

JULY 2026

CONTACT

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

VILLAGE NEWS AND EVENTS

CHURCH SERVICES & NEWS PAGES 3 AND 5
NES SEARCH ENGINE ECOSIA SEE PAGE 5
BENEFICE NEWS - PAGE 6
GARDENING IN JULY-SEE PAGE 9
HARLING FREEDOM OF THE PARISH
AWARDS – SEE PAGE 10

HARLING FRINGE EVENTS – SEE PAGE 13
HARLING 10K – SEE PAGE 14
IBOOK REVIEWS – SEE PAGE 14
LETTER FROM OUR MP – SEE PAGE 16
BRIDGHAM EVENTS – PAGE 18
CONTACT DIARY AND EVENTS – PAGE 20

HARLING



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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 July 2026

	Sunday 5th July Trinity 5	Sunday 12 th July Trinity 6	Sunday 19th July Trinity 7	Sunday 26 th July Trinity 8
East Harling		9.30 am Morning Prayer	9.30 Holy Communion	9.30 Holy Com'union
Garboldi- sham	10.00 am Holy Communion BENEFICE	9.30am Holy Communion	11.00am All Age	9.30am Holy Com'union
Wretham			9.30am Holy Communion	
Bridgham			11.00am Holy Communion	
Larling		11.00am Holy Communion		11.00am Service of the word
Shrop- ham			9.30am Holy Com'nion	
Blo Norton		11.00am Holy Communion		
Riddles- worth				6.30 Evensong
Rushford				
Bretten- ham				11.00am Holy Communion



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~ Parish Records 2026 ~

~Floodlighting ~

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

Please make sure your requests are clearly written,
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

The Friends of East Harling Church AGM Saturday 4th July 2026 at 9.30 in Church

prior to the monthly coffee morning.
Any items for the AGM Agenda to the Secretary by 7th June 2026.
eastharlingchurchfriends@gmail.com or
07434 764288. .

OUR CHURCH GARDEN NEEDS YOU!!!

Help please

If anyone would like to join our small East Harling churchyard maintenance team.
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Please ring Tony Fry 07313011419 if you have any queries. Thank you.

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cereals) and toiletries welcome.

No fresh fruit or vegs please.

All items must be 'in date'.

Your gifts will be collected regularly.

Thank You!

METHODIST CHAPEL WHITE HART STREET **Methodist Services in July 2026**

5 th	6.30pm Rev David Ely
12 th	6.30pm Mrs Janet Browne
19 th	11am United service at Garboldisham St John the Baptist 6.30pm Harling Praise (at Methodist Church)

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I have committed to using Ecosia partly because it takes money away from the big tech corporations but also because they post heart-warming stories of hope about our climate. This month there is a film about transforming unused Columbian farmland high in the cloud forests into native rainforests.

Have a look on - www.ecosia.org

Benefice News- Reflections on 'a New Perspective'.

It's scary to think how fast this year is hurtling by – July already, and another academic year drawing to a close. The long school summer holidays are upon us, and many of you will be planning a much-needed break from the busyness of life. For others, this time of year becomes even busier as we help out with childcare or have family and friends to visit!

Today's world is fast and furious; it seems that, unless we pack every moment with activity and stay connected to the world and his friend on our mobile devices; somehow, we feel we aren't living life to the full and we are letting ourselves, and others, down. I often hear folk say that they wish life would slow down, but they are frightened to change anything because, currently they can just about cope, tweaking things may upset that balance!!

Jesus knew all about busyness - in Mark's Gospel we are told of an occasion when he and his disciples were so busy that they didn't even have time to stop and eat. Jesus invited them to, "Come away to a quiet place and rest a while." Jesus fully understood the importance of taking 'time out' to refresh, reflect and restore. It's just as important for us to do that today. When we stop and take stock, who knows, we may see our lives from a new and different perspective. Quite a while ago, I took some time out myself and was amazed at how many little things I noticed which I would have probably missed in my usual daily round.

It was breakfast time at the retreat centre, a lovely sunny day; every few moments, I noticed a flash of rainbow light would 'flutter' around the walls, then vanish again! How was it happening? Across the drive, in the nursery playground, there was a tree. Hanging in the tree, and looking very odd set against its beauty, was a string of CDs. As the wind blew them, they caught the sunlight and sent a reflection scudding around our walls. It was incredible to think how, anything, which looked so improvised and out of place hanging in a tree could create something so lovely and bring such pleasure.

With time to sit and ponder, I began to reflect how strange it is that something specifically made for a particular purpose could be placed in an 'alien' setting where it looked quite absurd – quite out of place.... how bizarre that something which is not being used for the purpose it was made can still create something unexpectedly amazing and beautiful.

Time for another cup of coffee, and to ponder some more, dowsed in rainbow light as I surveyed the incongruous CD's, I wondered.....

How often do we find ourselves being 'pushed' to do something out of our comfort zone? How often are we expected to do something we feel we were not made for? How often do we feel we stick out like 'a sore thumb', a 'square peg in a round hole'?

Instead of moaning that our gifts 'don't lie in that direction' – maybe we should allow the wind of change, or God's Holy Spirit, if we are open to it, to move in us, just like the wind spun those CD's. Then, maybe, the light of God's love may shine through us and reflect in unexpected places, creating something breath-taking and beautiful - just like those CD's! Although they were used for the 'wrong' purpose, they worked in a wonderful way..... I was reminded of a hymn we used to sing when I was at school:

*'Jesus bids us shine with a pure clear light, like a little candle burning in the night.
In this world of darkness, so we must shine – you in your small corner, and I in mine.'*

I hope that you will all find time to take some 'time out' this summer... time to refresh, reflect and restore and maybe see life from a new perspective.

With Every Blessing
Rev'd Caryl



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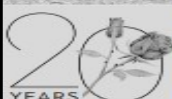
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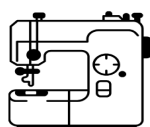
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THE GARDEN IN JULY



Isn't nature wonderful? In the late winter a hedge was planted along Lopham Road. As part of the preparation for this, a strip of land about 4 metres wide was scraped

flat disturbing seeds in the topsoil. Result - a fantastic display of poppies which need light to germinate.

Much of the normal advice of what to do when in the garden has been turned on its head in the last few years.

Lawns Grass growth slows down in the summer normally. This year it took a hit in May, then early June has brought rain and re-greened the grass. - July? Who knows? This month, raise the mower blades for a higher cut, 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. See note on water butts below.

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.

Make more tender plants. Take softwood cuttings of fuchsias, pelargoniums and 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.

Collect seeds from ripe seed-heads and store dried in paper envelopes in a dark, dry cool and vermin proof place.

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

Sweet Peas Water and feed regularly. Pick every few days and remove seedpods (you can allow some pods to mature later in the season if you want to collect seeds)

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.

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.

Fruit

Prune stone fruit trees on a hot dry day so that the wounds seal quickly to prevent the fungal disease silverleaf 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.

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?).

Water Butts – setting up water butts to collect water off the house or shed roof can save on your water bills and provide a free water supply for the garden. The butts need to be connected into a down pipe and to be raised on a stand so you can easily get a watering can underneath the tap. There are a number of DIY stores that sell water butts together with the kit to connect into your house downpipe and a lots of videos on You-Tube to show you how!

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

Good gardening

Kevin

**East Harling
FREEDOM
OF THE
PARISH AWARDS
2026**

*** NOMINATIONS ARE NOW OPEN!**

Open to residents of all ages from East Harling.

NOMINATE SOMEONE WHO HAS:

Overcome personal barriers to achieve success	Has been involved in fundraising
Enhanced their local community or environment	Shown commitment to a group or charity
Is a young carer, for a relative or a neighbour	Cares for others
Helped to run a community or sports club	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 (50 words min) stating why this person deserves recognition to:
clerk@harlingparish.gov.uk
or
Mrs Kate Filby, 5 The Bailwick, East Harling

**CLOSING DATE FOR NOMINATIONS:
15TH JULY 2026**

All nominations are reviewed by previous winners of the award.

**Harling
In Bloom**

20th June to 5th July

Come and see all the lovely floral displays around the village!

Businesses and Community Organisations will be taking part during the two weeks and you'll also find beautiful floral displays under street name signs around the village.

Check out our Facebook page, **Harling In Bloom** for more information!



HARLING LADIES FRIENDSHIP Group

In May, the Ladies Friendship Group had a pudding night, where everyone bought a pudding for us all to taste. Luckily there weren't many of us as we had enough selection to enjoy - apart from my own!! Thanks to Jane for suggesting the evening.

We are not sure what we will be doing in July, but we will be meeting in the Old School Hall on Tuesday 21st July at 7.30pm, all are welcome.

I would just like to say thanks to the Harling Holiday Club who organised the Easter Fun day and allowed us to sell tea and cakes and knitted goods - apologies but the money raised was given to the Harling Tea and Tots and not the Holiday Club. Apologies for the confusion.

If you have any questions please ring me Jackie Underwood on 07725 126115.

EAST HARLING FETE

SUNDAY 5th JULY 12-4PM

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'A MARDLE AND MEMORIES'



An exhibition of Harling photographs - some dating from the 1880's. A good ol' Norfolk mardle with David Boggia ("a good-ol' Harling Boy")-- with his collection of old

historical photographs of our village, in the setting of his garage at 16, The Bailiwick. East Harling. FRIDAY 10th July. 2--5 p.m.
Free event.



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WED 1st JULY, COFFEE MORNING
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WED 22nd JULY.

Coronation chicken lunch

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QUIDENHAM CART SHED



No doubt Readers of CONTACT have seen and admired the old cart shed in the yard of the Home Farm, Quidenham. You will also have watched it slowly deteriorate over the past few years.

The agents for the Quidenham Estate put in an application to demolish the cart shed in 2020. So many objections to this were received that the application was quickly withdrawn and fencing erected around it.

Many people who have settled in Quidenham and the nearby villages were drawn to take up residence there by the area's tranquillity and beauty. The picturesque group comprising the Home Farm, the Cart shed and the Church are a delight to everyone as they come into the village.

A small Interest Group has formed who would like to save this lovely old building and preserve this scene for future generations. It is their view that if this little scene were to be destroyed it would be heart breaking. This article has been written on their behalf.

If you agree please join them and write by email or letter to Breckland District Council asking them to examine the evidence that will be sent to them of the owner's legal obligation to restore and maintain the shed. In addition they will file a request to Breckland Council to compel the owners to restore this handsome old building of historical and architectural importance to its former glory. Please write or email:-

The Conservation Officer,
Andrew.Gayton@breckland.gov.uk
Breckland District Council,
Elizabeth House,
Walpole Loke, Dereham, Norfolk, NR19 1EE



HARLING 10 K

This years date for the Harling 10k has now been confirmed for

September 20th

If you would like to take part go to the Harling Athletics Club website or the Total race timing site to book your place.

I will be in contact with our marshals to see if you are available again. Everything should be about the same so we can look forward to another great day for our community!

Thanks Everyone for your help, I will say again without it the race could not take place.

Chid Blades and Harling Athletics Club.

EAST HARLING GARDENING CLUB

June saw yet another fascinating talk, this time by Annette Hurt on gardening naturally including recipes for home made fertilisers and weed killers using natural ingredients. See our Facebook page for some photos.

We normally meet on the second Tuesday of each month at 7.30 in the Old School Hall. £12 membership includes free entry to all of our meetings for the year ending 31 March. Visitors are welcome to most of our meetings for a fee of £4. On 5 July we will have a stall at the Harling fete, selling plants and offering advice.

There is no talk this month. There is instead a members only visit to Whartons rose fields. If you haven't already booked contact Mary Wright or Marie Kemp to see if there are any cancellations (telephone numbers on your membership card). There are still a few spaces on the coach trip to RHS Hyde Hall see separate advert. Details also on our Facebook [page](#).



13 - Book review – from Sally Mac

The Dentist by Tim Sullivan

Another new author for me, this book is part of a series, but you can read it as a standalone book which is lucky. If you enjoy reading MW Craven, Ann Cleeves, and Joy Ellis, you will thoroughly enjoy reading this book. A weather-beaten body is found on Clifton Downs, the police are quick to dismiss it, it was a quarrel amount the unhoused community. However, DS George Cross knows how it feels to be overlooked. I would describe it as a completely unputdownable (I know it's not a proper word, but) book, very easy to read, and if you get hooked as I did, I read it in a day. Highly recommended.

Never coming back by Tim Weaver

I was planning on reading less crime books this year, but there are just so many good ones about, they just have to be read. This book is part of a series, this is No 4, as with others you don't have to read them in order. The characters are based in Los Angeles, and Devon, an interesting mix, it works really well. It is about a family who just disappear from their home in Devon. It looks like they have just popped out and would be back soon, but they never return. Where are they? David Raker is a private investigator asked to find out what happened to the family by their niece, Email Kane. It is definitely a smart, fast-paced thriller and you will never be able to guess the ending until the very end of the book.

H is for Hawk by Helen Macdonald

This is a true story detailing the history of the author. As a child Helen was determined to be a falconer. She learnt about the terminology associated with raising and training a goshawk. When her father dies unexpectedly, she is knocked sideways by grief. Helen lives in a house in Cambridge, typical university accommodation. She decides as a way of dealing with her grief is to purchase a goshawk as you do for £800. It is quite a technical book, if you ever want to know anything about how to nurture a goshawk, this is the book for you. This book is most certainly a record of a spiritual journey, she is suddenly plucking birds and freezing them for her hawk. A very determined person. I'm not sure I would have as much compassion somehow. It really is a beautiful book. It was made into a film that was available at the mainline cinema in 2025, now available on Amazon Prime. The film is set in Cambridge and Wales, everything about the film is great, from the lighting to soundtrack. It is definitely worth a watch if you get the chance.

The Lido by Libby Page

It is set in Brixton, London which the author clearly knows well. I used to live in London years ago, and her description of Brixton is spot on, she describes the market stalls and independent shops no chains anywhere to be seen, thankfully. I purchased this book at great expense at the Second-hand book fair in Attleborough it's the best twenty pence I've ever spent. It follows the story initially of a young reporter on the local paper about the fact the local Lido was about to close and what effect that action would have on the local community. Slowly the twenty-six year old reporter, Kate who is overanxious at the best of times takes the plunge and goes for her first swim in years at the Lido. That first swim gives her the confidence to take actions outside of her comfort zone. She meets the local residents, from an eighty six year old Rosemary to the owners of a local bookshop who aren't quite sure what they are doing. It is an irresistible tale of love, loss, aging, and friendship, all in one book, that's quite something. I loved this book, very unlike a lot of the books I tend to read, it's always good to have a change. Try it, you will smile as you read it, I am sure.

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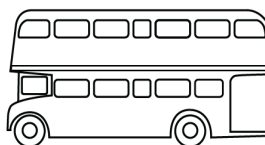
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Letter from Terry Jermy MP

Farmers Need Our Support

As MP for South West Norfolk, Co-Chair of the All-Party Parliamentary Group for Farming and Member of the Environment, Food and Rural Affairs Select Committee, it is fair to say that I am concerned about the future of farming and the numerous challenges facing the industry.

Having lobbied the Government to provide targeted support to farmers who are facing pricing shocks as a result of the conflict in the Middle East, I was pleased with the Chancellor's recent £400 million support package.

Included in the package was the announcement that the Government will be cutting the duty rate on red diesel by over a third per litre from 10.18p to 6.48p - the lowest rate in over 20 years - to support farmers who are facing substantially increased costs on fertiliser and fuel due to the war in Iran.

This lower rate will take effect from June 15th and remain in place until December, supporting the agricultural sector in the fuel intensive harvest period through to the end of the year. This will help to keep the cost of doing business down at a difficult time when red diesel prices are around 50% more than their pre-crisis levels.

I was also pleased with the Department for Environment, Food and Rural Affairs (DEFRA) confirming the launch date of 30th June for the Government's newly refreshed Sustainable Farming Incentive (SFI) scheme. Following the pause of the scheme last year, I worked with West Norfolk farmers to collate their thoughts and feedback on the scheme's previous iteration, and the ways this support could be better targeted and implemented. I fed their views back to DEFRA Ministers and other Government officials to help ensure the new SFI would better support farmers.

Recently, I also met with Angela Eagle, Minister of State for Farming in DEFRA to discuss precision breeding and the UK-EU Sanitary and Phytosanitary (SPS) Agreement. The SPS Agreement is the proposed framework which will form a new strategic partnership with the EU on the trade and movement of plants, plant products, animals, animal products, feed and food.

It is designed to make trade faster and cheaper, smooth supply changes, and help improve the number of exports from the UK following the implications of Brexit, by allowing for the vast majority of the above movements to be undertaken without certificates or controls.

I have spoken with many West Norfolk farmers in addition to researchers and scientists from the University of East Anglia and across the region about the proposed framework, particularly in relation to precision breeding where the UK is the global leader.

The SPS Agreement is currently being negotiated, and I was pleased to meet with the Minister to share the feedback of West Norfolk to help inform the proposed policy measures and negotiations.

If you are a West Norfolk farmer and would like to meet, or share your thoughts or ideas to help inform Government policy, please do email me: terry.jermy.mp@parliament.uk

Over the summer, I will be embarking on my second constituency listening tour, where I will be visiting 31 of our South West Norfolk villages to meet with residents. Should you wish to arrange a time to meet, please do get in touch via my email above.

WAYLAND 150TH AGRICULTURAL SHOW

SAT 2ND AUGUST 10.00am – 5.00pm

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Sponsorship and membership offers a meaningful way to support this long standing rural show and its future depends on the continued involvement of both sponsors and members. Do look at the sponsorship opportunities and the annual membership at waylandshow.com (Sponsors and Members)

To compete in all competitions please see the application forms online. These include Livestock, Equestrian, Horticulture, Cookery and Crafts, Vintage Vehicles and the Fun Dog Show.

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Adult £12.50 (+booking fee) - Under 16 free.
This price is available until midnight on 25th July 2026.

Gate price - Adult £15.00 - Under 16 free

Gates open at 10am. For further information please see the website www.waylandshow.com or the Facebook page.

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Clean Your Chimney —don't wait for Winter

As temperatures drop and fireplaces and wood-burning stoves come back into regular use, ensuring your chimney is clean and safe should be a top priority. Failing to have a chimney inspected and cleaned before winter can create serious risks for both your property and your family.

One of the biggest dangers is the build-up of creosote, a highly flammable substance that forms when wood is burned. Over time, creosote accumulates on the inside of the chimney and can ignite, causing a chimney fire. These fires can spread rapidly to the rest of the home, resulting in extensive damage and potentially

putting lives at risk. Blocked chimneys also pose a significant hazard.

Birds' nests, leaves, and other debris can restrict airflow, preventing smoke and dangerous gases from escaping properly. This can lead to carbon monoxide entering the home—a colourless, odourless gas that can cause serious illness or even death. Regular chimney maintenance also improves heating efficiency. A clean chimney allows smoke to vent correctly and helps fires burn more effectively, reducing fuel consumption and improving comfort during the colder months.

We have 2 advertisers—BRECKLAND BRUSH on page 11 and R A CLARKE above.

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

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20th June HARLING IN BLOOM until 5th July - page 10
JULY 2026

- 1st BVH Wednesday Social 11.00-1.00pm
1st OSH Coffee morning 10-12 noon
3rd EHSSC Bingo eyes down 7.30pm
4th E Harling Church Community café 10-12
4th Feline Care Pop-up shop 10-1pm
4th Bridgham Yard Sale 10-1.00pm see page 18
5th Harling Village Fete Poplars 12 noon – 4pm
6th HUB at OSH 10-12noon followed by exercise class
7th Film Night OSH 7.15 for 7.30pm
10th – 12th Harling Fringe see page 13
14th Gardening Club Evening trip to Whartons Roses (members only)
15th BVH Wednesday Social 11.00-1.00pm
20th HUB 10-12noon followed by exercise class
22nd OSH Coronation chicken lunch 12.00 for 12.30
23rd Knit & Natter East Harling Church 9.30-1100 am
25th Bridgham Church Coffee Morning 10-12 noon
27th HUB 10-12noon followed by exercise class
28th OSH Parish Council Meeting 7.15pm
30th OSH HUB Tea Dance 2.00pm

AUGUST 2026

- 1st Feline Care Pop-up shop 10-1pm 1st E Harling Church Community café 10-12
4th Film Night OSH 7.15 for 7.30pm
8th Gardening Club coach trip to RHS Hyde Hall Flower Show see page 14
9th EHSSC Smartphone speed quiz 6.00pm
11th Gardening Club OSH 7.30 Mary Murray "How to make the best of supermarket flowers"
14th EHSSC Bingo eyes down 7.30pm
15th EHSSC Open Mic Night 8.00pm

SEPTEMBER 2026

- 5th Feline Care Pop-up shop 10-1pm
5th E Harling Church Community café 10-12
8th Members Flower & Vegetable Show
11th EHSSC Bingo eyes down 7.30pm
19th EHSSC LIVE MUSIC with Red Leaf 8:30pm.
22nd OSH Parish Council Meeting 7.15pm
25th EHSSC - Zaket Potato food truck, 5pm-8pm.

CONTACT is published monthly by East Harling Parochial Church Council and items for the July edition should be submitted to the editor by email by 12th July 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. For enquiries regarding deliveries and insertion of flyers please contact the Editor by email.

Community Cafe



SATURDAY 4TH 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 secondhand bookstall.

Everyone Welcome!

KNIT AND KNATTER



Thursday 23rd July 2026
9.30 to 11am

St Peter and St Paul church, East Harling

Please contact Karen 07818063844 if you require any information. All are welcome – no need to knit, come to knatter

Tuesday 7th July FILM NIGHT

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

A British feel good film following a grieving family trying to save their pub. They start brewing real and enter The Great British Beer Awards competition. Fun movie with plenty of laughs!

£5.00 donation
EVERYONE WELCOME

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