

NOVEMBER 2023



# CONTACT

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

VILLAGE NEWS AND EVENTS

CHURCH SERVICES & NEWS PAGES 3 AND 5

REVD SIMON'S NEWSLETTER EE PAGE 6

E HARLING NEWS AND EVENTS SEE PAGES 9 & 10

HARLING LOST LANES AND HIDDEN HIGHWAYS -  
SEE PAGE 13

## MUST SEE EVENTS NEAR YOU THIS



FRIDAY 3RD NOVEMBER - FIREWORK PARTY  
ON THE REC FROM 6.00 PM



SATURDAY 4TH NOVEMBER E HARLING  
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[www.harlingguiltcrossbenefice.org.uk](http://www.harlingguiltcrossbenefice.org.uk)

Also published on line on the following web pages  
<https://www.facebook.com/ehsspp20/>

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

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

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

**~ Welcome to our Services in November 2023 ~**

**Midweek Communion every Wednesday at 11.30am in East Harling Church**

<b>Date</b>	<b>E Harling</b>	<b>Garbl'sham</b>	<b>Wretham</b>	<b>Bridgham</b>	<b>Larling</b>
<b>Sunday 5<sup>th</sup> Nov All Saints</b>	<b>11.00 am All Age 6.00pm Soul Café In O S Hall</b>	<b>9.30 am Holy Communion</b>	<b>9.30am Service of the Word</b>	<b>11.00am Holy Communion</b>	
<b>Saturday 11<sup>th</sup> Nov</b>	<b>11.00 am On Memorial Green</b>			<b>11.00 am At War Memorial</b>	
<b>Sunday 12<sup>th</sup> Nov Remembr'ce Sunday</b>	<b>10.00am Service of Remembr'ce</b>	<b>11.00 am Service of Remembr'ce</b>	<b>10.45am Service of Remembr'ce</b>		
<b>Sunday 19<sup>th</sup> Nov 2<sup>nd</sup> before Advent</b>	<b>9.30am Holy Com'union 6.30pm Harling Praise</b>	<b>11.00am All Age</b>	<b>9.30am Holy Communion</b>	<b>11.00am Service of the Word</b>	
<b>Sunday 26<sup>th</sup> Nov Christ the King</b>	<b>9.30am Holy Com'union</b>	<b>9.30am Holy Communion</b>			<b>11.00am Service of the Word</b>

<b>Date</b>	<b>Rushford</b>	<b>Shropham</b>	<b>Brettenham</b>	<b>Riddlesworth</b>	<b>Blo'Norton</b>
<b>Sunday 5<sup>th</sup> Nov All Saints</b>	<b>9.30am Holy Com'union</b>				
<b>Sunday 12<sup>th</sup> Nov Remembr'nce</b>	<b>10.30am Service of Remembr'ce</b>				<b>3.00pm Service of Remembr'ce</b>
<b>Sunday 19<sup>th</sup> Nov 2<sup>nd</sup> before Advent</b>		<b>9.30am Service of the Word</b>			
<b>Sunday 26<sup>th</sup> Nov Christ the King</b>			<b>11.00am Holy Communion</b>	<b>6.00 Holy Communion</b>	



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## CONGRATULATIONS!

Recording the Civil Partnership between Revd Simon Richardson-Best and Tyrone Richardson-Best on the 7<sup>th</sup> October 2023 at Diss Register Office with the reception afterwards at Garboldisham Parish Hall.

## OBITUARY

In loving memory of **Rita Phillips** who passed away peacefully in Surrey on the 29<sup>th</sup> September 2023. Rita moved to the village in 1962 and for many years she ran the Mace greengrocers store in White Hart Street with her late husband, Ian. Born in Cambridge, Rita spent the majority of her life in East Harling where she made some dear friends and many special memories.

She will always be loved and sadly missed by her children: Stuart, Trudy & Richard, her daughters-in-law & son in law, grandchildren and great grandchildren.

## FLOODLIGHTING NOVEMBER 2023

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, 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).

### NOVEMBER 2023

3<sup>rd</sup> **Revd Simon Richardson-Best** - on the second anniversary of his licensing and installation to the Harling and Guitcross Benefice which took place on this day in 2021 – Ed.

5<sup>th</sup> **Guy Fawkes Day** - Happy Birthday wishes to **Pam Seaman, Caroline Cross and Carole Adams**

9<sup>th</sup> For **George and Hilda Cole**; we thank you for all the wonderful memories. With love from Val, Katherine and Stuart.

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



YOU'RE INVITED TO THE THIRD ANNUAL  
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FRIDAY 8 <sup>th</sup>	4PM-8PM	Come and experience the wonder of over 70 glowing Christmas trees decorated by local organisations including schools, clubs, businesses and other groups!
SATURDAY 9 <sup>th</sup>	3PM-7PM	
SUNDAY 10 <sup>th</sup>	4PM-7PM	
THURSDAY 14 <sup>th</sup>	4PM-7PM	
FRIDAY 15 <sup>th</sup>	4PM-8PM	
SATURDAY 16 <sup>th</sup>	3PM-7PM	
SUNDAY 17 <sup>th</sup>	4PM-5PM	

**Carols by Tree Light**  
SUNDAY 17<sup>th</sup> DECEMBER - 6PM  
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## METHODIST CHAPEL WHITE HART ST METHODIST SERVICES IN NOVEMBER

5<sup>th</sup> November 10.30am Mr Dennis Cartwright  
6.00pm Soul Cafe at Old School Hall  
12<sup>th</sup> November 6.30pm Rev Paul Mellor communion service  
19<sup>th</sup> November 10.30am Mrs Jane Mottram  
6.30pm Harling Praise (at Methodist Church)  
26<sup>th</sup> November 6.30pm Mrs Jane Mottram

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## BENEFICE POP-UP CHOIR

**DATE:** COMMENCING FROM THURSDAY 19<sup>th</sup>  
OCTOBER 2023

**TIME:** 7.30PM

**VENUE:** ST PETER AND ST PAUL'S CHURCH, EAST HARLING

### Our aim -

To gather people who like to sing within the Benefice and local community, you don't need to read music and want to be part of a relaxed welcoming local church/community.

### Chair Practice schedule -

Weekly from Thursday 19<sup>th</sup> October 2023 to Thursday 23<sup>rd</sup> November 2023 from 7.30pm - 8.30pm as performing on Sunday 26<sup>th</sup> November 2023 at 6pm in East Harling.

### Points of contact are:

- Tyrone Best - Email: [tybest993@live.com](mailto:tybest993@live.com) Mobile: 07783 740760

## Flower arranging club

Thursday mornings 10-12noon  
in Hall behind Methodist Church  
White Hart, Street East Harling.

To Book a place or for more information  
Ring Maureen on 01953 452727  
Or feel free to visit on a Thursday morning  
to meet us, and see what we do!



Dear friends

You may have seen a very strange individual wandering around the place of late ... like something out of a movie, or a history book - a man, dressed in a grey habit with a black scapular (a kind of tabard).

Rather than anything particularly supernatural, it is just your Priest-in-Charge, dressed even more strangely than he already was. This is because during September, I became a novice of the Anglican Order of Cistercians, which is a group of men within the Church of England that follow a way of life and prayer inspired by the Cistercians, who have been around for centuries.

In truth, I feel like a bit of an idiot walking around dressed like this; but it does serve a purpose. Ironically, it makes it clear that I am useless! By this I mean that I have no useful purpose – I only exist to pray and to remind people of the reality and presence of God, and that they are loved passionately by that God. I am following this path because I've been called to it, mainly; but also because it brings me peace, hope and joy in a world where these are at a shortage. And I wear these robes and keep going on about it because I hope to point people in this part of the world – you, dear friends – towards the love of God.

So my prayer for you is not that you join my path (though you'd be most welcome), but that you find sure footing on your own path, a path that leads you through doubt and sadness and uncertainty, towards the love, hope and joy that can only be found in God. I'm sure that, like me, you're wondering how to make sense of the world post-pandemic, and in the midst of war in Ukraine, and now in the Middle East. These are scary times, and there is so much uncertainty, globally, and in our own personal, individual lives. The Christian faith is not a magic wand - I really wish it was, if I'm honest. But it does give a focus for today, hope for tomorrow, and it calls us back again and again to the source and foundation of all things - to what Christians call God.

As always, if you do ever want to know more about this, please do get in touch. And in the meantime, be assured by your 'useless' Priest, that I, and others in your Church, are praying for you every day.

Yours with every blessing

*Simon*

The Revd Br Simon Richardson Best, OC

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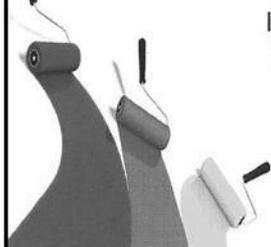


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FRIDAY 3<sup>RD</sup> NOVEMBER FROM 6.00PM**

Come along and support East Harling Recreation Ground for our annual Fireworks Spectacular! We will have a laser show, fireworks, sparklers, and live music by Alton Wahlberg, Zumba dancing, food stalls, and bar, kiddies' rides, Combat Paintball and more!

**£5 cash donation per adult entry. Children free! Free parking but please do walk if you can as parking will be limited.**

All funds raised will support the ongoing running of Harling Recreation Ground which is a registered charity.

**OUR FIRST EVER BAKE OFF, OCT 2023**

I'm pleased to report that there were no soggy bottoms this weekend in East Harling, as over 28 entrants got involved in 8 categories at our first ever Great Harling Bake Off. The standard was high, making the judging panel's job seem an impossible task. The freestyle category was a particular highlight and included a cake shaped as our village sign, some amazing muffins, a



loaf that would surely make Paul Hollywood dish out one of his rare Hollywood Handshakes, and the winner with a seriously impressive Victoria Sponge was Pat Coe. Not surprisingly, this was the first to sell out at the cake sale which followed. How nice it was that this was an event to

which all ages were drawn. Some children's entries would have done well in the adult categories and the judges couldn't rave highly enough about Joseph in the 8-12 category's bread.

Members of the public came to admire the entries whilst enjoying tea, coffee and bacon rolls and Andi from East Harling Bakery did an inspirational demo piping flowers and decorations onto a cake. Her pumpkin cake was a masterpiece. It was a lovely morning. Thanks to all who supported and to our volunteers too.

**EAST HARLING GARDENING CLUB**

Our October meeting was a talk about peat-free compost followed by a closer examination of some of the commercially available composts. Following on from this 15 rooted strawberry runners have been potted up into litre pots into each of garden soil and each of 6 composts. The results will be seen in the [Spring](#) at one of our meetings.

We meet on the second Tuesday of each month, in the Old School Hall unless otherwise notified. Annual membership from 1st April currently costs just £10, or we welcome visitors at just £3 per meeting.

In November we have a talk by Laura of Laura's Flowers who is back by popular request.

On Wednesday 6 December there is a trip to the Pantomime in Bury St Edmunds, leaving the Market Square at 12 noon. We have paid for the Tickets that were ordered, but if you want to go then you could book your own and there is space available on our coach at a cost of £10 or there may be some cancellations nearer the time.- contact Mary on 01953 717 193. Also in December, on Tuesday 12th we will be returning to The Swan for our Christmas lunch after an excellent meal last year.

**OUR ANNUAL VILLAGE CHRISTMAS LIGHT SWITCH ON IS BACK - WE CAN'T WAIT TO KICK START THE VILLAGE FESTIVITIES!**

The village hall committee have once again teamed up with the School PTFA to bring a bumper Xmas event to the village on Sat 2nd December. This year we've made a few changes to hopefully ease congestion around the hall. Our Christmas craft market in the village hall will open from 1pm to 6pm. There will also be festive hot food and drink vendors serving from 1pm -6pm so come for a spot of lunch or dinner (or both!) -make a start on your Xmas shopping! Remember, when you buy local you're supporting a dream, a family's livelihood. From 1pm there will be last minute lantern making and other activities run by the PTFA and there will also be festive performances throughout the afternoon.

The Lantern Parade begins from 4.15pm at the Church towards the Village Christmas tree on Peppers Corner and will be spectacular. All welcome to take part in this - bring your own lantern (perhaps made in our Lantern Making workshop on Sun 26 Nov see website to book onto this) There will be Christmas music being performed live at the Christmas tree from 4:30pm, and just before 5pm we will sing carols en masse as a village. If we are lucky, we will be joined by a Christmas VIP - Santa himself! - Who will, with our help counting down, turn on the village Xmas Lights. Afterwards you can return to the hall for hot food, shopping and much more. Over 20 stalls will still be open at the hall. For more info see our facebook page EAST HARLING LIGHT FESTIVAL or the village hall website.

[www.harlingoldschoolvillagehall.co.uk](http://www.harlingoldschoolvillagehall.co.uk). Up to date timings and event info will be posted in the run up at both of these places.

**HARLING OLD SCHOOL VILLAGE HALL  
WHAT'S ON IN NOVEMBER**

**Coffee Morning**



WED 8 NOVEMBER  
10-12 NOON

All welcome to come along and have a chat over coffee and freshly made sausage rolls and scones.

**Quiz Night!**

SAT 11 NOVEMBER

Bring your own drinks. Max teams of 6. £3pp



Tickets available from Down on 717888 or pay on door.



**Sausage Sizzle Lunch**

WED 22 NOVEMBER  
12 for 12:30 £7pp

No need to book, just turn up and enjoy our hot sausage lunch with dessert.

**Lantern Making Workshop**

SAT 26 NOVEMBER

Fun for all the family. Come along and make your lanterns for the Light Festival on Dec 2nd.

This is a bookable event. Please see details on EAST HARLING LIGHT FESTIVAL Facebook page or [www.harlingoldschoolvillagehall.co.uk](http://www.harlingoldschoolvillagehall.co.uk)



## Coach Trip to Bury St Edmunds including Pantomime

Wednesday 6 December  
Leaves Market Square at 10 am  
Approx 2 hours in Bury St Edmunds before a matinee  
performance of Snow White  
Cost £ 30  
For tickets phone Mary on 01953 717193  
A community event organised by East Harling Gardening Club

### CARPET BOWLS

Roll Up Come and have a go at Carpet Bowls in the Old School Hall at 2pm till 4pm and a cuppa at half time .Tuition given by a County bowler. 1st afternoon given free to see if you like it and us ,Thereafter £2 a session .Every Friday .Just turn up or phone Heather on 717648..

### EAST HARLING WI

In September East Harling WI had an interesting talk by Richard Evans relating to Biodiversity in the Breckland region. It was most informative about how local farmers are trying to balance natural habitats for encouraging wildlife and for growing food - there was also a bit on water management and improvements!! Many thanks to Richard for an interesting evening, and it certainly made members think about all the different factors going on in the area.

Our November meeting is only open to members as it is our AGM. If anyone would like to join the Committee or take on one of the important roles i.e. President, Secretary or Treasurer, please let us know. I expect there will be a huge rush of candidates!! Please could members bring a plate of nibbles. Our December meeting will be our usual Christmas meal, and deposits will be needed at the November meeting. Also, all raffle prizes will be greatly appreciated.

East Harling WI usually meets on the third Tuesday of each month at the Village Hall for 7.30pm. If you have any questions please feel free to call me Jackie Underwood on 07725126115

### **The Friends of East Harling Church**

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VILLAGE XMAS TREE LIGHTS SWITCH ON  
CHRISTMAS MARKET  
HOT FOOD  
CAKES & REFRESHMENTS  
**Saturday 2nd December**  
Market & festivities 1-6pm Old School Hall  
Parade starts at the Church at 4.30pm  
Village Christmas lights switch-on at 5pm

### CONSERVATIVE WOMEN'S LUNCH GROUP

The Christmas Meeting will be held at 12.00 on Wednesday, 22<sup>nd</sup> November at Hill Harling Farm. There will be a light lunch and a craft workshop. If you have not joined us before but would like to come along on this occasion, please contact the Secretary, Carole Adams, on 01953-717891 for more information

### EAST HARLING WELCOME HUB WHAT'S HAPPENING THIS WINTER....

**\*Monday 6<sup>th</sup> November – Health Watch Norfolk 11am-1pm** – your local health and social care champions for the County. They want to hear your concerns over local health care and will feed back to NHS leaders and decision makers (CQC)

**\*Monday 13<sup>th</sup> November 11.30am – MIND Norfolk** – come and speak to Sam who can offer practical support on mental health issues, where, and how to get help for you or someone you care about. Find out how you can become a MIND Campaigner and help others in the community.

**\*Monday 18<sup>th</sup> December will be our last Hub for the year, but it will be a special one with Christmas music and treats**

The Hub is open to everyone and we meet every Monday at the Old School Hall, 11am – 2pm

We offer coffee and cake, and soup lunches, weekly quiz, newspapers, book swap and a chance to chat to friends and meet new ones

**All workshops and talks are free of charge as well as all refreshments.**

**Donations always appreciated**

**For more information call Kate on 714656 or email harlingclerk@gmail.com**

### N W T BRECKLAND LOCAL GROUP.

We kick-started our talks with Tim Holt-Wilson telling us about Palaeolithic human life in the Brecks and explaining the special contribution that the Brecks Fen Edge and river valleys have made to our understanding. Tim drew a good crowd for us, even if you think this subject isn't for you, Tim makes it fascinating with his deep knowledge and passion. He will be back again for us in the Spring. On Wednesday 8<sup>th</sup> we have Anne Mason, from Friends of Thetford Forest, who will fill us in on The Warrens of Breckland, the history, archaeology and remaining evidence of the 600 year old industry.

As ever this is held in The Methodist Centre, High Street, Watton. IP25 6AB. Cost NWT members £2 non-members £3. Refreshments will be served. No need to book.

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## TALES OF OLD HARLING 19 - Its lost lanes and hidden highways 4 The enigma of the 'Devil's Ditch'

About a mile south of East Harling, along the Roman Road, is a junction known locally as 'the Five-ways'. Continue straight ahead for about 300 metres and you will find a narrow footpath on the left, which leads to an ancient earthwork marked on the O.S. Map as "Devil's Ditch". The Roman road continues straight ahead towards Gasthorpe.

This ancient "Ditch", originally a 'bank and ditch', once continued southwards for nearly 3 kilometres, but only an adjacent footpath marks its original course for much of the way. Most visible features of this northern section of the Devil's Ditch have disappeared except for a short length adjacent to the Roman Road, now hidden by a tree plantation and dense undergrowth. From here onwards the original bank and ditch have been destroyed but re-appear after about a kilometre where something resembling its original form appears as a sunken path with a short section of its original bank about 2 metres above. After rising to the top of a small hill, the bank slopes steeply away giving fine views eastwards, then drops down to cross the Diss—Thetford Road ( B 1066). The ' ditch' continues for a short distance with, strangely, a BANK on both sides before disappearing into the marshy lands of the flood plains each side of the River Lt Ouse. The course of this earthwork continues from here as a **natural** defensive barrier across marshy land (which may well have been even more marshy in ancient times) to re-join the ROMAN road 6 Kilometres south of where it began at the Five-ways, forming a defensive ARC.

The questions now, are---. How old is the Devils Ditch? What is it? Why is it here?

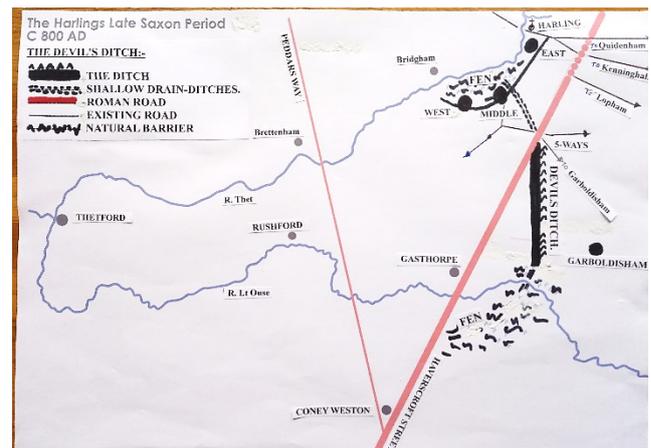
The Devil's Ditch is described as a '**defensive earthwork**' and limited archaeology has (very) broadly dated it **possibly iron -age but re-cut during the (Saxon) or Middle Saxon period.** i.e. the 'Dark Ages-- late 5<sup>th</sup> to late 9<sup>th</sup> century

The Iron Age and the Dark ages were periods of turmoil in the history of East Anglia. The Devil's Ditch is just one of six surviving defensive earthworks in Norfolk assumed to be part of a larger network of defence. Whatever it '**defended**' during the iron-age is lost in the mists of time. However, the period between the Romans leaving our shores and the Normans arriving 500 years later (the time when the Devil's Ditch was "re-cut") was perhaps the most 'troubled' in our history. Who knew from which direction a threat would come So--why can't these enigmatic defensive earthworks be more accurately dated to pinpoint whether they were dug to DEFEND ancient Britons against Saxon invaders, Saxon settlers against Viking invaders or Viking settlers against displaced Saxons?---each of whom had good reason to build defensive earthworks? Accurate dating of these earthworks will always be a problem because, by definition, they were built by local people under serious threat. They were constructed in a hurry. There was no time to drop coins, cooking pots or other dateable evidence for Archaeologists to find in the 21<sup>st</sup> century. Some earthworks seem to have been constructed to defend against attack from East, West, South or North-- depending on the enemy's expected direction of attack at the time which, as we have seen, depends on accurate dating, thus creating more questions than answers!

Traditionally, these defensive earthworks spanned vulnerable ancient or Roman roads to defend towns or communities from enemy attack—starting and finishing at impenetrable natural barriers such as marshland or rivers, all making good military sense. That's exactly what the Devil's Ditch did, probably a number of times during its long history, from the iron-age to late Saxon times. BUT--could it have ever extended further northwards? To connect the Roman road at the Five-ways to the vulnerable River Thet? To form a defensive GATE across TWO important river routes instead of just one? Why would its builders leave a

vulnerable 'gap' of just 2 kilometres between the Roman road at the Five-ways and the natural barrier of the marshlands of the River Thet at Middle Harling? I propose that the Devil's Ditch defensive network could once have extended this far. WHY?

After the Romans left Britain in the early 5<sup>th</sup> century, they left a political vacuum, soon filled by incursions from the Saxon culture by way of sea, rivers and the network of roads conveniently left by the Romans. This Saxon culture thrived for several hundred years centring around the two developing towns of Thetford and Norwich, which by the early 9<sup>th</sup> century had become extremely prosperous, thriving with rich merchants and Churches and Monasteries rich with silver and gold --thus becoming tempting targets for the growing army of VIKINGS who could attack both towns from north, south, east or west, by sea, by river or by road.-- people could only guess from which direction they would attack. So--which way would the Devil's Ditch need to 'face'?? No one knew whether Thetford or Norwich would be targeted first so it would make sense to build defensive barriers against attack from all possible sides and to span all potential road and river routes. These earthworks wouldn't stop a determined army of marauding Vikings----but they would certainly slow them down! The Devil's Ditch was one of those earthworks. I believe it's possible that the Devil's Ditch network may have continued north--easterly for a further 2 kilometres to stop at the marshes of the River Thet at a point near West Harling. After all, those sneaky Vikings could have easily used the River Thet at this point as a back-door into Thetford! What's the evidence?



At the north-west 'corner' of the Five-ways, adjacent to the Roman Road, is a shallow ditch which drains the boggy land and springs of East Harling between the Poplars playing fields and Town Farm. This ditch crosses the West Harling Road where it finally runs into the boggy marshland of the River Thet. I believe this is a continuation of this important defensive network with the Devil's Ditch at its centre. If I am right then it creates a perfect system by defending a Roman road (possibly two) plus **TWO** Rivers, the Lt Ouse **and** the Thet. Why not? It becomes a perfect GATE between these two rivers with impenetrable marshland at each end. Both rivers meet in the very heart of Thetford at its most vulnerable point of Viking attack! If my assumptions are correct then the Devil's Ditch could have 'defended' Thetford **and** Norwich, or at least given warning of invasion to other villages within this 'land-between-two-rivers'--including The Harlings.

Eventually the Viking Great Army of several thousand men, DID successfully reach Thetford overwintering there in 869, after conquering York. The Viking's eventual route into this corner of East Anglia was probably from the West--by boat across The Wash then by river into THETFORD, via the River Ouse, but the villagers of The Harlings, Bridgham, Garboldisham, Riddlesworth and Rushford didn't know that when they constructed the defensive earthwork we now call the Devil's Ditch. **David Bailey**

*continued on Page 16*

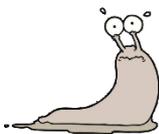
**GARDENING IN NOVEMBER**

This month is very much weather led. Judging by the rest of the year we could have almost anything!

**Learn to love slugs**

Unless we have a very hard winter next year will be the year of the slug!

Molluscs are one of the oldest groups of organisms on earth. They first appeared about 540 million years ago, with terrestrial slugs and snails coming on the scene about 150 million years ago. The joke that a slug is a snail that has lost its shell is not far wrong, as they evolved from snail ancestors many times over their evolutionary history. This means that most slugs have a shell remnant, usually under the skin, with some visible on the outside.



There are more than 40 species found in Britain. All are hermaphroditic (with both male and female reproductive organs). Some such as the ghost slug (discovered in Wales in 2008) live mainly underground and are carnivorous, feeding mainly on earthworms. Others such as the large mottled Green Cellar Slug (found around compost heaps) feed on decaying plants and animal material. Still others are omnivorous – feeding on whatever they can find – live plants, fungi, decaying plants and animals. They can cope with extremely cold weather by exploiting warmer garden microclimates such as sunny walls, compost heaps and underground.

Thanks to their wide-ranging diets, many species play an important role as detritivores – breaking down material and recycling nutrients back into the soil. They also provide a food source for wildlife. So, while some can be a nuisance, they are also an important part of garden ecosystems.

Ever wondered where those random seedlings that appear in your garden come from?

They are often spread by slugs – they are eaten then deposited in a different location, where they may germinate.

*With thanks to the RHS*

**Jobs for this month**

**Borders:** A good time to dig out new beds and borders. Weed several times before planting new shrubs, trees and perennials.

**Lawns:** Raise the mower blades a notch if you need to mow.

**Trees, shrubs (including roses and deciduous hedging):** Bare rooted plants may be available this month onwards. They are much cheaper than their pot-grown counterparts. Stake trees to prevent rocking in the wind.

**Cuttings:** Hardwood cuttings of shrubs and trees including shrub roses can be taken.

**Perennials:** A good time for splitting and planting perennials including rhubarb

**Short biennials:** Don't let them get covered with fallen leaves.

**Dahlias:** if you have Harling soil (?) cut your dahlias down to the ground after the top growth turns black. Mark with a stick and forget about until the Spring. If you are in one of the parishes where the ground, gets waterlogged over the winter you may have to consider digging up the tubers and storing in damp sand or compost in a frost-free not hot) place until February.

**Bulbs:** Plant tulips. Check potted bulbs planted in September, and move any that are sprouting to a greenhouse, cold frame or cool well-lit room.

**Vegetables:** harvest whatever is ready. Plant individual garlic cloves 3cm deep and 15cm apart.

**Fruit Trees:** Begin winter pruning of established fruit trees (not stone fruit)

**Seeds:** There will be cold and wet days. That is a good time to browse the seed catalogues (either online or hard copies). Be wary of listings on eBay, and if tempted make sure they are seeds originating from the UK or EU where disease controls are strict. Many of the diseases affecting well known plants and trees originated abroad,

**General:** Remove outdoor pot plants from saucers and stand on pot-feet or bricks to prevent water-logging. Inspect your plant supports – there will be strong winds. Last year's hardwood cuttings should now be ready to pot on to bigger pots or planted out.

Put fallen leaves in small amounts into your compost heaps, or stack to rot down (slow) into leaf-mould.

Remove any large figs from your trees. Leave the small pea-sized ones for next year's fruit.

Remember if you have built a bonfire for 5 November check that nothing has crawled into it before you light it. It's always best to build a bonfire just before you light it.

Good Gardening  
Kevin

**Autumn Book review: "Coincidences, do they exist"?**

For those of you who entered the Harling Bake Off recently, well done to all competitors and the winners, of course, for their hard-earned bakes. At that event, I met a great lady who lives in the village. I'd never met her before, but she knows everything about baking and everyone in the village, a new friend, always good. The coincidence is that her great friend and neighbour is a fan of this book review, so this month's contribution is for those two newly met friends and all readers in the village. Enjoy.

The second possible coincidence is a crime book by Tim Weaver, "**Vanished**", **No. 4 in the David Raker series**. I greatly enjoy Tim Weaver's crime books for several reasons. Mainly because David is a relatively new British author, recommended by a good friend; there are no American phrases or spelling, it is well written, and the author writes about places he clearly knows very well. Hence, his attention to detail is amazing. The story is about a person in December who boarded an underground train in December, but he was never seen leaving it. Six months later, he is still missing, but where is he? These books are compelling from the moment you start, so I highly recommend this one and the other Tim Weaver books in the series with the chillier weather coming.

Another recent read is "**The Echo of Old Books**" by **Barbara Davis** - I loved the book cover, which sounded intriguing. It tells the beautiful story of a young woman who inherits a second-hand bookstore from her family and spends many happy hours/days discovering the books she has donated. A lot of the books are a similar type, but not always the last one in the box. It is very imaginatively written, and you can imagine being with her in the shop, learning about her new possessions; I actually felt quite envious of her findings. Will she keep them all or save a few and what happens to the ones she keeps, does she keep them on her own bookshelf? It is a good read and one I thoroughly enjoyed.

**Continued on Page 18**

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PS. Some questions for future historians:- Could there be a connection between Devil's Ditch and Bunns Bank to the east of Attleborough? Bunn's Bank spans the same Roman Road as Devil's Ditch but 20 kilometres further North towards Norwich. Bunn's Bank forms a protective ARC around Attleborough that is much larger than the Devil's Ditch but in a similar defensive pattern, The Ditch and Bank of Bunn's Bank is much better preserved than the Devil's Ditch but has not been dated with any certainty i.e. "**--used as a park boundary in the 12<sup>th</sup> century—but could be older**"---!

Bunn's Bank is only recorded as about 4 kilometres in length---but in around 1970 I and Reg Clover, Chairman of the Thetford Historical Society located another circa 25 metres section of the Bank and ditch, in alignment, close to Flaxton Farm. This section was reported appropriately by Reg Clover but seemingly does not yet appear on any maps. If our supposition that this section belongs to the Bunn's Bank system is correct, then it makes a complete protective ARC of bank and ditch of nearly 7 kilometres!!! --- which would now encircle both Attleborough (Saxon) and Besthorpe (Viking) on the eastern side of the Roman Road.

**David Bailey**

### **EAST HARLING & KENNINGTHALL MEDICAL PRACTICE**

The Practice has remained extremely busy throughout the Summer, with some days seeing telephone call volumes closer to what would be expected during the Winter. The number of incoming telephone calls answered in August was 3,848. The number of total clinician appointments booked was 4,160, which was an increase of over 26% compared with July. Regrettably 155 of the appointments booked were not attended, and, as the Practice was not advised in advance, these appointments were lost.

The financial cost to the NHS of these lost appointments was approximately £5,000 in 1 month alone, and equates to approximately 6 full days of one clinician's appointments.

Patients receive a text message confirmation/reminder for all appointments booked, which now includes a link for the patient to cancel the appointment. Our website also offers patients a channel to cancel unwanted appointments – simply type "cancel" into the search bar of our website and complete the "Cancel an Appointment" form. This facility is available 24/7.

The Dispensaries at both sites have also been very busy, once again seeing a significant increase in the number of items dispensed in August. Please allow 5 working days for repeat prescriptions. Please also remember that Option 2 on the telephone is for repeat prescription requests. There will be little or no call waiting time on option 2. To save having to telephone your repeat prescription through, patients who collect their prescriptions at our East Harling and Kenninghall dispensaries can opt for a managed repeat prescription service – please ask at one of our dispensaries for more information.

We have completed further recruitment at the Practice over the Summer, with new staff joining the Practice Support Team, and new staff due to start in our Dispensary in September. We have also been extremely fortunate to have Joanna, Alex and Emma join the Practice Nursing Team. All 3 bring considerable experience and expertise to the Practice, and this recruitment brings a significant increase in the total number of nursing appointments we can now offer our patients.

As Winter approaches we enter another season of Covid-19 and flu immunisations. As was the case last year, the Practice will not be offering the Covid-19 immunisations at the Practice, but patients qualifying for Covid-19 vaccination

will, during early-mid September, be able to book via the National Booking System, which will again include an option to book at The Healthy Living Centre in Thetford. The Practice will be administering flu vaccinations to qualifying patients, initially on Saturday 4<sup>th</sup> and Saturday 11<sup>th</sup> October 2023 at our East Harling site. Qualifying patients will be receiving a text message inviting them to book directly into one of these clinics. Subsequently, patients will be able to book into these clinics via our Reception Team.

Simon Round Practice Manager, East Harling & Kenninghall Medical Practice, 5<sup>th</sup> September 2023

### **BENEFICE POP UP CHOIR -Tyrone Richardson-Best**

One Autumnal coffee morning, a conversation started about starting a pop-up choir for Christmas, and reaching out to the local community. I had previously been involved in conducting choirs, so found myself taking the lead, and via word of mouth, poster displays in the community and coffee mornings in Garboldisham Parish Church and a few announcements within our church and village and we ended up with 19 people in our choir. We had 6 weekly practices before performing at two separate churches' Carol Services in December 2022. The advice I'd pass on is:

**Enthusiasm is infectious** - If you're keen and show it, others will soon catch the bug! Share your passion for starting a choir with church friends and local community peers – you might be surprised at the support you receive.

**Choose your repertoire carefully** - Start off with less complicated music as not everyone can or should be able to read music, though everyone can sing.

**Be open to everyone** - It's a really good idea to keep your choir un-auditioned and open to all. Everyone can find their singing voice – sometimes the opportunity and a little encouragement from others is all they need!

**Use tools available to you** – use local church hymn book and what is available online. Then print copies for the choir members so they can even highlight certain lines to help perfect harmonies and in-the-round singing.

**Don't forget the warm-up!** - Getting the voice and brain warmed up is vital if you want to make the most out of rehearsals. Take a look at Singing Warm-ups for some really great warm-up songs on YouTube.

**Short and sweet** - Keep rehearsals snappy and varied. Aim for 1 hour (including a warm-up), and work at a small selection of songs – something to suit all tastes!

Our pop-up choir in Garboldisham was approximately 45% non-church people which we were not expecting – but were delighted about. Christmas worship was transformed by having our choir, and forged links with new friends in the area around, with very little effort. We have since practised and performed for our Easter Service in April 2023 to welcome our new Curate Josh and his family to the Benefice.

I am in the process now of setting up a Benefice pop-up choir in East Harling – (rehearsals start on Thursday 19<sup>th</sup> October at 7.30 in East Harling Church) so do come along on a Thursday thereafter. We will perform in November 2023 at one of our special Benefice services. It's a great opportunity to meet new people singing together, as well as it being another way to support all the churches within our Benefice to fellowship together.

### **FRIENDS LOTTERY RESULT**

The Friends are delighted to announce that the winner of the first Lottery Draw goes to Number 36. A cheque will be with the lucky winner shortly, thank you everyone for your support and we look forward to welcoming additional members in due course.



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🕒 **Time: 3.00 pm**  
🎵 **Theme: A Good Old-Fashioned Christmas**

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Showcase Your Talent: Calling talent of all ages, if you have a hidden talent, we invite you to be a part of our festive celebration! Whether you have a poem you've written, a poem to recite, a song to sing or any other means of contributing to the joyous occasion please contact Ian on 717431, Doug on 717725 or Rosemary on 717893 for further information.

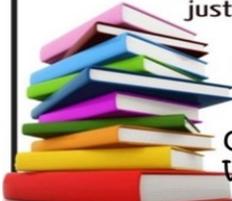
We welcome musicians of all skill levels and instruments to join our band. Whether you play the trumpet, trombone, guitar or any other instrument your musical contributions will be greatly appreciated. If you'd like to participate please contact Doug on 717725. As the church is heated only by the glow of candles, we recommend dressing warmly to keep cosy.

This promises to be an unforgettable event that will warm your hearts and kick off the holiday season in style. Let's come together to celebrate the joy of Christmas.

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**Book Review continued from Page 14**

**"Men of Dunwich, The Story of a Vanished Town" by Rowland Parker**

This was a book I inherited from my mother many years ago. It was not until we moved to the Suffolk/Norfolk area that I felt it was a rather overdue read. The author loved everything about Dunwich, visited it many times, and was almost fixated. I haven't been yet, but we will in the springtime after reading this book. At the time, the town was a bustling port with many people and events in Suffolk. It is incredibly descriptive; whilst I enjoyed reading it, it did take me longer than I had first thought due to the language used to describe everything in such detail. It was printed in 1980, so it is hardly new, but if you are keen to know more about the local area, it is a good read. Thankfully, it is one that you can pick up and put down quite easily. You do not have to read the chapters in order.

**"Driving over lemons, by Chris Stewart"**

I have read this book countless times and am always sad it ends each time I finish it. It was first published in 1999, years ago and is probably republished yearly; I don't know as I have the one treasured copy. If you are a 70's music fan, you will know perhaps that Chris Stewart was the original drummer in Genesis. He played on their first album. Whether you are a fan of Genesis or not, this book is well worth a read. I try to read this book every few years in the autumn when the seasons are changing in the UK from summer to autumn, etc. One of the many things I love about this book is that it reads as if he has never written a book before, and he probably didn't write this one, but a ghostwriter did. You'd never know, though. It is a wonderful book to read with lots of imagination of sunny climates and times with family and friends enjoying good food and wine in lemon groves in Andalucia. It's such an evocative book; it takes the reader to that warm, free place with beautiful views and surroundings, text, images, and great wording. One of my favourites, I hope you will indulge.

*Thanks to Sally (Editor)*

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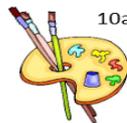
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## DIARY DATES 2023

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

### NOVEMBER

- 1<sup>st</sup> Bridgham Village Hall Wed Social 11.00-1.00pm  
3<sup>rd</sup> E Harling Recreation Ground Fireworks Party 6.00pm  
4<sup>th</sup> East Harling Church Community Café 10-12 &  
4<sup>th</sup> Makers & Designers exhibition alongside coffee morning and serving refreshments from 10am – 4pm  
4<sup>th</sup> Feline Care pop up shop 10-1pm  
6<sup>th</sup> OSH Health Watch Norfolk 11am-1.00pm  
7<sup>th</sup> E Harling Film Night OSH 7.15pm for 7.30pm  
8<sup>th</sup> OSH Coffee Morning 10-12  
9<sup>th</sup> E Harling Camera Club Rudd Room EHSSC 7.00pm  
10<sup>th</sup> Bridgham Village Hall Friday Social 6 – 11pm  
11<sup>th</sup> OSH Quiz night 7 for 7.30pm  
14<sup>th</sup> Gardening Club OSH 7.30pm talk by  
Laura of Laura's Flowers  
15<sup>th</sup> Bridgham Village Hall Wed Social 11.00-1.00pm  
18<sup>th</sup> Friends of E Harling Church Gift & Craft Fayre Old School Hall 10am - 3pm  
22<sup>nd</sup> OSH Lunch 12 for 12.30  
24<sup>th</sup> Bridgham Village Hall Friday Social 6 – 11pm  
25<sup>th</sup> Bridgham Church Coffee Mornng 10-12 noon  
25<sup>th</sup> EHSSC BIG QUIZ doors open 6.30pm for 7.30pm  
26<sup>th</sup> OSH Lantern making workshop 10-12 (details page 9)  
28<sup>th</sup> E Harling Parish Council Meeting OSH 7.00pm

### DECEMBER

- 2<sup>nd</sup> East Harling Church Community Café 10-12noon  
2<sup>nd</sup> OSH Christmas Lights & Market 1-6pm  
4<sup>th</sup>-7<sup>th</sup> E Harling Church Christmas Tree Festival Decoration  
6<sup>th</sup> Gardening club trip to the Panto at Bury St Edmunds all welcome! (see advert on P 10)  
6<sup>th</sup> OSH Coffee Morning & Tombola  
8<sup>th</sup> E Harling Church Christmas Tree Festival 4 - 8pm  
9<sup>th</sup> E Harling Church Christmas Tree Festival 3 - 7pm  
10<sup>th</sup> E Harling Church Christmas Tree Festival 4 - 7pm  
10<sup>th</sup> West Harling Church Christmas Concert 3pm  
12<sup>th</sup> Gardening Club Christmas Lunch at the Swan  
14<sup>th</sup> E Harling Church Christmas Tree Festival 4 – 7pm  
14<sup>th</sup> E Harling Camera Club Rudd Room EHSSC 7.00pm  
15<sup>th</sup> E Harling Church Christmas Tree Festival 4 – 8pm  
16<sup>th</sup> E Harling Church Christmas Tree Festival 3 – 7pm  
17<sup>th</sup> E Harling Church Christmas Tree Festival 4 – 5pm  
17<sup>th</sup> E Harling Church Carol Service among the Christmas Trees 6.00pm  
21<sup>st</sup> Brettenham Church Carol Service 6.30pm followed by refreshments

**CONTACT is published monthly by East Harling Parochial Church Council and. items for the December edition should be submitted to the editor by email by 12<sup>th</sup> November 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](mailto:sue.wall@uwclub.net)

### PLEASE NOTE CHANGE OF ADVERTISING EDITOR-

**TRADE ADVERTISING:** contact Ben Yorke tel: 01953 717450 or email to [yorkeben20@gmail.com](mailto:yorkeben20@gmail.com)

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



**Community Cafe**  
**SATURDAY 4th November**  
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!**

**Saturday 4th November in East Harling Church NR16 2NB 10am - 4 pm**

## Makers & Designers

Fine Arts & Crafts event in East Harling Church

linking the medieval to the modern

showcasing the work of among others...

*Maz Jackson* artist in tempera,  
*David Wheeler*, furniture designer and maker,  
*Heather Graham*, Potter, *Marie Dawe*, artist in glass,  
*Paul Sharrock* printmaker, *Karen Butti* textiles embroidery  
*Gordon Senior* artist & Sculptor

A great opportunity to see and possibly acquire a unique piece for yourself or a loved one

**Free Entry**  
Refreshments served all day

# Tuesday 7th November

## 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!

A super-secret organization recruits an unrefined but promising street kid into the agency's ultra-competitive training program just as a dire global threat emerges from a twisted tech genius. Can our heroes save the world!! A phenomenal cast, including Colin Firth, Michael Caine, Samuel L. Jackson and Mark Strong leads this action-packed spy-thriller directed by Matthew Vaughn. A highly entertaining feel good movie—don't miss it!

**£5.00 per entry**  
**EVERYONE WELCOME**