repeat flowering varieties. Leave single flowering varieties unpruned to allow rosehips to develop.

Annuals - Keep bedding displays watered in warm weather – they don't generally have much of a root run. In baskets and containers, they need watering daily. Feed weekly with a high potassium feed e.g. tomato fertiliser. Move pots out of the direct midday sun or you will cook the roots.

Perennials - keep deadheading unless you want to keep the seed heads for the birds. Cut back hardy geraniums to get a second flush of flowers in early autumn.

Dahlias - water regularly and boost flowering in pots by feeding weekly with a liquid seaweed.

Sweet Peas - water regularly. Pick or deadhead every few days and remove any seed pods as soon as you see them (you can allow some pods to mature later in the season if you want to collect seeds).

Irises with rhizomes - A good time to divide to improve flowering next year and to get new plants. Trim leaves to about 6 inches and replant with rhizomes showing.

Lavender - cut freshly opened spikes and hang bunches upside down to dry in a warm, dark well-ventilated place.

Clematis - check large-flowered clematis for wilt, which can be caused by a fungal attack or stress. Cut back to healthy growth or the base.

Seeds - collect seeds from ripe seedheads such as aquilegias and marigolds. Dry and store in envelopes in a dark, cool, dry place away from vermin.

Fruit - Blackcurrants can be pruned hard after picking. Red and white currants can be pruned to within two or three leaves above old growth. Select a few new canes from each summer fruiting raspberry after cropping and tie to wires for next years fruit, cut the rest down to ground level. Prune stone fruit trees on a hot dry day so that the wounds seal quickly to prevent the fungal disease silver leaf entering.

Vegetables - water tomatoes, chillies and peppers regularly. Feed with a high potassium fertiliser. Start sowing for winter and spring. Sow spring cabbage, spring greens, Florence fennel, turnips, and winter salad. If you have a few climbing French bean seeds left sow them to grow through existing climbing beans – if the weather is kind, you will get a few fresh beans right through to the autumn. Sow last few summer lettuces and radishes. Plant potatoes for Christmas. Half fill a large pot with compost and place a couple of egg sized potatoes in. Cover with a thin layer of compost and water. As growth reaches a few inches add more compost until the pot is nearly full. Keep moist. Remember that you will need to protect from frost, so place where you won't need to lift a heavy pot full of compost and plants. Maris Piper, Nicola and Charlotte are good varieties for this.

Harvest onions. They are ready when the foliage turns yellow and starts to topple over. Harvest before leaves die back completely. Lift carefully with a fork.

Harvest first and second early potatoes as needed, they are far better eaten fresh.

Netting If you have bird netting tighten it up to prevent birds getting tangled up.

Wildlife provide a water source for birds and small mammals to drink and bathe. Keep it clean and topped up.

Plant bee friendly plants such as marjoram, oregano, thyme, sage and lavender (basically, what about planting some herbs?).

Enjoy - There should be a few days when you can just sit and relax and enjoy the sunshine.

Good gardening

Kevin



HEALTHCARE INVESTMENT FOR SOUTH WEST NORFOLK

My number one priority when standing to be an MP was a determination to address the numerous health and social care challenges across South West Norfolk. I am sure we all have either a personal or family story of navigating the NHS and social care system, and frustrations that come from that.

As a Member of Parliament, approximately a third of all the casework my team and I manage is health or social care related, and I am all too aware, both through my work as the MP, and from an individual perspective, how our public services are broken.

Buildings for example were left in urgent need of work, often causing frustrating and avoidable delays to appointments. That is why I am thrilled with the recent announcement that the Wedgewood Unit, located in Bury St Edmunds and a key service used by residents in the south of my constituency, will share in £1.35million of government funding for much-needed works which will deliver vital maintenance improvements to help prevent cancelled appointments and operations. As a result of this funding, patients will benefit from better services and facilities.

The Wedgewood Unit announcement follows the news from earlier in the year when it was confirmed that St Nicholas Hospice Care, another important local service, would be receiving a share of £100million in government funding pledged to hospices across the country, marking the biggest investment in hospice care in a generation.

St Nicholas Hospice Care will receive



almost £100,000 to help with infrastructure, modernising facilities and the hospice's continued delivery of high-quality end-of-life care.

Underpinning much of our health and social care system is the vital contribution of carers. In June, to mark National Carers Week, I met with Carers Voice, an independent charity supporting carers in Norfolk and Waveney to discuss the vital role carers play. We spoke about carers identity passports, young carers and the cross-border discharge process, and also touched on the importance of highlighting the care many of us are responsible for with our loved ones. Caring is complex, demanding and emotional work, and it is crucial to make everyone aware, both professional carers and those who undertake caring responsibilities in a personal capacity, that support is available.

To mark my first year as the MP for South West Norfolk, I will be visiting villages across South West Norfolk during the month of July.

I will be in East Harling on Saturday 5th July. Please do send me an email if you would like to arrange a time to meet:

terry.jermy.mp@parliament.uk

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.

The Parable of the Two Gardens

Anne and Thomas were neighbours with gardens. In a small village. Anne often helped others—planting flowers along the village path, sharing seeds, and caring for the elderly's plants. Thomas only tended his own garden and ignored the rest, moaning regularly that it's not his job and he has no benefit.

Then one year a drought came, Anne's flowers along the path survived and provided shade and food for the village. Her garden flourished from the shared care and grateful return of nature.

Thomas's garden withered. "Why does yours thrive?" he asked.

Anne smiled and said, "Because I gave to others, and they gave back without me asking."

Moral:

Good deeds grow roots that bless you when you least expect it.

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ECO-CLEANING AT HOME

As part of my commitment to trying to reduce my carbon footprint and embed a better eco-living ethos into my life, I decided to try and change try some home cleaning products that are better for the environment.

I had looked at a couple of online companies and settled on SMOL. The SMOL website itself gives plenty of information about how and why they do what they do to help with our planet's carbon, chemical and plastic crises.



There is an

extensive range to cater for all your home cleaning needs. I have trialled quite a few now and this how I have found them:

Laundry capsules: bio, non-bio and fragrance free available – 100% plastic-free packaging, dissolve at 20 degrees and arrive through your letterbox in a fully recyclable cardboard package. These are great – easily as good as brands found in supermarkets and lovely fresh smell.

Washing up liquid – grapefruit scented – comes with a refillable pump bottle the first time you order and in recyclable cartons after that. I find that this is better in warmer water but still bubbles and cleans really well and seems kind to the hands too.

All-purpose counter clean – again comes with a 'bottle for life' with first order and then small tablets that are dissolved in warm water to fill the bottle. This is great too – lifts dirt and grease from hobs and worktops and I find myself wiping down surfaces with this all the time. One tablet / bottle full lasts for ages. This is the orange cleaner found in the church kitchen area!

Foaming bathroom spray – eucalyptus scented – bottle for life with first purchase and as with the all-purpose spray, comes as a tablet dissolved in warm water to fill your bottle. Spray top.

This is good – I found that its better if you spray as you clean, instead of spraying say the whole bath and then cleaning all around. It definitely does clean and it does foam. Worth the slightly harder

clean needed for the non-bleach formulation and fewer chemicals.

Stain gel – bottle for life with first purchase (hopefully you're getting the idea by now) and carton refills. Pump action spray.

This was the one that has really surprised me – it is fabulous even on tough stains like red wine – it can be used directly onto fabric (contains no bleach) or into the detergent drawer of your washing machine.

Most of the products that can be ordered have a trial price. It's all done through a very easy app. You open an account with them and set up how often you want to receive each product and they will send them when that time comes? .

Find you are not using the products as quickly as you thought you would? Simply change the date of your next delivery. Need it sooner? Click the 'I need it now' button and its dispatched next day.

There are other products that I have yet to try. You can track the difference SMOL have made as a company and your own difference too. All-in-all I am very happy with the switches I have made and feel good that it's helping our planet too.

Let me know if you want to try and I can send you a referral code to save you money on your first order to get you started.

Best wishes, Karen Denty

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I later joined the Armed Forces, serving in Iraq and Afghanistan, but my love for cars remained.

I joined the motor club to work on my own vehicles and have bought and sold many cars.

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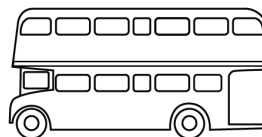
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EAST HARLING	PARK COURT 1	10:50	11:10	NR16 2LZ
EAST HARLING	HAMBLING PIECE	11:15	11:35	NR16 2PZ
EAST HARLING	BREWSTERS Opp. No. 38	11:40	12:00	NR16 2QH
EAST HARLING	HIGH KERRIDGES	12:05	12:35	NR16 2QB
BRIDGHAM	THE STREET	13:50	14:10	NR16 2RS
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EAST HARLING	JUBILEE AVENUE	15:45	16:05	NR16 2QF
EAST HARLING	MARKET PLACE	16:10	17:10	NR16 2AD

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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

=====

JULY 2025

- 1st E Harling Film Night 7.15 for 7.30 OSH
- 2nd OSH Coffee Morning 10-12
- 2nd BVH Wednesday Social 11-1pm
- 5th Friends E H Church AGM 9.30am in Church
- 5th Community Café E Harling Church together with a Gardeners Questions time 10-12
- 5th Feline Care Pop-Up shop 10-1pm weather permitting
- 6th E Harling Village Fete 12-4pm on Poplars
- 8th Gardening Club OSH 7.30 talk on Poisonous and Painful plants
- 10th EHSSC Rudd Room Camera Club 7pm
- 11th EHSSC Bingo, eyes down 7:30pm
- 16th BVH Wednesday Social 11-1pm
- 23rd OSH Lunch 12 for 12.30
- 24th E Harling Church Knit & Natter 9.30-11am
- 26th Bridgham Church Coffee Morning 10-12
- 26th EHSSC End of School Disco 6.30pm
- 31st BVH Quiz Night

AUGUST 2025

- 2nd Community Café E Harling Church 10-12
- 2nd EHSSC Vinyl Night, 8.30pm
- 2nd Feline Care Pop up Shop 10-1pm weather permitting
- 5th E Harling Film Night 7.15 for 7.30 OSH
- 8th EHSSC Bingo – Eyes down 7.30pm
- 12th Gardening Club OSH 7.30pm
- 13th OSH Coffee Morning 10-12
- 14th EHSSC Rudd Room Camera Club 7pm
- 16th EHSSC Village Victory Day 80th anniversary event 12noon onwards
- 22nd EHSSC – Live music details to follow

SEPTEMBER 2025

- 2nd E Harling Film Night 7.15 for 7.30 OSH
- 6th Community Café E Harling Church 10-12
- 7th OSH Yard Sales
- 11th EHSSC Rudd Room Camera Club 7pm
- 12th EHSSC Bingo – Eyes down 7.30pm
- 12th Friends of E Harling Church History & Music evening
- 17th OSH Lunch 12 for 12.30
- 23rd Bridgham Church Coffee Morning 10-12
- 27th EHSSC – BIG QUIZ 6.45 for 7.30pm start

Tuesday 1st July FILM NIGHT

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!

Tonight's film written and directed by Keith Branagh is a coming of age drama starring [Caitriona Balfe](#), [Judi Dench](#), [Jamie Dornan](#), [Ciarán Hinds](#), [Colin Morgan](#) and [Jude Hill](#). The film, follows a young boy's childhood in [Belfast, Northern Ireland](#), at the beginning of [The Troubles](#) in 1969

£5.00
EVERYONE WELCOME



GARDENER'S QUESTION TIME

??????????

SATURDAY 5TH JULY

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!

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