



AUGUST 2022

CONTACT

EAST HARLING - WEST HARLING - BRIDGHAM -
ROUDHAM - BRETtenham - LARLING
VILLAGE NEWS AND EVENTS

CHURCH SERVICES & NEWS PAGES 3 AND 5
REVD SIMON'S NEWSLETTER SEE PAGE 6
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AFTERNOON TEA AND RAISE THE ROOF -

HARLING VILLAGE FETE - SEE PAGE 14
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SEE THE NEW WEBSITE— www.harlingguiltcrossbenefice.org.uk

Also published on line on the following web pages

<https://www.facebook.com/ehssp20/>

<https://bridghamparishcouncil.norfolkparishes.gov.uk/2020/10/09/contact-magazine/> for
Bridgham

<https://roudhamandlarling-pc.norfolkparishes.gov.uk/2020/08/17/contact-magazine/> for
Roudham and Larling

<https://www.harlingpc.info/> under the News page.

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~ Welcome to our Services in August 2022 ~

Midweek Communion every Wednesday at 11.00am in East Harling Church

Date	East Harling	Garbl'sham	Wretham	Bridgham	Larling
Sunday 7 th August Trinity 8	11.00am All Age 6.00pm Soul Café Old School Hall	9.30am Holy Communion	9.30am Service of the Word	11.00am Holy Communion	
Sunday 14 th August Trinity 9	9.30am Holy Communion	9.30am Holy Communion			11.00am Holy Com'union
Sunday 21 st August Trinity 10	9.30am Holy Communion 6.30pm Harling Praise	11.00am All Age	9.30am Holy Communion	11.00am Service of the Word	
Sunday 28 th August Trinity 11	9.30am Holy Communion	9.30am Holy Communion			11.00am Service of the Word

Date	Brettenham	Riddlesworth	Blo'Norton
Sunday 7 th August			
Sunday 14 th August Trinity 9			11.00am Holy Communion
Sunday 21 st August Trinity 10			
Sunday 28 th August Trinity 11	11.00am Holy Communion	6.00pm Holy Communion	



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~ Parish Records 2022 ~

~ WEDDINGS ~

Congratulations to: **Todd Robert WISHART and Madelaine Brigitte HAYWARD** of Gillingham Norfolk, who were married in East Harling Parish Church on Saturday 16th July 2022 by Revd Simon Richardson.

~ Funerals ~

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

Joan Lilly Henderson aged 92, whose funeral was held on 8th July at Breckland Crematorium

Michael A. Mayhew whose funeral was held on 12th July at St Peter & St Paul's Church, East Harling followed by burial in the Parish Cemetery.

FLOODLIGHTING 2022

Requests to sponsor the floodlighting of East Harling Church should be posted/delivered to:

The Rev'd Varlie Sheldrake, 12 Kemps Barns, East Harling, NR16 2TS

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 E Harling PCC please).

AUGUST 2022

21st Treasured memories of our dear mum, **Daphne HOLDEN**, taken from us on 21st August 2003. Loving you and missing you always, Sue and Billy.

Thank you to all who sponsor the floodlighting of East Harling Church

MIDWEEK COMMUNION



This short communion service continues every Wednesday in St Peter and St Paul's Church at 11.30am..

Feel free to bring your lunch with you so that we can share some social time together. Tea and coffee will be provided.

FOOD BANK

Please Remember!



Items for delivery to Thetford Food Bank can be left in the hamper at the rear of the pews in East Harling Parish Church.

Tinned and non-perishable dry goods (eg sugar, cereals) and toiletries welcome.

No fresh fruit or vegs please.

All items must be 'in date'.

Your gifts will be collected regularly.

Thank You!

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Methodist Services in August

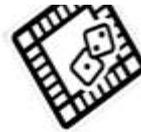
7th 10.45am Sectional service at Diss Methodist Church
6pm Soul Café in Old School Hall
14th 6.30pm Mr Pat Mottram
21st 10.30am Mrs Janet Browne
6.30pm Harling Praise at Parish Church
28th 6.30pm Rev David Ely (communion service)

(Our Harvest Festival will be on Sun 11th September)

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Next on 1st and 15th August

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Bring along any craft you would like to, have a chat, and coffee/tea and cake will be available!





Dear Friends

It is not an understatement to say that we are living through interesting times! Obviously for years now we have been reeling from COVID ... 2022 has brought us back face to face with the spectre of war ... and the rumbling troubles of our Government have led to the resignation of our Prime Minister, and the beginning of yet another leadership contest in the Conservative Party.

Added to that economic troubles and the myriad other things rearing their heads, it is no wonder if many of us are feeling a little overwhelmed. Sometimes, these last few months, I know I have felt it; and even as one of those Christians with the crutch of religion to lean on, I have wondered where on earth it might all end.

Well, here's the thing: it's not going to. How often down history has there been war? How often has there been financial ruin, and plague, and disaster? It is a cycle that will turn again and again, until the very end of all things ... and whether one turns to religion or science for an answer to that question, I suspect that is a long way off.

So where might we find some kind of relief from it all? The answer lies within you. The Christian faith, along with most (if not all) religions, and secular/humanist concepts like mindfulness, has always taught that true peace and strength are to be found within. Any time we turn to another person, a political theory, to money, to sex, to any other temporary, transitory thing, they will disappoint us. The same is true, ultimately of formal religion ... any religion can only point to the true reality, the true experience of Love.

There are many ways to access peace ... I personally practice Centring Prayer, and will be sharing that with anyone who is interested in the Autumn. A way of being grounded, and releasing our thoughts and emotions, and connecting with the presence of God within – from which point, we can act powerfully in the world around us, not just believing in love, joy and peace, but *being* love, joy and peace. You would be most welcome to find out more for yourself – just get in touch.

Either way, the world will always be wild, always be unstable, always a flawed but beautiful place. But within each one of us, God speaks all that we need to hear, to know, and to share, and I hope that some way, you will find out how to listen to that voice.

Yours with blessing

Simon

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**Harling Old School
Village Hall**

Would like to thank you for your support at this year's fete. Special thanks go to those who helped on the day.

Save the Date
17 August

Coffee Morning 

Yard Sales return!
On Sunday 11th September



New for this year- we're combining our popular yard sales with a village Scarecrow trail. Sign up by emailing eastharlingeents@gmail.com or texting Lydia on 07851 098 652

Prize for the best Scarecrow!

EAST HARLING GARDENING CLUB

If you missed our July talk you missed a good'un. Helen Hillier from Hilliers Nursery at Shropham gave us an excellent talk and demonstration on arranging flowers from the cutting garden, mainly displayed in oasis, and including wild grasses and plantains from her drive. To round the evening off she gave the club the 4 arrangements she had made for the raffle. At the end she had young



perennial plants for sale at very reasonable prices – her nursery is well worth a visit.

This month sees the return of the members flower and vegetable show and a members only trip to a local garden by invitation from the Zipper Club which raise money for heart research

On Thursday 15 December we will be having a coach trip to Cromer to a matinee performance of the Christmas end of the pier show. Cost is £35, and there will be a couple of hours to sightsee or get lunch before the performance. This is open to non-members.

Visitors are welcome at most of our meetings for just £3 or why not become a member for just £9 – some of our events are for members only, and others members get first refusal.

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NORFOLK WILDLIFE TRUST BRECKLAND LOCAL GROUP

On the 12th June we had a very interesting walk at Santon Downham with Jo Jones from Breckland Flora Group.

The group works with Forestry England and Plantlife to conserve rare Breckland plant species. Many of these plants are very small eg Birds' Foot not to be confused with Birds Foot Trefoil commonly seen on our verges. We also saw Tower Mustard, Annual and Perennial Knawel and Mossy Stonecrop.

Our own next event is on Sunday 11th September. A walk in Thetford along the rivers Little Ouse and Thet, guided by The Thetford River Group, patrol the area regularly collecting litter and monitoring the health of the rivers inhabitants. Meet at Abbey Meadows, near Canterbury Way road bridge, adjacent to Bishops primary school IP24 1EB.

Cost £2 members, £3 non-members
Booking essential 01953 718119.

THE GARDEN IN AUGUST

Lawns - keep mowing.

Wild areas and mini wild flower meadows -

When out walking around the village fringes do take a look at the wild flowers - those that are growing happily like the soil that we have. Lopham Road past the houses is particularly rich, I counted 23 species in flower - more if you count the nettles, brambles and grasses. I have just returned from the Ashdown Forest (not a million miles from here), and it was noticeable that some of the flowers were very different. Lesson - plant seeds that like your soil and leave Mother Nature to do the rest.

Shrubs - Take semi-ripe cuttings (base of stems just hardening and turning brown).

Herb Cuttings - A good time to take semi ripe cuttings of the woody herbs - thyme, sage rosemary etc.

Hedges - Cutting can continue.

Roses - Keep dead-heading repeat flowering varieties. Single flowering varieties can be left unpruned to set rosehips for autumn colour.

Annuals - Keep bedding displays watered in warm weather - they generally don't have very extensive roots. In baskets and containers they need watering daily in warm weather, feed weekly with a high potassium feed eg. tomato fertiliser.

Perennials including Dahlias - Keep deadheading unless you want to keep the seed heads for the birds.

Fruit - Cut back summer fruits. Blackcurrants can be pruned hard, with next year's fruit being mainly on the new growth. Select a few new canes from each raspberry and tie to wires for next year's fruit, cut the rest down to the ground.

Look out for fungal disease on apples, pears and plums. Remove and bin any affected fruit to prevent spreading. Don't put affected fruit in your home compost heap - they are ok in the brown bin if you have one - as commercial composting is at a higher temperature than you can achieve.

Vegetables - Lift second early potatoes as needed. Put a couple of egg sized potatoes in large pots or old buckets with holes in the bottom, cover tubers with a thin layer of

compost, and as the shoots appear keep topping up the compost. Keep watered and move somewhere frost free but light when it gets colder - these should still provide a few small potatoes around Christmas.

If you have any seed left plant a few climbing french beans to grow through existing climbing beans - if the weather is kind you will get a few beans right through into late autumn.

Relaxation - Most days you should be able to sit in the garden and drink your morning coffee and/or your evening glass of wine and remember why gardens are so precious.

Good gardening
Kevin

CHRISTMAS TREE FESTIVAL



Many of you enjoyed our first Christmas Tree Festival in the church last December. The church looked absolutely amazing and magical and this was only made possible by all of you. As it was so successful, we are already planning our next one for December, 2022. Because

we are expecting more contributors this year, as several more people expressed an interest last year, we would like to start making a list right now.

As last year we are hoping for local schools, clubs, businesses, shops and individuals to take part by decorating a tree. Each contributor will need to bring their own tree, decorations and battery powered lights, as there are not enough power points in and around the church. There is, however, plenty of room for lots of trees.

If you would like to participate this year please contact Susan Wilson by phone 07890 102392, send a message or email: susanmwils@gmail.com More details will follow over the next few months.



WE ARE
MACMILLAN.
CANCER SUPPORT



Samuel and I will be hosting our annual fund raising event this summer in aid of Macmillan Cancer Support and Blood Cancer UK on the 7th August.

Once again if you are able to bring a cake or a bake that would be so appreciated. But don't worry if you can't, just a few pennies in the pot will be wonderful.

And this year, my very talented friend Sue will be selling a selection of her handmade items including doggie bandannas, baby shoes, bags and knitted cactuses! She is donating all proceeds to the charities.

Sunday 7th August, 2pm until 4pm(ish) at 5, The Bailiwick

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We hope you will be able to join us.

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FTERNOON TEA

Following the success of our Afternoon Tea to celebrate the Queens Platinum Jubilee, we are hosting another for September, hoping the weather will still be warm!

East Harling Church
Afternoon Tea

Saturday 10th September 2022



**Join us from
3pm onwards
(book your slot)**

Tickets £8.00 from Dorothy Jubb 01953 717128

RAISE THE ROOF ART EXHIBITION

The three day exhibition from 8-10th July was a great success attracting over 50 plus visitors each day, many of whom had not visited the church before.

The Exhibition was organised by the Garboldisham Open Studio's group and they invited a variety of very talented local artists to join them in this, their first exhibition. We're delighted that, through Paul Sharrock, part of the Open Studio's group decided to hold the exhibition in the Church to raise money for our roof.

Many visitors enjoyed seeing all the wonderful array of art on view, and several pieces were purchased too, to the delight of the artists.



As well as seeing the exhibits, many visitors enjoyed our hospitality, staying afterwards for cake and a cuppa. Sincere thanks again to our fantastic team of helpers, who provided an enormous variety of delicious cakes and scones over the 3 days, and who helped to set up, serve refreshments and clear up each day. We really appreciate everyone's hard work. Finally thank you to all of you who visited the exhibition. We hope that you enjoyed your visit, seeing such beautiful art in our wonderful church.



We now look forward to welcoming a completely different but equally talented group of Artists and Artisans who still use the same skills and techniques medieval artists employed in furnishing and decorating our church in the 14th and 15th centuries, at the Designers and Makers Exhibition in October see you there!

**Saturday 22nd October in
East Harling Church NR16 2NB
10am - 4 pm**

Designers & Makers

Fine Arts & Crafts event in East Harling Church
linking the medieval to the modern

showcasing the work of among others...
Maz Jackson artist in tempers,
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Heather Graham, Potter, Marie Dowe, artist in glass,
and a special exhibition by Jeremy Warren

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HARLING VILLAGE FETE

We're over the moon to share with you all that we raised over £3,500 for the hall running costs at the fete.

As you can see from the photos we had glorious weather and some novel stalls, like The Human Fruit Machine, and in the central arena the Dog show and a display by the martial arts group, as well as the usual Raffle and the Cake stall which sold out half way through the afternoon!



Thanks once again to all those who helped but also those of you who came to support the day.



Our hall is a charity and costs thousands each year to keep open. Events like this will help us keep the hall open for another year.

Photos Lydia O’Gorman

CARPET BOWLS

Come and join us for Carpet Bowls in the Old School Hall, at 2pm on Fridays.

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TIPS FOR KEEPING COOL

One thing we have all learned in the latest heatwave and 38 degree C temperatures for future reference was to open your windows at the end of the day and during the night to let the cooler air in, and to close windows, curtains and doors during the day to keep the sun and hot air out.

I also discovered that keeping out of the sun between 11am and 3pm – usually the hottest parts of the day was really common sense. However sometimes you do need to go out, and then I found it best to carry a sun shade or you could use a light coloured umbrella, and to wear my old straw hat, and to take a bottle of water with me which I could easily refill.

We have been told over and over about keeping the body hydrated particularly in very hot weather by drinking lots of water or hot drinks and eating foods with a high water content such as salads, and watermelon and strawberries. Eating spicy and hot foods have also been shown to help us stay cool by making us sweat more. Do check out the recipe for a cooling chilled spicy tomato and red pepper soup on page 18!

Many people headed to the local swimming pool or to the beach to take a cooling dip, taking advantage of the temperature change in the air when water evaporates. Taking a cool shower can help you cool down quickly too, or sitting in my swimming costume in the children's garden paddling pool in the shade filled with iced water - lovely!

My other discovery was that hanging a wet sheet or towel in front of a fan helps cool the air as it passes through it. This will also work by using a fan to blow air over a bowl of ice or a cool block normally used in a cool bag .I found that keeping a window ajar to improve the flow of air while running the fan made a difference too. We managed to keep the inside of our house at 26 degrees centigrade when the outside thermometer was registering 38 degrees C.

And as for getting a good night's sleep we had a fan circulating air around the bedroom and opened all the windows upstairs to let the cooler night air flow in. We also slept under a thin cotton bed sheet which helps the body to regulate core temperature and allow restful sleep.

It seems that heat waves are going to become the norm and it is likely we will need to give more consideration to our village street environments to keep them cooler in high temperatures in future. One simple way is to

plant a tree in your garden, even the smallest plot has space for a tree! (see CONTACT July/August 2021) In towns and cities planting an avenue of trees along the roadside has been shown to have measurable cooling benefits.

BOOK REVIEW – AUGUST 2022

Here is a review of a selection of books available from the Book Swap in East Harling or your local bookshop. As a fan of reading unusual books and crime novels, it was time to try something new. *Thank you Sally - Editor*

“Haven’t they grown” by Sophie Hannah. Twelve years have passed, but the children do not look a day older. How can that be? Sophie is a new and recommended author to me; her books always have a twist where you’d least expect it. Her characters are very well described, with an unexpected ending. I couldn’t put it down.

“You Matter, The Human Solution” by **Delia Smith**. I’m a great fan of Delia’s cookery books as they are written in an easy-to-understand way, encouraging the reader to try out new things. This book is described as encouraging people to think more deeply about the phenomenon of existence. Unsure what this means, I certainly wasn’t a fan. I would prefer it if she stuck to writing cookery books. Although you may like it?

“Imposter” by **LJ Ross**. As an avid fan of LJ Ross, I had to add this to my list. Unfortunately, it is not a DCI Ryan mystery, her other crime series, but an Alexander Gregory thriller. As with the author’s other crime stories, it is compelling to read. According to the author, “there’s a killer inside all of us”. Not a cheery thought, but it is an excellent read and gathers momentum the more you read—a gripping book set in County Mayo, Ireland.

“Take nothing with you” by **Patrick Gale**. Patrick Gale is one of my favourite authors. He knows how to mention even the most minor characters in so much detail. It has been described as being “heart breaking”, “funny and tender”, and “warm and humane”. It is based on its central character, Eustace, an only child leading a strange existence in a houseful of elderly adults. His life changes dramatically with the arrival of Carla Gold, his cello teacher. As Eustace makes new friends through music, he also learns the hard lessons of love and survival, setting him up for life. He is a prolific writer and would recommend his other novels, e.g., “Notes from an Exhibition”, “A perfectly good man”. *We welcome your views on these or any other books you have read and enjoyed = please do get in touch – Editor*

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ICED TOMATO SOUP



There are many recipes for cold tomato soup but when the weather is sizzling you don't want to be bothered with fancy stuff; this one is simple and quick to make and very refreshing on a hot day.

If you have a soup maker all you need to do is place all the ingredients in the jug and follow the manufacturer's instructions.

No soup maker? Cook the onions first in small amount of butter or oil, and then put all ingredients together in a large pan and simmer until the vegetables are cooked. Then leave to cool, blitz and chill.

Ingredients:

400g can of chopped tomatoes
3 or 4 cloves of chopped garlic (to taste)
1 small chopped onion
1 small red pepper, deseeded and chopped (roast first if liked)
1 small courgette, chopped,
Handful of chopped chard including the leaves – or two stalks of celery
Approx. 300ml chicken or vegetable stock
Basil and/or other herbs as liked/chilli flakes pinch
Seasoning
Cook either in a soup maker or saucepan (see above)
Decant and chill in refrigerator.
This will make about 1L soup.

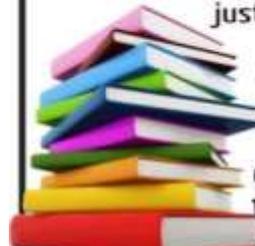
Before serving taste and adjust seasoning - you may like to add a spoonful of sugar or a squeeze of lime or lemon and aficionados of Worcester Sauce may like a dash of that in their portion.

This soup will keep for a few days in the fridge or can be frozen.

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ROOKERY NOOK by HARLING THEATRE COMPANY

At last this play was ready to be presented, having been in rehearsal since 2019 through the trials and traumas of the pandemic on then off then on again with several changes of cast in between. So it was really wonderful to present this farce, our first under the direction of Hayley Wilson and Gus Woodcock with the support of the stage management team, sound and lighting, props and scenery all coming together to provide some really great entertainment! The VIP tickets sold out and the meal at the Nags Head together with specially reserved seats made a great package for a really excellent special night out. As one theatre goer kindly said:



"What a wonderful evening!
 The warm welcome received on arrival plus the atmosphere of theatre that was created in the Old School Hall were delightful and had us sitting in excited anticipation for the play to begin – we were not disappointed!! From the moment the curtains opened, we were transported back to the 1920's and the world of the wealthy socialites of the day. This hilarious farce had us laughing from beginning to end. Every member of the cast performed with amazing professionalism. The sets were excellent and the work of the stagehands seamless. It really was a night to remember. Well done Harling Players! I can't wait for your next production – Please keep them coming.

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DIARY DATES 2022
For fundraising events, outings etc. in the parishes in the
Harling United Benefice. Full details appear in the
magazine

AUGUST 2022

- 2nd E Harling Film Club OSH 7 for 7.30pm
- 3rd Bridgham Village Hall Wed Social 11-1pm
- 6th E Harling Church Community Café 10-12noon
- 6th Bridgham Village Hall Sat Social 8-11pm
- 12th Bridgham Village Hall Friday Social 8-11pm
- 17th Bridgham Village Hall Wed Social 11-1pm
- 17th OSH Coffee Morning 10am-12noon
- 20th Bridgham Village Hall Sat Social 8-11pm
- 26th Bridgham Village Hall Friday Social 8-11pm
- 27th Bridgham Church Coffee Morning 10-12

SEPTEMBER 2022

- 3rd E Harling Church Community Café 10-12 noon
- 3rd Bridgham Village Hall Sat Social 8-11pm
- 6th E Harling Film Club OSH 7 for 7.30pm
- 7th Bridgham Village Hall Wed Social 11-1pm
- 10th Churches Bike Ride (see page 13)
- 10th E Harling Church Afternoon Tea 3pm onward
(book your slot) further info on Page 13
- 11th E H Village Yard Sales and Scarecrow trail
- 14th OSH Coffee Morning 10-12 noon
- 17th ~~Bridgham~~ Village Hall Sat Social 8-11pm
- 21st ~~Bridgham~~ Village Hall Wed Social 11-1pm
- 24th ~~Bridgham~~ Church Coffee Morning 10-12

- 27th E Harling Parish Council OSH 7pm
- 28th OSH Ploughman's Lunch 12 for 12.30

OCTOBER

- 1st E Harling Church Community Café 10-12noon
- 1st ~~Bridgham~~ Village Hall Sat Social 8-11pm
- 4th E Harling Film Club 7 for 7.30pm
- 5th ~~Bridgham~~ Village Hall Wed Social 11-11pm
- 12th OSH Coffee Morning 10-12noon
- 22nd ~~Bridgham~~ Church Coffee Morning 10-12 noon
- 22nd E Harling Church Designers & Makers
Exhibition 10-4pm
- 25th E Harling Parish Council OSH 7.00 pm
- 26th OSH Sausage & Mash Lunch 12 for 12.30

NOVEMBER

- 1st E Harling Film Club OSH 7 for 7.30 pm
- 6th E Harling Church Community Café 10-12noon
- 9th OSH Coffee Morning
- 22nd E Harling Parish Council OSH 7.00 pm
- 23rd OSH Soup L lunch 12 for 12.30

CONTACT is published monthly by East Harling Parochial Church Council and, items for the September PAPER edition should be submitted to the editor by email by 12th August 2022 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



SATURDAY 6th August
come and join us!
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!

Tuesday 2nd August
FILM CLUB

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!



The world's No 1
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An irreverent uplifting
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Adult £5.00 / Child £2.50
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