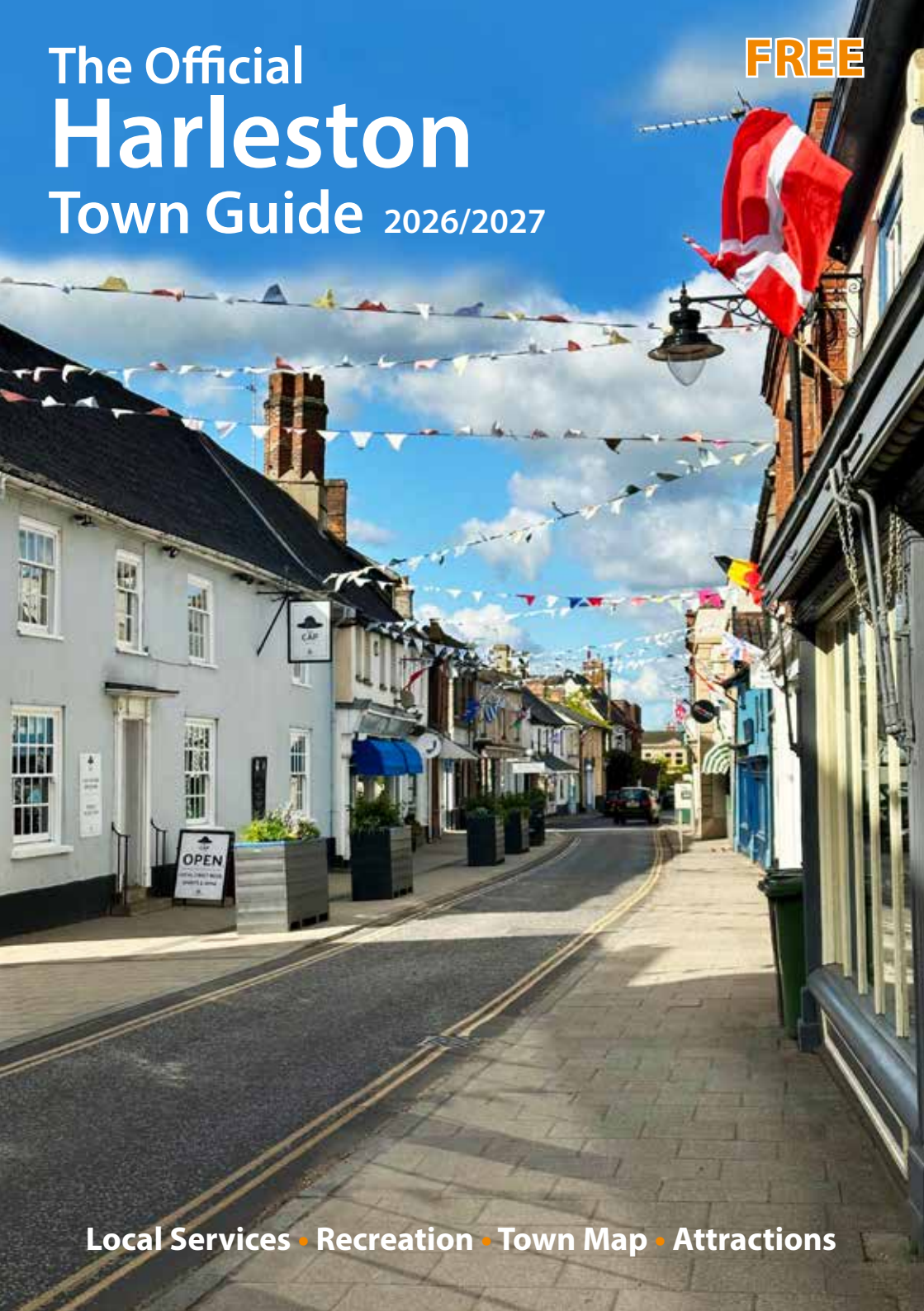


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The Official Harleston Town Guide 2026-27

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Welcome to Harleston

Harleston is a small, picturesque town nestled in the Waveney Valley. It's a great location if you're visiting the Norfolk Broads, seaside and the historic city of Norwich.

The Angles Way passes through Harleston, with plenty of other local walking routes to explore nearby. The town also sits on a national cycle route, and cyclists are warmly welcomed to rest and refuel in our cafés and pubs. There's a well-equipped leisure facility and recreation ground, with fishing lakes close by for a quieter escape. Harleston holds a small market each Wednesday, which has been running since 1259.

Local volunteer groups organise events, including the Harleston & Waveney Festival, food festival and the marvellous Christmas market. Redenhall with Harleston Town Council also put together a calendar of events, including the annual Remembrance Parade and Service, car boots sales fostering community involvement and to promote tourism.

The town is home to many independent shops, cafés and restaurants, catering for local people as well as visitors. Harleston is proud to retain free parking and provides a perfect place for a very pleasant day shopping, with a bite to eat or something to drink.

Stay up to date with the latest Town Council news and what's happening around Harleston by visiting

www.harleston-tc.gov.uk

and subscribing to our newsletter. You can also follow us on Facebook for regular updates and community news.

For a full guide to all the events, please visit

www.visitharleston.org.uk

Welcome to Harleston, we hope to see you soon!

Paul Mba (*also known as Mo*)

Chairman

Redenhall with Harleston Town Council



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Redenhall with Harleston Town Council

Photo: Harleston's Future.

Redenhall with Harleston Town Council runs the Memorial Leisure Centre and the Recreation Ground, including the tennis courts and children's play area. The Council also manages the town's allotments, bus shelter, cemetery based at St Mary's Church in Redenhall, the clocktower, weekly market, public toilets, most street lighting, selected car parks, street furniture and the war memorial.

We're also responsible for hosting many events in the town. For a full guide to all the events, please visit **www.visitharleston.org.uk**

Contact: Clare Crane, Town Clerk

Telephone: 01379 854519

Email: enquiries@harleston-tc.gov.uk

Web: harleston-tc.gov.uk

Address: Memorial Leisure Centre, Wilderness Lane, Harleston, IP20 9DD

Office hours: Monday, Tuesday, Wednesday and Friday 10am-1pm.

Stay up to date with the latest Town

Council news and what's happening around Harleston by visiting www.harleston-tc.gov.uk and subscribing to our newsletter.

Norfolk County Council is responsible for major county wide services such as education, highways, police, fire and rescue, social services and libraries.

It co-ordinates strategic, transport and emergency planning. Its main office is in County Hall in Norwich.

Telephone: **0344 800 8020**

Website: **www.norfolk.gov.uk**

South Norfolk District Council is responsible for planning (including most housing applications), housing, council tax and refuse collection, electoral registration, licensing, most leisure centres and pools and street cleaning. Its offices are at The Horizon Centre, Broadland Business Park, Peachman Way, Norwich, NR7 0WF.

Telephone: **01508 533701**

Website: **www.southnorfolkandbroadland.gov.uk**



LOCAL POLICING

Your safer neighbourhood team

Neighbourhood Team

Your local officers work with everyone in the community to identify and deal with current issues and concerns in the neighbourhood. They are here to engage with local residents and work to identify priorities within your area. Find out more at **norfolk.police.uk/your-area**

My name is A/Sgt Steve Phillips and I am one of your local safer neighbourhood officers.

Please get in touch with me via the below email address to discuss concerns, ask for crime prevention advice, or tell me about local events you're organising.

Email us at

SNTSouthNorfolk@norfolk.police.uk



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Your Community Hub

Information and support in the heart of Harleston



Harleston Information Plus is a registered charity funded through grants and donations and run by a voluntary board made up of people who all live in the local area. There are over 50 volunteers involved with the organisation who help to provide HIP services.

Information Centre

Offering a wide range of information including tourist leaflets, welcome packs for new residents, local walks and maps, bus timetables, information on health, wellbeing and support services, local events, clubs, groups, Harleston cinema bookings and much more.



Online Help

Appointments available Mondays and Wednesdays from 1-3pm for help with online applications such as Attendance Allowance, Personal Independence Payment, Pension Credit, Blue Badge applications and Concessionary Bus Passes.

Citizens Advice

1:1 appointments available Wednesdays from 10am-12pm offering advice on a range of issues such as money, benefits or housing.

Befriending Service

Offering face-to-face befriending to anyone over the age of 18 who may be experiencing social isolation within Harleston and surrounding villages. Volunteers will visit you at home or meet at a local café or group.

Jobs Club

Open every Wednesday, drop in anytime between 10am-2pm for help with online job searching, CVs, application forms, interview tips and advice, local training and courses, self-employment information and volunteering opportunities.

Councillor Surgeries

Local, District and County Councillors hold monthly surgeries at the Information Centre, you will find a Councillor at the Centre most Saturday mornings.

Foodbank

Issuing Foodbank vouchers on behalf of the Waveney Foodbank.

Wellbeing Champions

A safe space where you can talk to a Wellbeing Champion and receive support, information and guidance when needed.

First Aid Training

We hold up to six Emergency First Aid at Work courses annually, priced at £65 per person. Discounts available for charities and community groups.

Room Hire

We have rooms available for hire from £5 an hour, with internet-enabled screens.

Contact and opening hours

For further information pop in and see us at 8 Exchange Street, Harleston, Norfolk, IP20 9AB or call **01379 851917**

hip@harleston-norfolk.org.uk

www.harleston-norfolk.org.uk

Open 9.30am-3pm Monday to Friday and Saturday 10am-1pm



Harleston Information plus
Harleston Jobs Club



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Health and Welfare

Harleston Medical Practice

Bullock Fair Surgery
Bullock Fair Close
Harleston
Norfolk IP20 9AT

The telephone lines are open from 8.30am – 6.30pm (6.00pm on Wednesday).

Tel: **01379 853217**

Options:

- 1 – Appointments
- 2 – Cancellation line (open 24 hours)
- 3 – Dispensary 10-12.30 & 2-3pm
- 4 – Test Results after 11.30am
- 5 – Secretary (for referrals only) 10-3pm
- 6 – Reception (general reception enquiries) – after 10am

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- To request a home visit: **01379 853217** before 10:30am
- Dedicated Cancellation line **01379 855908**
- We update our website regularly:
www.harlestonsurgery.co.uk
- E-Mail: **nwicb.harleston.reception@nhs.net**
- The dispensary is busy, so please order repeat medication when you have seven days supply remaining.
- You can request a repeat prescription online at: **www.harlestonsurgery.co.uk**
- The practice information leaflet is available from Bullock Fair surgery or online
- Practice Manager, Maria Flood on:
01379 853217

Please note: The surgery will be closed each day 1-2 pm. Telephone lines remain open as usual during this period.

DENTIST

Harleston Dental and Aesthetic Clinic

24-26 Redenhall Road, Harleston, IP20 9ER
Telephone: **01379 854466**
Out of hours emergencies: Dial 111

Opening times:

8am-5.30pm - Monday, Tuesday, Thursday, Friday
8am - 7pm - Wednesday
8am-1pm - Saturday

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Cecil Amey Hearing Care

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CHEMIST

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17 The Thoroughfare, Harleston, IP20 9AH
Telephone: **01379 852338**
Opening times:
Monday to Friday: 9am-6pm
Saturday: 9am-5pm

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Harleston's History

Harleston is an unplanned town, unlike other medieval towns such as Great Yarmouth with its 'rows'.

This is a market town in the true sense of the word as, at its very beginning, the market preceded a settled community. Why the market became established here is not clear, but a Royal Charter was granted in the 13th century. The triangular market area was bounded by Exchange Street, the Thoroughfare and the Old Market Place/Broad Street. This became a considerable enterprise, serving a wide area.

Medieval plots developed on the outside edge of this triangle, stretching back a long way from narrow frontages. They consisted of small orchards, gardens, outhouses and workshops and eventually became known as 'Yards'. Small industries - tinsmiths, gunsmiths, saddlers and wheelwrights etc plied their trades and turned the yards into noisy, busy places. The buildings fronting the streets became shops with their owners living upstairs. These yards still exist but are now mainly residential.

Within the triangle, the market flourished but gradually was built up with more permanent buildings. By 1839, the structure of the town centre was very much as it is today. All through this steady re-development, the daily spiritual needs of the townsfolk and market goers were being met by St Johns' Chapel of Ease which stood for many hundreds of years on the edge of the Market Place. The chapel was demolished in the 1870s and replaced by St Johns' Church built in Broad Street in 1872. (The Chapel of Ease was only available Monday to Saturday. Everyone was obliged to attend St Marys' Redenhall on a Sunday).

The building of the Corn Hall in Exchange Street in 1850, and the coming of the railway in 1855, was indicative of prosperous times and signalled a sound economic future for the town.



Over the years, a good relationship built up between the people of Harleston and the many small businesses which thrived here - one steadfastly supported the other, the effect of WW1 was to reduce the population considerably, however the town battled on and took WW2 in its stride - even the closure of the railway did not knock the towns' progress. The 1960's was a particularly prosperous time in terms of employment opportunities when a number of small manufacturing firms moved in and created hundreds of manufacturing jobs. Most of these have gone now and Harleston is back to what it always was - a small, vibrant market town providing a wonderful place we can all enjoy.

The town is proud of its heritage. For those who wish to know more, why not visit the Harleston Museum? Next to King George's Hall, it is open from Easter until the end of September, on Wednesday and Saturday mornings from 10am until 12 noon, but can be opened for small groups by arrangement. For further details contact the curator at:

harlestonmuseum@gmail.com



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Out and About

Buses

Regular bus services connect Harleston with Norwich, Diss and Beccles.

For full details of bus services and pick up points contact:

- **Traveline** on 0871 200 2233, www.traveline.info
- **First Bus** on 0345 646 0707, www.firstbus.co.uk
- **Konect Bus**, www.konectbus.co.uk
- **Simonds** on 01379 647300, www.simonds.co.uk
- **BorderBus** on 01502 714565, www.border-bus.co.uk

Printed timetables are available at Harleston Information Plus.

Information on National Express services can be found at www.nationalexpress.com

Community Transport Services

Travel Norfolk car scheme

This community travel service, powered by volunteers, helps eligible adults get to vital health, social and wellbeing services. The service is available to adults who have specific health or social needs but aren't eligible for free transport. There are other stipulations that can be accessed on the website.

Call **0344 800 8020** (Monday to Friday, 9am - 5pm) to reserve your ride. Please give at least three working days' notice before you travel. You're welcome to book up to two weeks in advance.

www.norfolk.gov.uk/communitytransport

BACT Community Transport

This community service runs a range of different services.

The car service operates seven days a week and is provided by volunteer drivers using their own vehicles. Anyone may ask to use the service to make journeys for which neither a family car, nor public transport, is available. A practical wheelchair accessible vehicle (WAV) provides door-to-door transport for those

without the use of a car and unable to use public transport. The vehicle seats up to five passengers, or three plus a wheelchair. For more information of to make a booking call **01986 896896** or go to bactcommunitytransport.org.uk

Borderhoppa

Borderhoppa provides a range of vital community transport services which are available to people who have no other access to other forms of transport. Users of the service include the elderly, community groups, young people, the rurally isolated and those with impaired mobility. Borderhoppa services allow users to carry out important tasks such as attending medical appointments, going shopping, attending local jobs clubs and training, participating in social events and visiting friends and family.

Borderhoppa Community Transport is a registered not for profit charity and has been in operation since 2002. Borderhoppa's office is based at 40 Fuller Road, Harleston and has a team of paid staff and drivers.

The service currently covers 56 parishes in south Norfolk and north Suffolk. They provide a door to door dial-a-ride service and also arrange regular members' outings throughout the year to popular destinations. Their buses are available to any local not for profit organisations, clubs and societies for private hire at very reasonable rates. Most buses are fitted with wheelchair lifts to make them fully accessible. Prices are available on request.

If you would like to make a booking, or would like more information, then please call **01379 854800** or visit www.borderhoppa.org. You can also email us at adminborderhoppa@btconnect.com

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Harleston's Future

Harleston's Future is an independent, voluntary group committed to supporting and working with the Town Council, local businesses and other groups. Our team organises a range of activities for the benefit of Harleston residents, the surrounding communities and visitors to the town.

We organise community events and street markets; Flag Force has taken a pause whilst we wait for the town's flag brackets to be tested. All being well, they will be back soon to provide a colourful array of flags, with wonderful bunting supplied by a team of helpers in the summer months.

Harleston's Future volunteers operate the Harleston Cinema on the fourth Thursday of each month with two performances: 2pm and 7.30pm, at the Masonic Rooms, Redenhall Road, Harleston. Bookings for this are taken at Harleston Information Plus, 8 Exchange Street.

The Environment Group (which includes the Swift Action Group) helps address relevant issues in and around the town. At Easter, a Nature Recovery themed 'Children's Creature Trail' window competition was held to ensure that we bring the younger generation into our aim of providing a better home for local wildlife.

Open Gardens is taking a break this year, giving participants more time to get their gardens ready, and we hope to run the event again in 2027.

Our monthly play readings are also taking a break at present, Eileen is working with Harleston Players on a new play for this summer, telling the story of 'The Waveney Valley Railway'. Please keep an eye out for further details on this and any future play readings in the Harleston Grapevine.

Have you seen the Harleston Mini-Mouse-Shop Trail? These little shops can be found in the

windows of around 20 of the town's shops. The (free) trail sheets are held in Harleston Information Plus and The Swan.

Harleston's Future is busy organising the events for this year and beyond. If you would like a stall for any of our events, please email treasurer, **harlestonsfuture@yahoo.com** for further information.

Could you volunteer to help?

We rely solely on the support of volunteers, and new volunteers are always warmly welcomed. It is a great way to meet new people and get involved with your community.

If you are interested and want to know more, please contact us at:

info@harlestonsfuture.co.uk or

www.harlestonsfuture.org.uk

- or come and see us at one of our events.



Walks



Photo: Pauline Bullen

Harleston is close to the River Waveney - the boundary between Norfolk and Suffolk.

The walks explore the Norfolk side of the Waveney valley - an ancient landscape comprising a complex network of irregular fields bounded by old hedgerows, remnants of the ancient woods, winding lanes connecting villages, hay meadows and pastures, rivers and wetlands; all now set in modern arable land. There are many routes walkers can take, and further information on many more walks can be found at Harleston Information Plus which is situated in Exchange Street. Here are just three examples of the interesting walks you can take.

Walk 1 - Harleston via Starston.

Approx distance of 2.8 miles.

Steep gradients.

This walk starts at the Recreation Ground, turning onto Wilderness Lane, Starston Road and then down Bunn's Lane (off the B1134 Starston Road). If you turn right at the end of Bunn's Lane and follow the hill down The Street, you will see St Margaret's Church ahead.

If you don't wish to visit the church, turn right past the village hall, and at the end of the pavement turn right onto the public footpath just after passing The Rectory. Ignore the track on the left but keep right on the grass path up the steep hill, go around the corner and continue with the hedge on your right.

Cross the dismantled railway line, then the bridge over the ditch and continue beside another field up the hill to Bunn's Lane, cross the road and you will be back on Starston Road, where you can either make your way back to the Recreation Ground or go through Weavers Croft, passing Herolf Way and Pilgrims Way, on to Swan Lane and then onto the main street, The Thoroughfare.

Walk 2 - Harleston via Lushbush.

Approx distance of 3.2 miles.

Moderate gradients.

The start point is at St John the Baptist, Broad Street. With your back to the church, turn right along Broad Street. Keep right and walk along Redenhall Road out of Harleston towards Redenhall, past the poplar trees and turn left down the hill to Lushbush. Turn left at the T-junction, cross the bridge over the stream and turn right on the public footpath up the hill. Walk up this field edge path keeping the trees on your right. Turn right on reaching the road and, after a short distance, turn left onto the public footpath just after, and adjacent to, the drive to a house.

Walk on this wide grass field margin towards and then beside Gawdy Hall Wood. After a short distance turn right at the way marker post to cross the field over the hill down to the road, emerging opposite the junction. Turn right at the road (Church Lane), look out for the wooden memorial to a World War One plane crash on the right just before Church Lane Cottages. Turn first right and follow the road over the hill, continue ahead at the crossroads. Bear left at the junction and walk up Station Hill and continue along Station Road. Turn right at the end, cross where possible and return to the start point. This walk passes close to Gawdy Hall Big Wood, an undisturbed Site of Special Scientific Interest. Whilst there is no public access, the footpath is adjacent to it for a short distance and the large wood is visible from any of the country roads all around.

Walk 3 - Harleston via Redenhall.

Approx distance of 4 miles.

Steep gradients.

The start point is St John the Baptist, Broad Street. With your back to the church, turn right and walk along Broad Street, then Redenhall Road, and continue for approximately one mile to the roundabout.

Cross at the roundabout and walk up to St Mary's Church. After visiting the church, return to the road and continue over the brow of the hill. Turn right into Cook's Lane. Continue along Cook's Lane turning left at the junction to walk down Cuckoo Lane, a very steep hill. Turn right at the T-junction onto Low Road.

Turn right at the public footpath finger post just after Freston Farm and Freston House and walk up the steep hill (part of Angles Way).

At the junction of footpaths, at the brow of the hill, continue ahead (by turning right then immediately left at the second way marker post) and keep the ditch on your left. Just before a small wood on your left, turn right to walk down to the road. Turn left into Green Lane, cross the A 143 at the crossing point and continue as Green Lane becomes Jay's Green. As the road bears sharp right, continue ahead onto Straight Lane, turning left at the end to return to the start point at the church.

Photo: Ian Carstairs



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Education

Harleston Sancroft Academy

The Harleston Sancroft Academy is at the heart of the local community providing education, experiences and opportunities for children aged 3-16. As a school, relationships come first which reflects the Church of England Vision for Education. We educate for wisdom, knowledge, skills, hope and aspiration and it is these characteristics that underpin the decisions that are made daily, ensuring we create an environment that supports our school vision of **'Life in all Its Fullness'** (JOHN 10:10).



HARLESTON SANCROFT
ACADEMY

partnerships, our community is enhanced. To arrange a visit to either the primary or secondary phase, please contact the school office on

01379 853211 (primary),

01379 852561 (secondary)

primary@sancroft.stbenets.org or

secondary@sancroft.stbenets.org

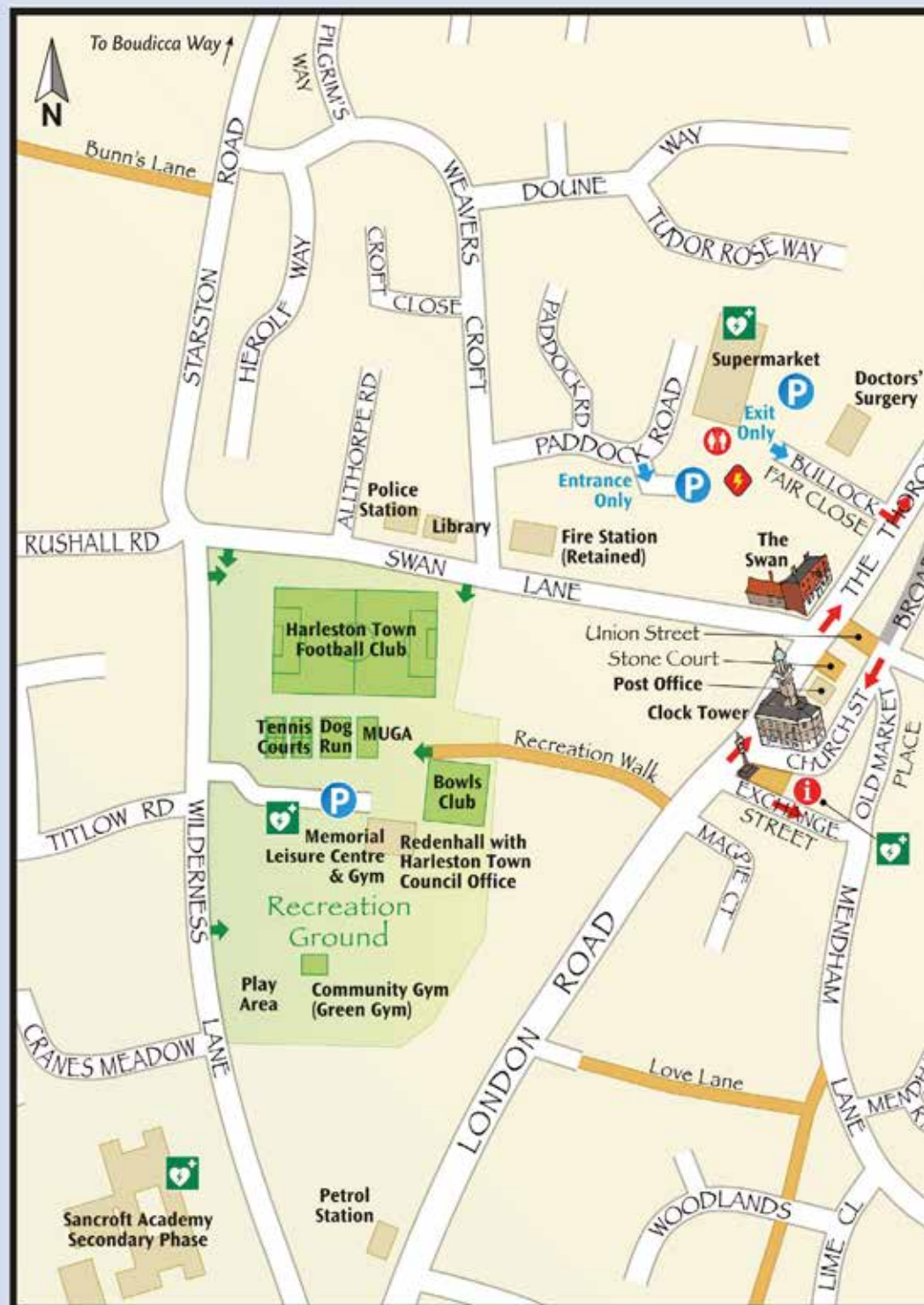


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(www.sancroft.stbenets.org) to find out more about this unique and very special community and gain a sense of how and why children and adults are supported and encouraged to flourish in their daily lives. The Harleston Sancroft Academy is full of learning, full of love, full of compassion and full of friendship. A place where everyone is celebrated. We are delighted to be active members of St Benet's Multi Academy Trust and we recognise that working in collaboration and through effective



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Exchange 2 is a registered charity that has been a cornerstone of support for local young people since 2002. Based at The Cabin on the Harleston Recreation Ground, Exchange 2 is not just a youth facility, it's a safe and welcoming space that young people can call their own. It's a place for them to relax, socialise, learn and grow.

Weekly Drop-in

The Cabin is open every Tuesday from 6.30–8.30pm and Thursday from 6–7pm, and comes alive with laughter, camaraderie and creativity. The facility is well-equipped with table tennis, pool and football tables, games and arts and crafts and offers a mix of themed events like music, pizza and movie nights.

Free Gym Sessions

Exchange 2 offers fully funded fitness classes at the Harleston Gym. Classes run every Thursday 4-5pm by a qualified gym instructor and include HIIT, circuit training, pump it up and self-defence, all designed to help young people stay active, build confidence and have fun.

The Team, Partnerships and Safeguarding Commitment

Exchange 2 is run by five Trustees and a team of four Youth Leaders. They work in collaboration with South Norfolk Youth Advisory Board to ensure additional activities and provision are available to the young people of Harleston. They are a member of the Norfolk Safeguarding Children Partnership and work closely with the Children's Advice and Duty Service (CADS) to ensure the safety and wellbeing of Harleston's young people.



Funding

Exchange 2 relies on grants and donations to run its services. If you would like to support their work with young people by making a donation, please get in touch, - every contribution helps make a difference.

Get involved

Exchange 2 is always on the lookout for enthusiastic volunteers to join their team. Whether it's helping as a Youth Leader during weekly sessions, assisting with administration and fundraising, or taking on a Trustee role to shape the charity's future, there are countless ways to get involved.

Contact

Exchange 2, The Cabin, Harleston Memorial Leisure Centre, Wilderness Lane, Harleston, Norfolk, IP20 9DD.

E-mail:

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www.exchange2.co.uk





Faith in Harleston



London Road Church. Photo: Kim Ponting

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We seek to be inclusive and welcoming to all. Since the fire in St John's on 1st October 2025 our services have been held in St Thomas More Chapel, Jays Green. Sunday worship at 11.00am ranges from the traditional to the new and informal. Outside of Sunday we hold Coffee Mornings, Chatty Church and the Forget Me Not Cafe.

By the autumn of 2027 we hope to once again be the Church at the heart of our community, and to do all we can to support and encourage our neighbours.

S. Woollam & M. Youngman, Churchwardens.

For further details of services & any other enquiries please contact our administrator Helen Orford.

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Harlestone & District Business Forum was founded in 2012, so now 14 years in its current form and as vibrant and well supported as ever. Like-minded business owners and other interested parties share business information, enjoy networking, have an official voice when approaching local, regional and national authorities and promote the town and surrounding area.

Anyone who owns a business, works in one, is an ex-business owner or is a member of any organisation interested in Harlestone & District and its development is welcome to join us. We are a very friendly and supportive group. Just come along and see what we are about.

Breakfast meetings are usually at The Swan Hotel, Harlestone but occasionally elsewhere, on the first Wednesday of each month at 7.30am. You may come to our breakfasts without committing yourself to membership in the first instance. We also have occasional lunchtime and post work meetings throughout the year, and a fabulous Christmas dinner at one of our local restaurants. Meetings have several popular formats, usually preceded by a short introduction from each member, then followed by a speaker, one-to-

one networking or members' talks. Members are encouraged to promote their businesses within the group.

HDBF supports town events where appropriate, invites our local councillors and current MP to join us as often as possible, and held the only full hustings in the constituency during the 2024 General Election campaign.

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Harleston's Neighbours

Harleston is in the Waveney Valley and is surrounded by a host of beautiful villages. The town is situated just to the north of the River Waveney, the boundary between Norfolk and Suffolk. Among the surrounding parishes are:

Alburgh. The church in Alburgh, All Saints, contains interesting relics of the First World War and there is also evidence of a Stone Age grave in the vicinity.

Brockdish. A pretty village situated on the banks of the River Waveney. It is the highest point on the river from which canoes and kayaks can access the water, the entry point being at the foot of the common. In the summer of 2018, the Waveney Heritage Centre opened in the old primary school offering a wide range of talks, entertainment and cultural activities.

Denton. The Church of Denton St Mary is one of 124 existing round-tower churches in Norfolk. Its original round tower fell in the 16th century, and was repaired in the most economical fashion, built of brick and square, but retaining the eastern curved part built of flint. To the north-west at Darrow Green are the surviving earthworks of Denton Castle, a small medieval motte-and-bailey castle.

Dickleburgh. The village name derives from an Irish monk by the name of Dicul who had a brief settlement ("burgh") in the area in the late 6th century, nothing of which survives today. At one time, the village was dominated by a mill with homes for the workers from 1780 producing herbage seeds and grain.

Flixton. Until the latter part of the last century the village was the location of Flixton Hall, a grand

country estate reputedly once considered by the royal family as an alternative to Sandringham. It is also the site of the Norfolk & Suffolk Aviation Museum. The village was used by the US airforce as the base for the "Bungay Buckeroos" in World War II.

Fressingfield. The church in Fressingfield contains the tomb of Archbishop Sancroft and contains some very interesting timbers. The Fox & Goose, now a restaurant, was formerly a guildhall.

Homersfield. More properly called South Elmham St Mary, this village has the oldest concrete bridge in Britain, built in 1870. Gravel extraction in the area has revealed evidence of woolly mammoth and rhinoceros among other Ice Age creatures.

Hoxne. It is said that St Edmund, King of East Anglia, was slaughtered at Goldbank Bridge by the Danes. His hiding place was revealed by a newly married couple and he put a curse on all couples crossing the bridge to be married. The Swan Inn was once a 15th century lodge known as Bishops Lodge. It is also the site of the finding of the Hoxne Hoard of Roman treasures.

Mendham. Famous for its connection with Sir Alfred Munnings, who was born in the Miller's House in 1878 and later became President of the Royal Academy. The church, All Saints, has a timber chancel-arch and a 14th century tower. The 1880's east window is also notable, depicting the Ascension.

Metfield. The name is derived from "meadow field". The village has a 13th century parish church, St John the Baptist, which was remodelled in the 1400s. During World War II a bomb dump exploded outside the village detonating over 1000 tonnes of explosive and killing five men.

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Needham. Needham may be a small community but it has a very long history dating back to the Romans who left fine pottery jars, several kilns and a small coin hoard at the east end of the village. The charming church has a round stone tower which probably dates back to Norman times and a rather macabre inscription on the back of one of the old pews. The river bank overlooking the bridge by the old red brick water mill is a delightful scenic spot in the summer.

Pulham St Mary. The Romans may have had a settlement here as various artefacts have been found. During World War I the Admiralty constructed a large air station as a base for airships and 3000 naval personnel. The airships were known as 'Pulham Pigs'. Lately famous for the restoration of Pennoyer's School, which, when it closed in 1988, was the oldest elementary free school in England. The building is now a thriving village centre.

Pulham Market. Considered by many to be the typical English village, everything is centred around the green. The earliest recorded spelling is Polleham and is thought to mean the farmhouse or enclosure by the pools or streams. The church of St Mary Magdalene has a stunning 17th century porch. The popular Crown Inn was once used to house workers who built the village's church in the 14th century.

Redenhall. Officially Harleston is called "Redenhall with Harleston". The parish church of St Mary serves Harleston and the 15th century tower is a most impressive sight.

Rushall. The church of Rushall St Mary the Virgin is one of 124 existing round-tower churches in Norfolk. The Half Moon Inn is a 16th century coaching inn.

The Saints. The Saints is renowned for its ability to confuse you. It comprises a maze of twelve

villages connected by nameless roads that lead you in circles until you're back where you started. Impressive ruins of the old Minster can be found at St Cross.

Scole. On the outskirts of Diss, this was a coaching station on the road from Colchester to Caister St Edmund, near Norwich. The 1655 Scole Inn is said to be haunted by Emma, who was murdered by her husband.

Starston. The church of St Margaret has a chequer work to the parapet and the remains of wall paintings. The village sign features a wind pump that enabled water from the Beck to be delivered to Starston Place, demolished in the 1900s.

Syleham. St Margaret's is another of the round-tower churches of East Anglia. Also famous for the Syleham Watermill, subsequently used as a factory and now converted to residential properties.

Weybread. In the church of St Andrew's there is a memorial plaque to Alfred Ablett who was born in Weybread in 1830 and was awarded the Victoria Cross during the Crimean War. Each pew end shows the word "free" - dating from the abolition of the pew rents.

Wortwell. Originally this was a hamlet within the parish of Mendham and gained parish status in 1885. The watermill is ancient and is referred to in conveyances as early as the 14th century. The river was once a source of eels for the London market.

Wingfield. Wingfield Castle, now a private home, was originally the home of the Wingfield family and their descendants, the De La Poles - Earls and Dukes of Suffolk. The tomb of St John de Wingfield, chief of staff to the Black Prince, can be found in the 14th century St Andrew's Church. Wingfield Barns runs a programme of artistic events.

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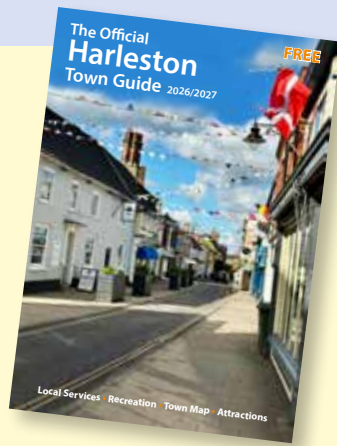
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