



FEBRUARY 2021

CONTACT

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

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**VALENTINES DAY
SUN 14 FEBRUARY**

**PANCAKE DAY
TUE 16 FEBRUARY**

**ASH WEDNESDAY
17 FEBRUARY LENT**

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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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 February 2021

In view of the rapid rise in Covid-19 infections it has regretfully been decided that for the safety of all
NO SUNDAY SERVICES
will be held in our Churches until the situation eases.

However, **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 to find out if the church you wish to visit is open either for private prayer or for a Service.

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.

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

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.

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.



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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.

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FOODLIGHTING

FEBRUARY 2021

4th 60 years ago today when we said, "I do," it was just us two.
Along came children three, Shaun, Caroline and Anne-Marie.
They have given us 14 Grandchildren and 5 Great, what a Blessing.
I lost my dear Ron in May so we won't be able to celebrate this day.
May God Bless you, Darling, until we meet again,

Mavis.

Requests to sponsor the floodlighting of East Harling Church are still accepted and should be posted/delivered in writing to:

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

Please make sure your requests 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, please, during the current situation.

A big THANKOU to those who have continued to sponsor the Floodlighting of East Harling Church

The Candlemas Prayer

Lord God, You are the source of everlasting light.

Your Son, our beloved Lord Jesus was presented in the Temple 40 days after His birth.

He was recognised by Simeon and Anna and welcomed as the promised Messiah.

May we, like them, behold the glory of the Lord Jesus.

Grant that we *may* stand before you with hearts cleansed by your forgiving love.

May we serve you all our days and make your name known as we worship you as our Lord.

So may we come by your grace to eternal life.

Amen.

A Prayer for our nation

God of hope,
in these times of change,
unite our nation
and guide our leaders with your wisdom.
Give us courage to overcome our fears,
and help us to build a future
in which all may prosper and share;
through Jesus Christ our Lord,
Amen.

Musings of a locked-down Cleric.....

There are some months to which I look forward; others never seem to be quite 'right'. January is one such month as for me it brings memories of several sad events apart from the foul weather which this year has been cold and wet and coupled with the national lockdown and rise in covid infections had been particularly bleak.

So I'm looking forward to February which has happier associations for me with family birthdays and anniversaries to celebrate. The hours of daylight lengthen, snowdrops and other bulbs push up through the ground giving hope that Spring isn't far away.



February 2nd is as ever in the church the celebration of Candlemas or to give it its other title, the Presentation of Christ in the Temple. It tells of the time when 6 weeks after his birth Jesus was brought by his parents to the Temple in Jerusalem, as was the custom in those days, to fulfil the demands of the Law and make a sacrificial offering for the purification of Mary following childbirth. They would have had to buy the offering from the merchants in the Temple and as they had just two pigeons or doves, we know that Mary & Joseph were not rich people. Wealthy parents would have offered a lamb and a dove.

The Temple complex would always have been busy. Mary and Joseph would not have been the only couple bringing their child there that day and there would have been lots of other people going about their business. One of them was a man called Simeon, a righteous and devout man, filled with the Holy Spirit, looking forward to the time when Israel would be saved. We're told that the Holy Spirit had spoken to Simeon and promised him that he would not die until he had seen the Lord's Messiah (Saviour). He had faithfully hung on to that promise and when he saw the Baby Jesus he knew that this was the child – the one he had been waiting to see! He was overjoyed! God had kept His promise – not just to Simeon but to all peoples!

He took the baby in his arms and praised God. St. Luke in his Gospel account gives us those wonderful words he used which we know as the Nunc Dimittis – "Lord, now let your servant depart in peace, according to your word; for my eyes have seen the salvation which you have prepared for all people; a light to lighten the Gentiles and to be the glory of your people Israel."

Candlemas marks the end of our Christmas festivities for the year and we then turn towards Lent which this year begins on Ash Wednesday 17th February.



But before that of course is Shrove Tuesday – Pancake Day! Circumstances mean we may not be able to share them with our friends or wider family this year but I hope we can enjoy a good 'pancake fest' in our homes.

And let's not forget 14th February – St Valentine's Day! - a day for all lovers and an opportunity to make a special effort to contact those whom we love and who love us throughout the year. I guess FaceTime, Zoom and WhatsApp will be busy!

We don't have to spend lots of money to do that – a kind word or action is just as important – although a chocolate or two won't go amiss!!!



We all need to feel loved and perhaps in these sad days with so much sickness and dying across the world not being with those we love can make us feel cut off and adrift in the world but we are all loved – each and every one of us – by God our heavenly Father. He loves us so much that he sent his only Son, Jesus, into this world to live alongside us – that is what we celebrate at Christmas. During his life here on Earth Jesus experienced all the joy and sorrows that we have to go through. People turned against him and he was cruelly killed but death was not the end, he is with us still. And he understands us and goes on loving us even when we turn away from him or do unlovely things to each other.

'How can this be?' you may say. Well our world is in a mess at the moment – wars, a pandemic, economic disaster – but our God is with us, loving us and leading us if we will but follow him.

Jesus is the Light of the World and we can trust and follow Him with hope for a brighter dawning.

*Love, Prayers and every Blessing,
Varlie and all in the local churches.*



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

22nd January 2021

Both Dorothy and I had intended to start this journey on January 1st. However I have been recovering from a lower leg (calf) DVT and Dorothy has recently had a bout of high blood pressure. But we both had GP appointments Wednesday 20th January and both given the all clear to proceed.

We intend walking 500 miles this year which we both feel is doable and achievable. Our intention is to do two 5 mile walks per week plus a shorter 3 mile walk. We may do more each week or sometimes less depending on gardening/allotment needs and, of course, the inevitable grandparent duties.

We will keep a log of each walk along with photographs of things/views we find particularly pleasing (we hope you will enjoy them too), plus we will start our start points and provide map references. As we are doing this whilst the world is still experiencing a global pandemic, we will also log Covid 19 updates for each day we walk. So without further ado, I'll set up the Just Giving page today and download any further information we may need. Our first walk will be tomorrow. We look forward to telling you all about it.

Our latest walk was Friday 29th January. Staying local we set out from East Harling, through Harling woods and along West Harling road to the track which leads to West Harling church and Thorpe woodland.



We crossed the fields in front of the church, through to the forest where we came across some fairy grottos in the woodland glades. We skirted Dower House camp site to the track which leads back to the church. From here we took a detour into Thorpe Woods before returning home along West Harling Road. A total of 5.5miles



East Harling Methodist Church invites YOU to...

'Monday Craft Café'

10.30am on the 1st and 3rd Mondays of the month

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on 1st and 15th February.

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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

★ ★ ★ ★ ★

CALLING ALL AUTHORS and POETS

Ever thought you could write a story or a poembut just never gave it much more than a passing thought through lack of time??Well now's your chance!!!!

We are giving people the opportunity to spout forth in the pages of our magazine for your own and others general entertainment. Who knows, those published in CONTACT may come to the attention of a book PUBLISHER!! Make it between the pages of a script and become a radio play!!!

At the very least they will entertain our readers.

The Rules are as follows; The piece must be original and it must not exceed 800 words

Reach our post box on or before the last date for publishing in the April magazine, that is on or before the 20th April. The work must be either neatly hand written or typed in clear English. Entrants must be from 9-15; 16-21 or over 21 and you should state your name age and address on the front cover of your manuscript. Please post your scripts to 44 White Hart Street, East Harling NR16 2NE c/o /The Editor CONTACT
Thank you!

Marzipan loaf cake



Ingredients

150g/5½oz [marzipan](#) (white or yellow) or almond paste, at room temperature, torn into lumps
125g/4½oz soft unsalted [butter](#)
[1](#) tsp vanilla paste (or extract)
50g/1¾oz [caster sugar](#)
75g/2½oz [plain flour](#) (or gluten-free [plain flour](#))
¼ tsp fine [sea salt](#)
1 tsp [baking powder](#) (gluten-free if necessary), alternatively use ¾ tsp if you are not using a food processor
1½ tsp ground [cardamom](#)
3 large free-range [eggs](#), at room temperature

Preheat the oven to 170C/150C Fan/Gas 3 and place a loaf-tin liner into a 10x20cm/4x8in and 5cm/2in deep 450g/1lb loaf tin, or line the bottom with parchment and butter the sides.

The easiest way to make this is to put all the loaf cake ingredients into a food processor and blend until smooth, stopping to scrape down the sides a couple of times. If you don't have a processor, then I advise you to use almond paste rather than marzipan and beat it together with the butter and vanilla until thoroughly combined, then beat in the sugar. Stir the flour, salt, baking powder (though if you're not making this in a processor, use just ¾ teaspoon) and cardamom together. Beat the eggs into the butter mixture, one at a time, adding a third of the dried ingredients after each egg. Carry on beating when everything's in, to make sure you have a coherent batter with no lumps of almond paste visible.

Pour and scrape into the prepared tin and bake for 40 minutes (adding a loose covering of foil after 30 minutes to stop it browning any further), or until the cake is beginning to come away from the sides and a cake tester comes out clean. It wrinkles a little on top as it cools. Slice, and enjoy with a cup of tea.

THE GARDEN IN FEBRUARY

February can be another interesting month for weather – we normally get the coldest, wettest and warmest days of the winter. The days are stretching out – it should be light until after 6 by the end of the month giving promise of spring to come.

Jobs for this month:

Lawns If worm casts are a problem brush them with a broom to scatter on a dry day.

Shrubs Some shrubs such as cornus, philadelphus and bay will have rooted suckers coming from the base. These can be cut away from the parent plant and transplanted or potted up to give new plants. Don't use suckers from grafted plants (you will get copies of the stock not your prized top plant)

Hedges can be hard pruned to encourage new bushy growth

Roses Now is the time for the annual prune. Use sharp, clean secateurs and loppers. Climbers – cut out dead and overlapping branches, then tidy up. Floribundas and Hybrid Teas – prune as hard as you dare – my father used to prune established plants to the second outward facing bud from the base of the stems. You only need one bud, but you might damage it. He grew show quality roses.

Annuals Sow half hardy annuals (eg marigolds, tomatoes, dahlias) in a cold frame or cold greenhouse towards the end of the month. Sweet peas can still be sown – soak the seed overnight in cold water in the kitchen (that way you will see them in the morning and remember to plant them). Artichokes, cardoons and aubergines need a long growing season, so start off in pots on a windowsill

Perennials Finish cleaning up dead stems (the birds will have had all the seed by now). Fork over the soil lightly. New plants can still be planted, and old ones split

Fruit Finish routine pruning of fruit trees. Cut autumn fruiting raspberries down to the ground, summer fruiting cut just above the top training wire.

Vegetables If the ground is workable sow parsnips. Towards the end of the month sow early Brussels sprouts, summer cabbage, lettuces in trays. Remember a packet may contain hundreds of seeds, most of which will grow. Sow a few of each every couple of weeks. Also remember that compost is often as expensive as the seed – you can use both ends of a tray for plants which germinate at the same rate. Label well.

Relaxation There should be a few mornings when you can sit in the garden and drink your morning coffee and remember why gardens are so precious.

Horticultural produce show You never know the horticultural society may manage to hold its annual show this year (Boris permitting!!!). They have a category of the best display of tubs and/or baskets which is open to non – members, why not think about planting your containers – some suggestions next month.

Good gardening
Kevin

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FAIRTRADE FORTNIGHT: 22ND FEBRUARY 7TH MARCH

For two weeks each year at the end of February and start of March, thousands of individuals, companies and groups across the UK come together to share the stories of the people who grow our food and drinks, mine our gold and who grow the cotton in our clothes, people who are often exploited and underpaid.

In 2021, Fairtrade Fortnight will feel very different. The COVID-19 pandemic has shown us more than ever how interconnected we are globally. This interconnection is at the very heart of the Fairtrade message and is where your role begins. You are part of the Fairtrade movement and you have the power to drive long-term change, not only with your shopping choices but with your support in spreading the message. We just have to do this a little differently in 2021!

CHOOSE THE WORLD YOU WANT

In Fairtrade Fortnight 2021, we will highlight the growing challenges that climate change brings to farmers and workers in the communities Fairtrade works with. The facts are straightforward. Farmers and workers in countries such as Kenya, Ethiopia and Honduras, who have done the least to contribute to climate change, are disproportionately affected by it. They have told us that: Climate change is one of their biggest challenges right now. Low prices for their crops mean that they are struggling to fight back. With the emergence of the global COVID pandemic, the challenges that farmers face now are bigger than ever before with falling commodity prices and widespread shocks reverberating along our global supply chains. Ongoing poverty in farming communities makes it increasingly hard to cope with the effects of climate change.

CLIMATE, FAIRTRADE AND YOU

We need your help to put farmers' voices at the heart of tackling the climate crisis and share the reality of their struggles. Fairtrade works to raise the voices of farmers and workers and prioritise what they need to respond to the environmental crises unfolding in already vulnerable communities. This Fortnight, we are asking you to 'Choose the World You Want' and use your voice to tell others about the challenges that farmers face from climate change.

HOW DOES FAIRTRADE SUPPORT FARMERS IN THE CLIMATE CRISIS?

Fairtrade is about social, economic and environmental justice. These are built into our standards and drive everything we do. A root cause of the inability to adapt to and mitigate climate change is poverty. More money in the hands of farmers is needed if they are to adapt and survive the climate crisis. Choosing Fairtrade fights for improvements in producers' livelihoods with collective strength through co-ops and their bargaining power, the protection of a Minimum Price and Fairtrade Premiums.

In 2019, Fairtrade also launched an ambitious new living incomes campaign to lead the way to a sustainable future for cocoa farmers. A living income would provide farmers with a decent standard of living – enough to cover all their cocoa farming costs and enough to cover their basic human rights, like a nutritious diet, children's education and healthcare. Only when they have met these basic needs can they start to meet the challenges of our changing climate.

WHAT HAPPENED LAST YEAR?

In 2019 and 2020 we asked our government and the chocolate industry to lead the way to achieving living incomes for cocoa farmers. After two years of our campaign with broad and vibrant action from Fairtrade supporters, and new commitments from businesses, we have seen an invaluable contribution to Fairtrade's journey.

Here are some of the highlights:

Fairtrade supporters and staff handed in a 51,851 signature strong petition to 10 Downing Street and Secretary of State for International Development, Alok Sharma replied, praising the campaign and pledging to champion the Fairtrade movement.

Inspiring stories of Fairtrade cocoa farmers were seen and shared by millions online, in communities and at events across the UK.

Waitrose & John Lewis converted their confectionery range to contain 100 percent Fairtrade cocoa, and Lidl have launched their first own brand Fairtrade chocolate bar.

We are also excited to be working with our friends at Ben & Jerry's who have committed to paying a higher price, an additional \$600,000 over the next year to their 5,000 cocoa farmers. This amount is on top of both the annual Fairtrade Premium of around \$970,000 and the Ivorian government's minimum price for cocoa that all companies are required to pay.

The extra money that farmers will now receive is an important part of Ben & Jerry's wider efforts to support farmers towards closing the living income gap.

So this month, why not visit www.fairtrade.org.uk and see how you can send some support.

THE POWER IS IN YOUR HANDS



Buying Fairtrade is easy. There are over 6,000 Fairtrade products from coffee and tea to flowers and gold, so when you shop, look for the FAIRTRADE Mark.

BANANAS

One in three bananas bought in the UK is Fairtrade and it makes a huge difference to thousands of farmers, workers and their families that they are able to sell them into this market. Did you know in the UK alone we've eaten 23 billion Fairtrade bananas over the past 20 years? That's enough bananas to reach the moon and back over six times! Well in 2021 it may be time for a seventh lunar trip, as we've some good news that will make you want to pick up yet another bunch. Fairtrade has introduced a new Fairtrade Base Wage as part of our campaign to make sure all workers on banana plantations earn enough to secure a decent standard of life. As part of this strategy, we're also increasing the amount of Fairtrade Premium workers can receive in cash to help them reach a living wage sooner.

CHOCOLATE

As it stands, too much is expected of cocoa farmers, or at least too much is expected for what they currently earn. We expect equality, no deforestation, ideally reforestation, no child labour, and no slave labour, all from a chocolate bar costing pennies and a cocoa farmer likely earning less than that. Farmers are now also expected to tackle the climate emergency and to invest in safeguarding their crops from new diseases and pests that are thriving in the warmer temperatures. And yet the world doesn't want to pay more for cocoa.

We encourage you to support the firms who are doing right by cocoa farmers, such as Co-op or Waitrose, Divine or Tony's, who ensure 100% of all the chocolate in their own brand products is Fairtrade. Fair trade chocolate is sold at many supermarkets these days, and also in powerful independents like Hotel Chocolate, probably its most famous brand. Find out where you can buy Fairtrade chocolate and make a difference to the lives of cocoa farmers and their families around the world.

COFFEE

When you choose Fairtrade coffee, not only can farmers build a better quality of life for their families and communities, they can invest in growing better quality beans too. Coffee is one of the world's most popular beverages. In the UK, we drink approximately 95 million cups of coffee per day, it is a lucrative multi-billion pound business. However, a closer look at the supply chain shows coffee is a complex and often an unfair affair for the person behind every bean – the farmer. Fairtrade drives a fairer, more sustainable way of trading.

Cafédirect was the first major Fairtrade brand to be launched in the UK in 1991, and paved the way for working directly with suppliers. 25 years on, they still have direct relationships with their growers.

Fairtrade currently works with 795,000 coffee farmers across 30 countries. Colombia is the largest producer of Fairtrade coffee.

CLOTHES

What differentiates Fairtrade from other certification schemes? The negative aspects of conventional cotton production are causing concern to both consumers and industry. Social and environmental accountability and sustainability issues are becoming increasingly important for major brands and retailers. This has seen a growth in the number of certification schemes that aim to improve the economic, social and environmental conditions within cotton production. The 2016 'Textiles Standards and Legislation' lists more than 70 sustainable textile labels and standards. The share of more sustainable cotton increased to 21 percent of global production in the 2017/18 season. The volume of more sustainable cotton actively sourced by brands and retailers increased slightly to approximately 25 percent of the available supply in 2018. Fairtrade is unique in being the only certification scheme whose primary aim is to tackle poverty through better terms of trade as well as giving farmers greater power within their trading relationships. Fairtrade works with 19 producer organisations growing Fairtrade cotton in seven countries. Find out what sustainable fashion means and where to buy it.

FLOWERS

Whatever the occasion, you can say it with Fairtrade flowers. With 69 shades available across UK retailers and online there is colour to suit everyone.

GOLD

Fairtrade Certified Gold is the world's first independent ethical certification system for gold. This is more than just gold, it's gold with heart.

TEA

Behind your brew, real people face low wages, discrimination and the hard choices living in poverty can bring. There are now many supermarkets stocking fair trade tea easily available for your weekly shopping basket.

SUGAR, SPREADS AND OIL

British consumers and companies choosing Fairtrade sugar sent more than £5million in Fairtrade premium back to sugar cane smallholders last year.

WINE

Find out where you can buy an increasing range of wonderful Fairtrade wines from South Africa, Argentina, Chile and Lebanon, as well as Fairtrade beers and spirits.

BEAUTY PRODUCTS

Make Fairtrade part of your beauty routine by choosing products with the FAIRTRADE Mark, there are nearly 150 products available from body butter to dental care.

HERBS AND SPICES

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Thanks to the Fairtrade people and their encouraging example-
Editor

Lydia & David Turner

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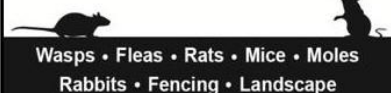
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Ramblings from Brettenham

January has started very much like December ended, a lot of water on the land and there seems to be even more up in the clouds which is destined to fall here in the Brecks or close to us. The fields are very wet which has meant that the usual arable cultivations and farm activities have either been delayed or plans have had to change on a day-to-day basis.

Having regard to this and the fact that the days have been very much the same as we have not been able to get about due to the Covid restrictions which we are all under, I had informed Sue our Editor that the news from Brettenham this month would be very mundane and might not even be worth printing, but what a difference a few hours can make.....



As you can see from the picture above, a considerable sized bomb had been unearthed, this being found in the middle of a rather large field of approximately 22 ha, as the arable cultivations in preparation for the next season were being carried out. After further investigations it was decided to contact the Police, who duly arrived on site, the bomb squad were then informed of the find, they set off from Colchester and all the necessary wheels were set in motion to make sure that nobody was injured or anything untoward happen to the bomb before the necessary explosion could be arranged.

As the day drew to the end, the police were on site and would be for the remained of the night, the army vehicles would be arriving, and the necessary lifting gear would be accompanying them.

Sand would have to be ordered and delivered to the field so that the bomb, could be very cautiously lifted from the original area it was found prior to being placed in a sand lined hole. All was presumably going to plan until Peter received a call at 10.00pm to inform him that they were stuck, and please could a tractor go up to the field and pull them out!! - Job done, it was going to be an incident to be completed the following day.

The morning duly came, and the sand was expected but where was the field...., phone calls back and forth and eventually by lunchtime the delivery was made, the deep hole dug, and the area all lined ready for the explosion. A few of us had thought it would be something which might be of interest so had permission to stand a long way back from the explosion eagerly awaiting the Bang!!

After a countdown, with cameras poised, the button was duly pressed, and breaths were held. We were ready to feel the ground move, to witness a large upsurge of soil and to cover our ears to protect them from the noise, but *No Nothing like that happened at all*, there was a puff of soil and a bang, which was nothing much more than the fireworks which are usually displayed at New Year. and turned out in fact to be the ammunition the army had used to pack the area ready for the destruction of the bomb!!

We later learned that the bomb had probably been a practice one, as no ammunition seemed to be present when exploded, but of course you can never be too sure, and it is always better to be safe than sorry.

On a high note, we did have the enjoyment of an army helicopter flying over the field, this makes a change from the Ospreys which we often have over the village and which seem to use Brettenham as a marker point. Several other aircraft and schnooks tend to turn and head off across to the 'battle area', sometimes flying so low they seem to skim the typical Breckland trees – known to many as the Douglas Firs and making us think 'they may be visiting us for tea!!

All in all it does make you realise that we are very fortunate that we have people who are able to risk their lives and use their skills to keep us safe in so many ways. Bomb disposal, the Army, the Police as well as the NHS and all front line workers who protect us all in our day to day activities. We must all take heed wearing a mask, keeping our distance and importantly respecting others in order that we can keep well and hopefully in the future be together for fellowship and friendship.

Take care and keep safe & 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 March on line edition should be submitted to the editor by email by

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