



MARCH 2021

CONTACT

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

VILLAGE NEWS AND EVENTS

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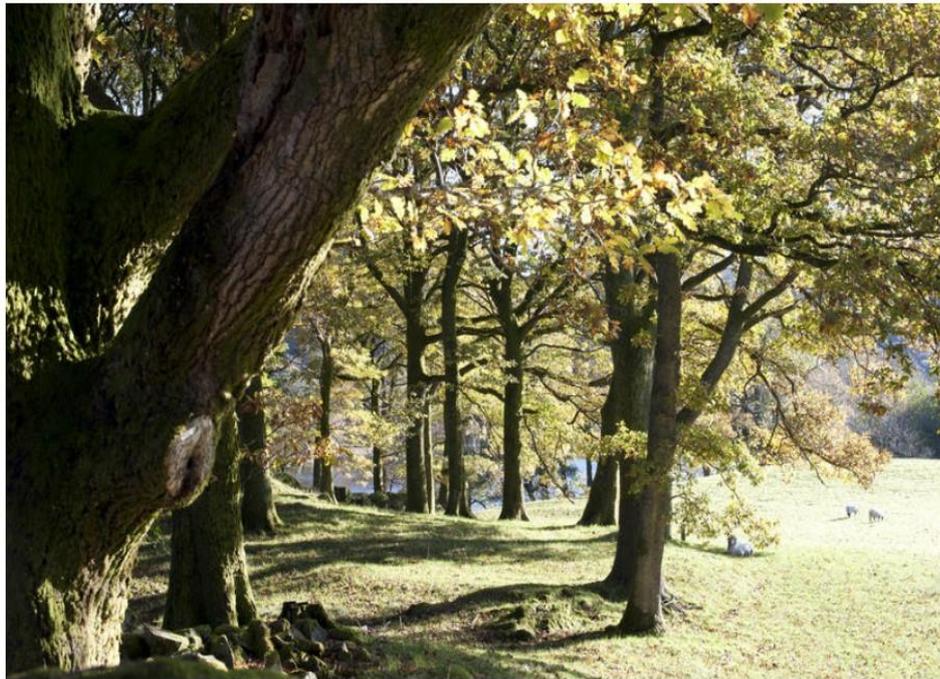
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The electronic version of the magazine which we hope many of you can enjoy is now on <https://bridghamparishcouncil.norfolkparishes.gov.uk/2020/10/09/contact-magazine/> for Bridgham

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

on the Harling Council website <https://www.harlingpc.info/> under the News page.

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HARLING BENEFICE



Priest in charge: Benefice in vacancy

Ministry team: Rev'd Caryll Brown
Rev'd Varlie Sheldrake

01953 7who 17451
01953 717404

Both members of our Ministry team are now officially retired and work on a voluntary and part time basis; they both hold the Bishop's Permission to Officiate at Services within this Diocese.

East with West Harling, Bridgham with Roudham, Larling and Brettenham

Arrangements for March 2021

Thankfully the Covid-19 infection rate is falling and we look forward to a gradual easing of restrictions on our movements, however the situation is still uncertain and subject to change at short notice.

Therefore our Churches will remain CLOSED for most Sunday Services although we plan to hold a simple



Mothering Sunday Service

in East Harling Church on Sunday 14th March at 10.30am



Please advise one of the Church Wardens in advance if you will be attending this service as seating is limited and will be subject to social distancing. Household groups may sit together. Face masks must be worn.

East Harling Church will be opened for private, individual prayer each
Monday and Friday 10.00am to 3.00pm
and **Larling Church** will be open for private, individual prayer each
Saturday and Sunday 10.00am to 3.00pm

Whilst this uncertainty continues you are advised to contact the appropriate Church Warden (see below) to find out if the church you wish to visit is open either for private prayer or for a Service.

Palm Sunday is 28th March; details of any Services that we hold on that day and during Holy Week and at Easter will be advertised on our Facebook page and on our A Church Near You website.

The buildings may be closed but the CHURCH, that is its people, is still very much alive and we offer our help to any who need it in the form of prayer for individuals, a listening ear or advice.

Church Wardens' contact numbers for up to date details:

East Harling	01953 717128 or 07890102392
Bridgham	01953 717686 or 01953 717980
Larling	01953 717254
Brettenham	01842 755319

We have regular meetings on **ZOOM** for:

Morning Prayer on Monday at 10.00am and Evening Prayer on Friday at 5.00pm.

Wednesdays 7.15pm Lent Course "Walking Towards Glory"

The ID numbers and passwords required to join these meetings are subject to change so if you would like to join us please call either Caryll or Varlie for the current numbers (telephone numbers see above). Everyone is welcome to join us!

Saturdays 9.30am Prayers: All comers are welcome. .

ID numbers and Passwords for this meeting are available from Stuart 01953 714900

It is possible to join the Zoom meetings by telephone if you do not have internet access.

Just dial 02034 815240 and use the relevant meeting ID and password when prompted.

We have regular meetings on **ZOOM** for:

Morning Prayer on Monday at 10.00am and Evening Prayer on Friday at 5.00pm.

The ID numbers and passwords required to join these meetings are subject to change so if you would like to join us please call either Caryll or Varlie for the current numbers (telephone numbers see above).

Everyone is welcome to join us!

Wednesdays 7.15pm Fellowship and Bible Study.

Saturdays 9.30am Prayers: All comers are welcome. ID numbers and Passwords for these two meetings are available from Stuart 01953 714900



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OCCASIONAL SERVICES:

Weddings and Baptisms: Please contact Rev'd Caryll Brown (01953 717451) with any enquiries.

Funerals: During lockdown funerals can take place either at the graveside or in a crematorium; they may also take place in church but with limited numbers permitted to attend. The undertaker or minister will advise you depending on the regulations at the time.

We may not be able to worship together in our church buildings but there are ample opportunities to join in services broadcast on Radio and Television; also on-line. **Radio 4** offers a regular **Sunday Worship at 8.10am** each week.

BBC1 gives us **Songs of Praise** each Sunday lunchtime usually at 1.15pm.

Throughout the lockdown, **Norwich Cathedral's 10.30am Sunday Eucharist** is live-streamed on the [Norwich Cathedral Services YouTube Channel](#).

Church of England Online: Join in for the weekly service from **9.00am onwards each Sunday** on Facebook or YouTube

SUNDAY HOPE is a weekly podcast created in partnership with the Diocese of Norwich and is available on the [Diocese of Norwich website](#). The podcast can also be listened to from any landline telephone: call 01603 537577 (*local rate*) to hear the latest edition.

DAILY HOPE: call Freephone 0800 804 8044 to hear music, prayers and reflections as well as full worship services.

METHODIST CHAPEL, WHITE HART STREET

SERVICES IN MARCH

14th March (Mothering Sunday) Mr Steve Aspinall	6.30pm
21st March Rev David Ely	6.30pm
28th March Mr Pat Mottram	6.30pm

(Covid regulations continue to apply)

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World Day of Prayer: Friday 5th March 2021

Normally we would be holding a special service on this day – always the first Friday in March – but this year along with many other churches, that service has been cancelled; others are postponed.

There will be a Zoomed Service on **Fri 5th Mar 2021, 2pm at**

St Cuthbert's Church, Wroxham Road, Sprowston, Norwich, NR7 8TZ, Norfolk

CONTACT: Mrs S Tuffield. (telephone 0131-400-1196) Zoom ID: 750 607 3095, Password: 1780

Details of this and other local services can be found on the World of Prayer website www.wwdp.org.uk also information on the Island Nation of Vanuatu where this year's service was prepared.

★In addition: on that Friday we shall feature World Day of Prayer in our regular Evening Prayer on Zoom.

A Reminder about Floodlighting

In these uncertain times, one beacon of hope in our villages are our Church buildings which represent one important aspect of Christian Faith. Even members of our village communities who are not regular church goers feel a strong affection for these buildings and their place in village life. Indeed family events, births and marriages and people's lives are celebrated within them and many look forward to making their final resting place in the local churchyard.

More recently these buildings have been secure places to sit and rest in peace and quiet and feel the faith of generations of love and care surrounding them. There is the opportunity to light a candle, to offer a prayer or just simply to sit and "be".

Our church in East Harling is no exception and through the donations of those wishing to commemorate loved ones is floodlit lit each evening, from dusk until midnight and can be seen from many miles around as a result We have continued with the

floodlighting despite the PCC's straightened financial situation. A great way of celebrating the life of a loved one or a special occasion, each request is recorded here and also published in the church porch every month Thank you for your attention! *Editor*

CHURCH FLOODLIGHTING

MARCH 21st Sheila BOND remembered with love and affection every day but especially today, Angela and Ann.

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 (cash preferred or cheques payable to E Harling PCC please).

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



Curate's Corner March marks change!

It's March and much is happening!! There is a real sense of 'hope' in the air! The month has begun with beautiful spring-like days filled with sunshine. All around us there are signs of new beginnings new life. Lambs in the fields, squirrels, in abundance, can be seen playfully jumping through the trees, delighting in the warmer weather. There are Catkins in the hedgerows and an explosion of colour both on the roadside and in our gardens. The Snowdrops and Aconites have been joined by brightly coloured Crocuses, Daffodils and even a few Iris – Spring doesn't officially arrive until 20th March, but it seems that all nature

is desperate to come out of the winter's 'lockdown'!

We, too, are eager to begin to 'spread our wings' after the confines of these last weeks! There is much to celebrate in March. If you have Welsh blood in your veins - the Patron Saint of Wales, St. David, is being celebrated on 1st and the Irish, and all Guinness lovers, will be celebrating St. Patrick's Day on 17th March!

On Friday March 5th churches across the world will be commemorating World Day of Prayer. In every land, churches of every denomination will be joining together in a special service which this year, has been put together by the women of Vanuatu (an archipelago of 80 islands, 2000 miles east of Australia in the South Pacific) Sadly, because of Covid-19 restrictions here in the UK, most of these services will be held on-line. The theme this year is: **Build on a strong foundation**. If you would like to take part in a service, details of how to do so can be found here in Contact. It is always a joy to attend one of these services and to feel the sense of unity and joint commitment to our faith around the globe.

March 14th gives us another opportunity to celebrate. It's Mothering Sunday, a time to give thanks for all Mothers and also those who have 'mothered' or nurtured us in any way – female or male. Mothering Sunday is a tradition dating from the Middle Ages. Originally it was a time to focus on 'Mother Church'; it became a day when young girls, in service away from home, could visit their mothers – often taking a gift of a Simnel Cake to be shared with the family. This year we are delighted that we will be able to have a service, in East Harling Church, on Mothering Sunday. Posies of flowers will be available to be taken away, afterwards, for loved ones. (If you would like to attend, please notify the Church Wardens (*Numbers here in Contact*) as we are limited to numbers so that everyone can be safely accommodated.



Through the whole of March, many Christians observe Lent which began on Ash Wednesday, in mid-February, and journeys for around six weeks until reaching its climax on Good Friday and Easter Sunday. Traditionally Lent has always been a time of fasting, self-denial, prayer and penitence. Today, many folk use it as an opportunity take on something extra. Lent is a time to slow down and take time to examine ourselves to ask ourselves who and what we really are... The forty days of Lent are said to be in commemoration of the forty days which Jesus spent in the wilderness in preparation for his public ministry, where he faced and overcame various temptations from the Devil.

You may be thinking of Lent as a bit of a miserable season within the church, with all its talk of denying yourself, or taking on extra tasks - especially at the end of Winter and during a Pandemic, when our energy levels are low. Lent is a good time, though, for taking small steps in trusting God – trusting Jesus to lead us through obstacles we may be facing. In many ways this last year of enduring the consequences of Covid-19 has forced us all to slow down and realise just what is important to us.... health, family, job security and spending time with friends and loved ones.



Most of us will recall games like 'Blind Man's Bluff'- can you remember how scary it was having to trust someone else because you couldn't see what lay ahead the temptation to cheat and try to peek? It seems to me, our current situation is a bit like that! We are trusting those in authority to lead us out of the pandemic. Boris' 'Roadmap out of Lockdown' is both **exciting** and **scary**! Schools open on the 8th and from 29th March, we can be a group of six, outdoors!! Dare we hope - or might we be tempted to

doubt our leaders? One person we can **always trust**, who will **never** let us down is **our Heavenly Father**. If we **listen** to his guiding voice, he **will** lead us to a new and bright future. '**God is ever true to His promises..**' 1 **Corinthians 1:9**

Yes, there really is much happening in March – **there truly is a real sense of 'hope' in the air!!**

Love & Blessings . . . Caryl



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Women's World Day of Prayer 2021

Build On A Stronger Foundation

Women of the republic of Vanuatu Located in the South Pacific Ocean have prepared this years' service but due to Covid it will not go ahead as planned. However, if anyone would like to join a service they can find details on the www.wwdp.org.uk web site.

There is also details of a zoom service from St Cuthbert's Srowston. it can be accessed through their Facebook page or on Zoom ID:750 607 3095 password 1780 or on the telephone 0131-400-1196. Also I have the service booklets if anyone would like one just drop me a call on 718732 and I will get a copy to them.

Jan Francis



CHRISTMAS TREE FESTIVAL OF LIGHT

As we look forward to brighter & happier times, St Peter & St Paul's Church is planning to hold a Christmas Tree Festival of Light early in December 2021.

We would love the local school, clubs, groups, shops & businesses etc to take part in this by decorating their own tree. Each tree would need to have battery operated lights as there are not enough power points in and around the church.

However there is plenty of room for lots of trees. The name of each contributor will be displayed beneath each tree. Once all the trees are decorated and in place, we hope to open the church for everyone to visit and enjoy seeing it all lit up. If anyone has an artificial Christmas tree in their loft or shed that you are planning to replace or get rid of, please could we ask you to donate it to the church. Please contact the churchwardens, Dorothy or Susan if you can help with this or if you would like to participate by decorating your own tree, or email harlingchurch@gmail.com. **NB: EACH CONTRIBUTOR WILL NEED TO BRING THEIR OWN TREE & DECORATIONS**



WALKING THE BRECKLAND WAYS For NHS CHARITIES TOGETHER 2021 By SANDRA JARVIS AND DOROTHY SCOTT

February 17, 2021, 04:47 PM

A much more interesting walk for us today. We decided to 'roam' Knettishall Heath. Hoping for some much needed sunshine we walked towards the paths where Peddars Way meets Angles Way. Our intention was to follow a pre-planned walk by Dorothy starting along the Angles Way. As is usual for us, we soon deviated from the detailed plan and found ourselves in woodland (without paths or tracks). But being the good 'Girl Guides' we are, we soon found our way back to heathland, and the Bridle Way we had followed from Angles Way.



Walk 14 22nd February. Today we planned the 6.5 mile walk round the East Wretham Circular walk, beginning at Hockham Wood. I say planned, as flooding on the Peddars Way caused us to take a detour. The detour took us over a 1.5 miles out of our way before we were able to get back on track. So we completed 8.2 miles. However, this was a really pleasant walk through woodland, across fields and heathland and a short walk on the Roman Road. Wildlife included a fallow deer, melodic bird song and 3 little pigs:)

February 24, 2021, 08:51 AM

A relatively shorter walk today (4.8 miles) and on a Tuesday



instead of Wednesday this week. Following our 8.2 miles yesterday at Wretham, we decided to stay nearer home today. I cycled to Bridgham to meet Dorothy and we walked from the church through the woodland.

As it's a walk we've done many times today, most photos are of the burgeoning shoots of spring. As per usual for us at the moment we did come across one path severely flooded. You will notice the water has lifted a tree out of the ground completely.



26th February. We travelled to Blo Norton to walk round Thelnetham Fen. However, we were enjoying the stunning scenery so much, we continued walking beside the Little Ouse river until we reached Hinderclay fen. Such breathtaking scenery along the way, helped by the glorious sunshine and bright blue sky. There are a few photos on the web site, and I hope you enjoy them and they inspire you to visit Thelnetham Fen.



So far that is up until the 27th February Dorothy and Sandra have walked 81 miles and in doing so raised £815 towards their target in support of the NHS. Please do visit their web site to see more of Sandra's photos of our wonderful corner of Norfolk.

https://www.justgiving.com/fundraising/Sandra-Jarvis?utm_source=Sharethis&utm_medium=fundraising&utm_content=Sandra-Jarvis&utm_campaign=pfp-email&utm_term=453c392ea08149fc8c13f3a06d91af2f

The Garden in March

This is where the excesses of lockdown catch you out! The next 3 months are where you lose those extra pounds ready for mid June when you can sit in your garden and barbecue with a glass of your favourite tippie, and who knows maybe even with friends (Boris permitting).

Lawns: Rake to get rid of dead grass and moss. Apply a weed and feed late in the month.

Patios: Scrub to get rid of dirt and moss which can make them slippery.

Pruning: Prune hardy fuschias and finish pruning roses.

Perennials: Clean up perennials and finish any removal of dead material. It is not too late to split established plants. Plant new perennials. *Tip* small plants from garden centres establish quicker than larger ones and in a couple of years will be as big and healthier than large, more expensive ones. *Tip2* Look around the village – there are several stalls with people selling surplus plants at a fraction of the garden centre prices.

Dahlias: Plant tubers in pots or trays in a frost free, well lit

room or greenhouse – they don't need to be hot. They can also be sown from seed in a warm place from the middle of the month.

Gladioli: plant 4 – 6 inches (10-15cm) deep *Tip* If you plant a few every couple of weeks until late June they will flower over a much longer period.

Orchids (phalaenopsis): Remove dead flower stems with secateurs. Clean off the leaves with a soft cloth and warm (not hot) water. If the leaves have scale insects (small flat brown blobs stuck hard, these can be removed with surgical spirit on a cloth). Place on a light windowsill and feed once a week with a propriety orchid food until at least September.

Annuals: Hardy annuals can be sown outside from now, half hardies in pots or trays protected from frost from the middle of the month – watch the weather forecasts we can have some very strange weather in March. On warm days ventilate the greenhouse.

Vegetables: *Tip* most packets of seeds contain far more than you need. If kept cool and dry, and resealed most seeds will remain viable for several years (not parsnips). *Tip 2* If you sow 100 lettuce seeds at once they will all need pricking out at once, and all be ready over a 3-4 week period – so instead sow a few at 2 week intervals.

Sow peppers and chillies on a warm windowsill or in a heated greenhouse.

Sow under glass without heat: brussels sprouts, cabbage, cauliflowers, leeks, peas and tomatoes (late March).

Sow outdoors (when ground is not frozen or waterlogged): carrots and radishes and plant early potatoes.

Harvest whatever is ready – remember when the weather warms up many of the overwintered crops like kale and leeks will flower and become only good as compost.

Pots and Tubs

If you have an established pot of shrubs now is a good time to scrape away as much loose compost from the top as will come away easily, and replace with new compost.

If you are choosing a new container make sure it has a reasonably sized drainage hole.

Use a good quality compost – that is all your plants will have to grow in this year – they can't spread out there roots to find food and water like the would in the ground.

Fill and plant up the tub where you want it to grow – the pot is probably quite heavy and so is the compost! If you are using a plastic pot use a soil based (John Innes) compost to stop it blowing over.

Remember the 7 inch rule (an inch of water will soak 7 inches of compost), so leave a gap at the top for watering. The 2 ways to make your plants struggle and under - perform or even die are too much water and not enough water. Filling your container with water once a week and letting it drain is better than a sprinkling daily.

If planting for summer don't be tempted to overfill - small annual plants want to grow fast.

March is a little early for annuals, but you can start them inside and plant them into the tubs later. The last few summers petunias and lobelia have struggled with the heat whereas begonias have done extremely well – you can plant corns in pots now to plant May, or buy ready grown plants from May onwards.

Good Gardening

Kevin

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Food Waste Action Week

1st- 7th March 2021 - Aims to highlight the consequences of wasting food.

Some facts: 70% of wasted food comes from our homes. We waste 920,000 bananas every day from our homes. If every person in the UK stopped throwing away bananas we would save nearly 900 million litres of water used to grow, harvest and transport them from going to waste. Each year it could do the same for climate change as planting 790,000 trees.

These are huge figures and I have to say I was horrified by them when I learnt about waste on a recent volunteer's course to become a food savvy champion with Norfolk County Council.

I love food and recently I have been becoming more aware of the waste we produce. I always thought I was quite good at not wasting food but attending the savvy workshop made me realize I could do more. I know lots of people think that they can't make a difference when it comes to climate change but if we all take a look at the small things like throwing that one banana away it soon adds up and before you know it 920,000 bananas are in the bin. So here is a tip you can freeze that slightly brown and not as attractive looking banana and when you have three in the freezer you can make into a tasty banana bread or a nice smoothie or a milk shake, and the skins can go into the compost. Also you can use whole bananas yes skin and all into a really nice banana chutney that's great with curry and rather nice in a toasted cheese sandwich recipe below.

If food waste and the environment does not bother you and you feel you can't make a difference, how about food waste and saving YOU money. its estimated that households in the UK waste 6.5 million tonnes of waste and that 4.5 tonnes of that is edible, it's not just the egg shells or chicken bone it's the last tablespoon of peas or mash that you couldn't eat or the crust of bread. Those 4.5 million tonnes are enough to fill 38 million wheelie bins or 90 Royal Albert Halls.

Love your food - by just using 6 easy steps we can all save money, on average a family of four can save over £60 per month by reducing their food waste and help our environment. The first step is to plan your week's food menu, this helps stretch your food across the week and only buy what you need. There are lots of meal planners

on line, have a look at Foodsavvy.org or there are apps like Yummly that you can plan with, make shopping lists and share with other members of your household so whoever is shopping knows what's for dinner. Second step: Is to smart shop, always shop with a list either on paper or on your phone, shopping on line is a good way to keep to your list, no temptations, also try not to shop when you're hungry, check labels don't buy food with a fast approaching use by date unless you know you are going to use it all up.

Third step: is to store correctly, check your fridge as it should be set it to below 5°C and above 3°C. Love your freezer as this can be such a helping hand when it comes to food waste. If you find you are not going to eat something or plans change pop it in the freezer before the use date. Make sure your freezer is full as it uses less energy.

Fourth Step: Portion - now this is where I know I go wrong and I always prepare to much food, so I have started using a great tool that's on the love food hate waste web site which is the everyday portion planner. It will provide you with guidance on how much food you need for each person for each meal so it is great for when you shop so you don't buy too much and also for portion control when cooking.

Fifth step: Know you labels, Best before is about food quality and is still good to eat after this date. Use by date is about food safety, eat before or up to the use by date.

Sixth Step: love your left overs. Cool leftovers quickly (ideally within minutes) splitting into small portions can help cool quicker, also you can place the container into cold water until its cool enough label especially if you are going to freeze it, defrost properly in the fridge before reheating and eat within 24hours , but if placing leftovers in the fridge eat within two days. So if you want to save money help your environment try out the six steps to love food hate waste and see what you can achieve.

Useful web sites are

<https://www.lovefoodhatewaste.com/>

<https://www.foodsavvy.org.uk/>

<https://www.hubbub.org.uk/Pages/Category/tips-for-change>

Banana chutney

1 large onion
4 bananas peels and all
4 cloves garlic
100g sugar
100ml vinegar
½tsp chilli powder
1 tbsp mustard
1 tsp nigella seeds (optional)

Peel the bananas and break into chunks into a bowl then mash with a fork until well broken up and a bit sloppy. Finely dice the onion and place into a non-stick pan or heavy bottom pan and cook over a low heat until soft.

Very finely slice the peel, disregarding only the tough stalk at the top and puckered end and put in pan once onion is cooked. Peel and finely slice the garlic and add to pan along with the sugar vinegar chilli mustard and if using nigella seeds.

Turn the heat up to medium and cook for a few minutes, stirring intermittently, and then add the banana chunks turn heat down a fraction and cook for a few minutes until the mixture starts to spit at you reduce heat further and cook for 30mins or until the liquid has reduced by a third and is nice and thick. Remove from the heat and pour into clean sterilized jars seal and leave to cool. If you would prefer a smoother ketchup you can blend the peel and flesh before you put into the pan, also if you want a nice yellow colour you can add a little turmeric. Once cool store in fridge for 2 months.

(Recipe from Jack Monroe)

Poem - Late Life Crisis by

Louis Sacksen

I've decided now I'm seventy-five to make some big changes to my life. first I will get rid of my very old car and get a convertible, much nicer by far.

Not wanting to look grey, old and frail I'll have some tattoos and a long ponytail.

I'll get dressed in new trendy fashion gear and wear a gold ring in my left ear.

No more worries about cholesterol or the abstinence from alcohol. As from today it'll be fillet steaks, clotted cream and chocolate cakes.

Ignoring what used to be very risky, I'll pour myself another malt whisky. I will keep my body healthy and slim, May even give my long nose hairs a trim.

And before I die: another big thing, I'll learn dance, tango and swing, To become a "with it" disco rocker, While still taking the Beta blocker!

You'll see me in my shiny new car, I'll listen to rock and smoke a cigar. No more stress, no more tensions, Spending the money, savings and pensions.

I'll live like a King each coming day, I shall take a long holiday in St Tropez. Now having said what needs to be said, I'm taking my pills and am going to bed.

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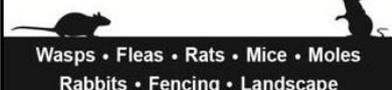
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Ramblings from Brettenham

February has been quite a quiet month due to the rain and of course the snow which we all had. The pigs had to have water taken round all the units as the water pipes were frozen and Peter was on stand-by in case the snow plough was required to be used on any of the roads in the locality – fortunately, this was not necessary, as we did not have the quantity of snow that some had forecast for this area.

The dampness has meant that the necessary preparations for the spring drilling are a little behind schedule, hopefully this dryer weather that has come across from the continent means that it will be ‘all systems go’ and the tractors, cultivators and muck spreaders will be busy here, there, and everywhere on the fields.

In some parts of the farm, carrots and parsnips have already been drilled and covered with polythene to protect the seeds and encourage growth. The ducks must mind their ‘crash landing’ sites – don’t worry they soon realise it is not water and carry on their way to the rivers and ponds.

During the month, I am sure some of you will have taken part in the ‘Garden Birdwatch’ in conjunction with the RSPB. I hope you were able to note a variety of birds visiting your gardens. We were fortunate to have about 20 different species visit the feeders on the fig tree, close to the house, which enabled us to admire the different colours as well as appreciate how small they are, when some only weigh only a few ounces.

Finding food can be difficult for some of the native bird species during the winter months. For many years, after harvesting the crops, we have left winter stubble areas. These provide feed which is supplemented each week by a scattering of wild bird seed, which includes a great deal of nutrition & hopefully encourages birds to stay in the area, sheltering in the trees and hedges.

I am sure you will have noticed as you drive through the Breckland area that there is a greater number of buzzards, what a delight they are to see. Fortunately, these have now been joined by a few Red Kites, which can be identified by their ‘V’ shaped tails and a wingspan like the buzzard. I must admit that they do fascinate me the way that they are able to fly so effortlessly using the thermals. Keep looking upwards in-case you notice one or two.

As the low meadows have been waterlogged for quite a time, swans can often be seen on them together with the ducks. On Sunday we had the pleasure of siting a Great White Egret close to the banks of the Little Ouse river with many gulls inland as well. A great number of Lapwings were on the field resting, crows as well – fortunately, the crows were not digging up and eating the wheat which had only been drilled there a few days before.



Fortunately for us all travelling past St Andrew's Church here at Brettenham. the pansies and winter flowering polyanthus are in flower. The daffodil bulbs are beginning to show, and it will not be long before we may have a few blooms out, so Spring must be on its way. The hyacinths, as shown in the photograph, will also be in bloom later in the year and lets us hope that the sky will be as blue.

We look forward to the time when we will all be able to worship together and look forward to welcoming visitors as well. During the next six weeks we will be in the period of Lent, a time of religious observance in the Christian liturgical calendar or perhaps for others an alternative thought – **Let us Enjoy Nature Together** -respect animals and wildlife, make sure that the countryside is an area to be enjoyed. Remember to keep a safe distance from one another to keep safe and help protect our wonderful NHS and lets us look forward to the proposed changes in the Covid 19 regulations and the warmer weather and relaxed days ahead.

Take care & all good wishes from us all at Brettenham.

Peter & Mary

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Norfolk Winter Support Offer

Norfolk County Council, alongside local councils across Norfolk, is aiming to support as many residents as possible this winter to access financial and other support if they are facing hardship. We know for many people this winter will be challenging for a variety of reasons, and there will be a lot of people who will need help with things like paying the bills and buying food, and many people who have never needed help before.

You can do this with them online at www.norfolk.gov.uk/covidwintersupport using a simple form.

Help is also available to those suffering hardship because they are having to self-isolate or support their child or vulnerable family members to self-isolate.

The Norfolk Assistance Scheme (NAS) already provides hardship support to Norfolk residents, and this offer is being extended to reach more people where needed, over the winter period. The offer uses an additional government grant that is primarily aimed at families with children.

Free School Meals vouchers - All schools and educational establishments in Norfolk will have received communication about ensuring that all children who are eligible are signed up for free school meals

Self-isolation support

Some residents are also entitled to a self-isolation support payment of £500. To help someone apply for this, or to find out more please check the NCC website.

Please make sure that you help us to reach as many families in Norfolk with this offer of support, so that together we can keep Norfolk residents safe, resilient and well this winter.

Lockdown Support

The helpline is still open from Monday to Friday from 9am to 5pm for residents who have a positive Covid result or have been advised to self-isolate. Please call 07936 305 761 if you need help with shopping, collecting prescriptions, or just a friendly chat. We have volunteers who are here to help.

Please do pass this information onto friends or family who may need some extra help.

Please stay at home to protect others 🙏

Kate

Contact is published monthly by East Harling Parochial Church Council and. items for the April on line edition should be submitted to the editor by email by 20th March 2021 at the ABSOLUTE LATEST.

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