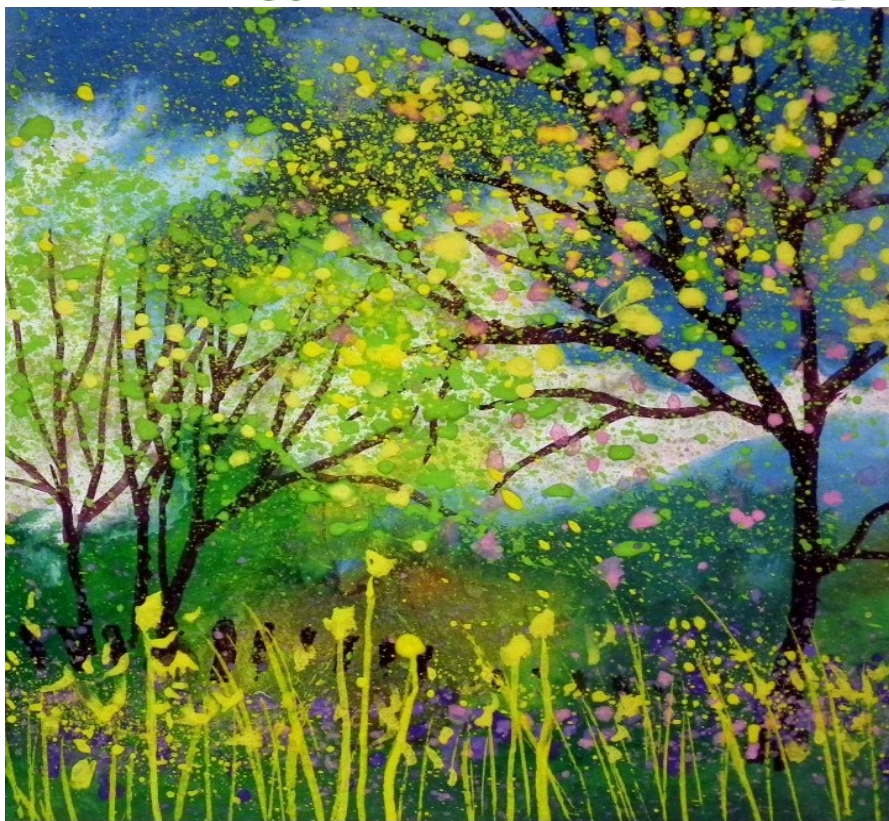


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**Events**

**What's On**

**News**

**ISSUE 2 April 2025**

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**The Team**, would like to express their thanks to everyone, for the comments they have made about the Newsletter. It is really good to know that it was received so well. Keep sending your feedback, and don't forget to let us know about events/articles that you think your fellow villagers would be interested in, so that we can make sure that people are aware. This month we would like to thank Sarah Coward for recommending a book review, for people who like cooking and are living on their own, read about it on page 26.

**Keep the ideas and suggestions coming!**

## March Crossword Puzzles Answers

**Across:** 1. playwright 7. hititoff 8. ripe 9. tutu 10. amended 12. perpetually 14. cavalry 16. omit 19. numb 20. appraise 21. stayathome

**Down:** 1.point 2. aviator 3. wood 4. infamous 5. heron 6. speedy 11. February 12. plague 13. lumbago 15. abbot 17. taste 18. spot.

The winner of the Crossword prize for March are Debra and Rebekah Long, Congratulations.

Newsletter Notes:- Items to the Editor, [info@banhamnews.co.uk](mailto:info@banhamnews.co.uk)

To place an advertisement, or content, please contact [info@banhamnews.co.uk](mailto:info@banhamnews.co.uk)

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NB.The inclusion of an advert or article in the publication, does not constitute any endorsement by the Editorial Committee, of the views expressed on a product or service

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Countryside Park

# Editorial

Hello once again. Well we finally did it, after months of hard work by the team, we got the first edition of the Banham Newsletter to over 750 homes in the village, and I have to say we are delighted with the way it has been received.

We need to keep it topical and up to date, so we will be relying on everyone to send us idea's, events and articles that might appeal to people. To this end, you can email, call or post suggestions in the box situated at the Post Office.

You will also find some additional copies of the Newsletter at both the Post Office and the Community Centre although these are limited, so we ask that if you know of anyone that did not receive a copy, then please take one for them, or indeed, pass on your copy once you have finished with it. Oh, and don't forget to recycle!!

As we finished the First Edition, we actively started work on the next one, as the deadlines for sending to the printers are quite tight. So I would like to take the opportunity to thank the committee for their hard work, and the contributors for getting their editorials to us in good time.

If you feel you would like to contribute to the Newsletter, or, you wish to join the committee, then please get in touch.

[info@banhamnews.co.uk](mailto:info@banhamnews.co.uk)/ 07775 906546 or use the Dropbox at the Post Office

Alan ( Editor)



# Your Garden This Month

## On the allotment

- Plant second early and maincrop potatoes
- Pinch out the tips of broad beans if they're covered in aphids or spray shoots with soap-based solution
- Sow outdoor varieties of tomatoes, chillies and courgettes in pots, so they're ready to plant out in late May or June
- Divide clumps of hardy herbs such as lemon balm and chives
- Sow small batches of rocket and other easy salad leaves
- Sow flowering companions in the veg plot, such as pot marigolds and borage
- Sow herbs such as parsley, coriander, dill and chamomile in a sunny bed or container
- Protect emerging seedlings from slugs and snails
- Sow fast-growing crops, such as radishes to make the most of any temporary gaps

## In the garden

- Sow hardy annuals directly into the garden
- Enjoy instant colour by planting primula and polyanthus in pots and at the front of borders
- Protect the new shoots of hostas, delphiniums, lupins and other vulnerable plants from slugs and snails
- Deadhead spring bulbs and bedding, so they don't waste energy setting seed
- Sow sweet peas at the base of supports, and transplant those sown in autumn into their final positions
- Spray the new leaves of disease-prone roses with fungicide to control mildew, rust and black spot
- Reinvigorate mature clumps of hardy perennials, such as hostas, asters and daylilies by dividing and replanting
- Sow sunflowers in a sunny, open site, then water regularly and protect seedlings from slugs and snails
- Check for aphids on roses and rub them off before they develop into major infestations
- Add aquatic plants, such as waterlilies and irises, to garden ponds

**With thanks to Mel Jay for this months garden update.**



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# Get Involved



**OPEN GARDENS 2025**  
**Calling all Banham Gardeners**  
**You may have a large garden, or it may be small.**  
**It may be beautifully tidy, or you may be into rewilding.**  
**Whatever your garden is like you may wish to share it and consider it for opening on June 7<sup>th</sup> or 8<sup>th</sup> this year following on from the huge success of Open Gardens 2023.**  
**If you are interested or have any questions, please contact:**  
**07967803655**

**Wednesday Cafe** 

**Banham Village Hub** hosts a free Wednesday Cafe every week between 10am and Noon in the Banham Community Centre small hall. The cafe offers a FREE Cuppa & Cake, chatter and companionship, and also offers free breakfast for kids during school holiday.

**By the Community for the Community**  
**Free Mini Raffle**   
**Free Book Swap**   
**Arty Crafty Activities**  
**Free Jigsaw Swap**  
**Collection point for Trussell Trust Food Bank**  
**And other events to look out for through the year:**  
**Community Christmas Meal**  
**Easter Bunny Hunt**  
**Movement for Wellbeing**  
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We are a friendly group of like-minded people who love to knit, stitch and natter whilst sharing ideas and skills. Come along to learn something new, share your ideas or just chat. This isn't just for knitting or crochet bring your favourite (non messy) crafts. Come along to enjoy the company of others and catch up over a drink.

The group is held once a month in the Banham Community Centre and Bar on a Wednesday from 7:30pm. The dates are published on the Post Office Notice-board. If you would like any further information, or to join our FaceBook page pop in to the Post Office and see Marise. 

# Local Clubs

## **Banham Baby Toddler Group (0-5yrs)**

Community Centre 10:00—12:00 -Monday  
April 14th, May 19, June 16, July 21  
Facebook.com/banhamtoddlers

## **Banham Short Mat Bowls Club - Monday**

Community Centre  
Contact: Ron 07925 063553  
Ronald.553butler@btinternet.com

## **FitSteps - Wednesday & Thursday**

Community Centre  
Contact: Tracy Jenkins 07772 481232  
tjfitsteps@gmail.com

## **Beavers, Cubs, Scouts,**

Kenninghall, Attleborough, Harling, Old  
Buckenham.  
www.scouts.org.uk, 0345 300 1818

## **Rainbows, Brownies, Guides.**

www.girlguidingnorfolk.org.uk

## **Air Training Corps - Tuesday & Thursday**

Cadet Centre, Sunnyside, Diss  
Email oc.1070@rafac.mod.gov.uk

## **Army Cadets**

Attleborough Primary School  
18-20 Besthorpe Rd, Attleborough,  
01362694515, Tue 7pm

## **Navy/Marine Cadets**

Army Reserve Centre, Aylsham Rd,  
NR3 2AB  
Mon & Thur 7pm

## **Police Cadets**

<https://vpc.police.uk>

## **Beginners Yoga and Relaxation -Monday**

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Contact : June Roberts  
01953 498343 / 07766 108075  
juneroberts@googlemail.com

## **Community Hub-Weekly Warm Space**

Community Centre  
Every Wednesday @10:00  
Free Tea/Coffee, Cakes, Soup  
Contact: 07909 505831  
banhamvillagehub@gmail.com

## **Well Being**

Community Centre  
Every Tuesday 11:45—13:15

## **Friday Club - Rowancroft, Kenninghall Road**

Bible stories and activities for Primary  
school children, 6:15 pm during school term  
time

Contact Steve or Gill Eggleton  
01953 887579

## **Knit & Natter Crochet & Chatter**

Once a month on a Wednesday, in the  
Community Centre Bar. Details can be  
found at the Post Office.

# Your Community Centre

## From the Chair

By the time you read this, Gary Delaney will, I am sure, have entertained you all with his mastery of the one-liner, but there is much to look forward to over the coming weeks. On May 9th we will be celebrating the 80th Anniversary of VE Day with a themed quiz in the small hall and bar. Join us as we transform the bar and hall into a WWII London Underground Air Raid Shelter for a Wartime themed quiz to celebrate the 80th VE Day Anniversary. Wartime vehicle display. Good ol' East End grub from Marleys Pie and Mash. With background music from Vera Lynn and other 40's favourites. We'll even have our very own spiv selling black market ration books (raffle tickets!) Period dress optional but a prize will be given to the best dressed team. More recently, thanks must go to Linden, Ben, Darren, and the BCCA committee members for giving up their time to help clean up around the Community centre on the 8th March, instigated by our very own trustee, Brian Harper. Special thanks also go to Miranda, Sandra and Julie for the provision of refreshments and bacon rolls.

Guy Taylor, BCC Chairman

### Banham Community Centre

#### Regular Diary

<b>Monday:</b>	<b>Yoga</b>	<b>12:30- 13:45</b>
	<b>Bowls</b>	<b>14:00 - 17:00</b>
	<b>Zumba</b>	<b>18:30 -19:30</b>
	<b>Badminton Club</b>	<b>20:00 –22:00</b>
<b>Tuesday:</b>	<b>Well Being</b>	<b>11:45 –13:15</b>
	<b>Anglia Karate</b>	<b>18:00 –21:15</b>
<b>Wednesday:</b>	<b>Fitstep</b>	<b>09:30 –10:30</b>
	<b>Community Café</b>	<b>10:00 –12:00</b>
	<b>Private Badminton</b>	<b>19:30 –21:00</b>
<b>Thursday:</b>	<b>Fitstep</b>	<b>09:30 –10:30</b>
	<b>Anglia Karate</b>	<b>17: 30 –19:30</b>
	<b>Badminton Club</b>	<b>20:30–22:30</b>
<b>Friday:</b>	<b>Zumba Gold</b>	<b>09:30 - 10:30</b>
	<b>Private Badminton</b>	<b>14:00 –16:00</b>

If you have not already done so, please visit our website, where we will be posting even more content and information. So if you have something to say or share then get in touch.

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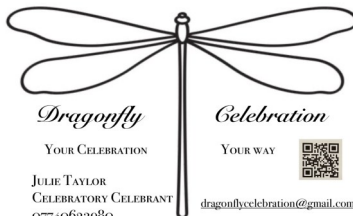
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# News From The Pews

The month of April relates to many differing themes such as April fool's day, April showers and being able to enjoy all the beautiful new growth and life all around. Easter of course this year is also celebrated in April this year on April 20<sup>th</sup> which is rather late whereas last year it was earlier in March. It is also confusing as to why the date for Easter changes as each year the date for celebrating it changes. The reason for this is connected to the lunar calendar as the moon's cycles played an important role in ancient times. The early Christians decided then to observe Easter on the first Sunday after the Paschal full moon which was very close to the time as their Passover which coincided with the last few days of Jesus' life.

It is very interesting to discover some of the many traditions about how Easter is celebrated around the world. In Bermuda for example on Good Friday kites are flown to symbolize Jesus's ascent into heaven. Of course, in our country there is the tradition of Easter egg hunts, the Easter bunny, and Hot cross buns.

The run up to Easter in the Christian Church is one of the most important weeks of the year and there are many differing meditations and services to remember and reflect on Jesus' last few days on this earth. Below is a list of all the events that are happening within our Quidenham Benefice, and you will of course be most welcome to come to any of these services.

We will also be holding an Easter children's workshop for children at St. Mary's, Kenninghall on 5<sup>th</sup> April from 10-11:30am. If you would like more details about this then please contact me on email: [revsewalsh967@gmail.com](mailto:revsewalsh967@gmail.com) or tel. 01953 571549.

During this Easter season may God bless you and I hope you will enjoy the signs of new life that is springing up all around us.

## **Services at St. Mary's Banham during April**

April 6<sup>th</sup> – Holy Communion at 11am

April 13<sup>th</sup> – Palm Sunday service at St. Martins, New Buckenham at 10am.

April 20<sup>th</sup> – Holy Communion at 11am

April 27<sup>th</sup> – Morning prayer at 09:30

## **Services during Holy week**

Monday April 14<sup>th</sup> Meditation at 19:30 at St. Mary's Banham

Tuesday April 15<sup>th</sup> Meditation at 19:30 at St. Mary's, Eccles

Wednesday April 16<sup>th</sup> Meditation at 19:30 at All Saints, Old Buckenham

Thursday April 17<sup>th</sup> (Maundy Thursday) at 19:30 at St. Andrew's, Quidenham,

Friday April 18<sup>th</sup> (Good Friday) – service for Good Friday with music and meditations

# The Friends of Banham Church

## Banham Open Gardens 2025

If you were in Banham in June 2023, it was hard to miss the Open Gardens event which was held over the hottest weekend of the year.

The Friends of Banham Church (FOBC) who were responsible for organising the event had two things in their favour: the weather (although it was too hot for some) and the willingness of so many of you to get involved: opening your gardens, selling programmes, making cakes, providing drinks and generally helping out in far too many ways to mention.

Well, it will be happening again over the weekend of June 7th and 8th this year. We have no control over the weather, but we will have some....

Gardens

Saturday Cafe - plus craft stalls in the Church

Drinks and food all weekend in the Church

Classic Cars

Plants for sale

We have a growing list of gardens which expect to be open this year. We need a wide range - from patios, cottage gardens, large gardens, rewilded gardens, and gardens that are still being developed.

Please consider opening your garden. FOBC will supply you with programmes, a notice to highlight any hazards in your garden, a number plaque to provide a map to guide visitors - and public liability insurance cover in case any visitor falls into your pond or trips on the crazy paving.

As in 2023, FOBC will plan an evening during the week before the event to give those opening their gardens an opportunity to meet and walk round the other gardens that will be opening.

This event has proved a great way of meeting people, it is an opportunity to see what others are doing with their gardens and it will raise money so FOBC can continue to make the Church a welcoming community space.

A big thank you to those of you who have already agreed to open their gardens this year. If you would like to be involved in any way, please let FOBC know by the end of March: Send a text to: 07967803655

**The Society is registered as a Charitable Trust, thus ensuring its future and safeguarding its object, which is defined as: -**

***“To maintain, repair, restore, preserve, improve, beautify and reconstruct for the benefit of the public the fabric of the Church of St. Mary Virgin, Banham, its monuments, fixtures, fittings, furniture, stained glass, ornaments and other chattels.”***

Membership is open to anyone who supports the aims of the Society. The annual subscription, at present £10 a year, entitles the members to join in the running of the Society. An annual newsletter is published to keep members informed of its activities. At present, in addition to the annual general meeting, there are regular film evenings, bi-annual Open Gardens and the Community Choir, organised to bring members together and to raise funds for the Friends of Banham Church.

**IF YOU FEEL INSPIRED WITH THESE AIMS AND OBJECTIVES DO PLEASE JOIN US**

## Coffee Break Quiz



1. How many candle holders are on the Jewish Menorah?  
A. ....
2. According to the nursery rhyme, which child is fair of face ?  
A.....
3. Which city has the world's oldest underground railway system?  
A.....
4. Who are known as the Inuits?  
A.....
5. Who wrote "The Great Gatsby"?  
A.....
6. What is the more common name for the Euro Tunnel?  
A.....
7. Who painted the Mona Lisa?  
A.....
8. Who was the first President of the USA?  
A. ....
9. Co is the chemical symbol for what element?  
A.....
10. Which country has the most football World Cup wins?  
A.....

To win the monthly prize, please complete the puzzle, insert your name and contact number and take it to the Post Office and pop it into the Banham News Drop Box

Deadline for entries, 15th April

Name.....

Contact.....

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# Events

**Movies at St Mary's Church, Banham—Show starts at 7:45. Tickets £5, pre film meal at 7pm at £5**



**5th April, FREUD'S LAST SESSION (2023)** London, September 3rd, 1939. The world is on the brink of war. In his final days, Sigmund Freud, a recent escapee with his daughter from the Nazi regime, receives a visit from the formidable Oxford Don, C.S.Lewis (The Chronicles of Narnia). On this day, two of the greatest minds of the twentieth century, intimately engage in a monumental session.

## Community Centre

May 9th VE Day themed quiz + food from Marley's Pie and Mash

April 4th Rock 'n' Roll Bingo

August 16th Banham's Big Bash! Music, Beer and Fun Fest. Look out for more info

## Wednesday Cafe

Banham Village Community Hub

As you may well have recently seen, the cafe is getting very busy, and we have felt very supported by the community in helping with the cafe and our other events.

A big thank you from David, Pam and Phil

- 2nd April a visit from the RSPCA
- 9th April a visit from Breckland Family Hub
- 16th April a visit from our Community Police Officer

## Bunny Hunt

Banham Village Community Hub

**Saturday 19th April 10:30 - 2:30**

Can you find the Golden Bunny and his friends hiding round the village?

Starting and finishing in the Banham Community Centre Small Hall, where you can collect your:

**Free Bunny Hunt map**

Every child who hands in a completed Bunny Hunt map gets a free chocolate and maps are entered into a draw for an Easter Egg prize.

**Meanwhile, in the hall:**

Easter crafts and activities for all the family  
Raffle with lots of lovely prizes  
Refreshments

Phone: 07909 505 831  
Email: banhamvillagehub@gmail.com  
Supported by Banham Parish Council

**Don't forget to visit the Banham News website**



# Banham Baby and Toddler Group

Stay and play sessions for ages 0-5

£3 per family



Includes: free hot drinks  
and snacks for adults,  
healthy buffet for kids.



SESSIONS ARE 10AM - 12PM

AT BANHAM COMMUNITY CENTRE,

KENNINGHALL ROAD, NR16 2HB

[HTTPS://FACEBOOK.COM/BANHAMTODDLERS](https://facebook.com/banhamtoddlers)

I finally found a moment to read your brilliant new Banham News and saw you requested local info.

The toddler group was going to close down after many decades in summer 2023 and I didn't want to see that happen, but as a mum of three (including a young baby) I couldn't commit to doing it weekly. Hence the new format of once a month with a theme.

Myself and Jo Collins took it on and have developed it into a really popular group. We have some fantastic (older) volunteers from the community who help with the teas & coffees and signing in but definitely need more mums/dads to get involved who might want to help with the running of the group.

Please see attached upcoming sessions with a QR code linking to our Facebook page where updates and information can be found.

Regards Sarah.

If you wish to offer any assistance, please send your details in the first instance to [info@banhamnews.co.uk](mailto:info@banhamnews.co.uk), or use the drop box situated at the Post Office.

**Old Buckenham WI** Thursday April 24th 7:30pm Old Buckenham Village Hall.  
Ladies! Join us for a talk entitled 'Alpacas' with Thomas Boggan. First visit FOC.  
Refreshments provided



# Stay Informed with Banham News

Community-driven news.

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[www.banhamnews.co](http://www.banhamnews.co).

## Banham News Website

We are in the process of developing the site in order to give even more information, but in a digital format.

We are looking for good news stories, events, and history of the Village. If you have photographs that you can share, or stories of yester year, then we want to know about it, and so do many others.

If you are a member of a club and want to publicise their activities then get in touch.

The content on this website is created by you!

Get in touch by email,

[info@banhmanews.co.uk](mailto:info@banhmanews.co.uk)

Or use the Drop Box at the Post Office

**We would like to take this opportunity to thank all of our Sponsors for their support.**

**The Banham Newsletter is a non profit, self funding venture, and without them this publication would not be possible.**

**Banham News Team**

**First Aid Course.** Would you be interested in attending a First Aid Course at the Community Centre, inc Tea, Coffee and Cake. This is a 3 hour course and is limited to a maximum of 12 people. The cost is £24 pp. If you would like to attend please contact the Banham News Secretary at [secretary@banhamnews.co.uk](mailto:secretary@banhamnews.co.uk), for more information

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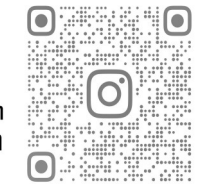
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**Windows**





Spring has arrived, bringing longer days, blooming flowers, and plenty of sunshine for our animals to enjoy! We had an incredible February half-term, with our Kids Go Free initiative, welcoming over 25,000 visitors to Banham Zoo and Africa Alive.

As a charity, we are aware that many families continue to struggle amidst the ongoing cost-of-living crisis. We know how important a visit to the zoo can be, especially during challenging economical times. That's why it is essential to us that the zoo remains affordable for all. It was great to see so many happy families over the half-term, smiling and having a great time at the zoo.

We're also celebrating some exciting new arrivals!

In early January, we welcomed four adorable maned wolf pups, the first born at the zoo in twenty years. Yet to be named, these little ones are thriving under the care of mum Enya and dad Thiago, growing more playful and adventurous by the day. They've quickly become a guest favourite, and we couldn't be prouder of our animal team for their dedication to help care for and protect this incredible species.

As Easter approaches, we're gearing up for a season full of egg-citing activities! Join us at the zoo for our GIANT inflatable egg hunt, delicious treats from local food trucks and suppliers, and exclusive performances from the fantastic team at Go Awesome's children's entertainment.

After such an amazing February, we're thrilled to announce that our Kids Go Free offer will continue throughout Easter—making it even easier for families to enjoy a wild day out together. Simply book your tickets by the 30<sup>th</sup> March 2025, and use code KIDSGOFREE at checkout.

Your continued support means the world to us. Every ticket purchased directly contributes to our vital conservation efforts, and community initiatives. We are proud to be your local zoo. Thank you for helping us inspire the next generation of conservationists. See you at the zoo!

Josh Hunter-Harl

Sales and Marketing Director



Over February half term, Banham staff with the help of D Meadows Tree Surgery crew worked on transforming our beautiful Forest School area... There are lots of lovely plans for this space lead by our Forest School leader Mrs Karina Horn.





# Parish Council News

The February meeting of the Banham Parish Council took place on Thursday 6<sup>th</sup> February 2025.

The members of the Parish Council include Mr Jeff Burrell (Chairman), Mr Keith Drewrey (Vice Chairman), Mr Brendan Sparks, Dr Jo Dalton, Mr Rob Plom, Mrs Pam Spicer, and Michelle Jones (Parish Clerk).

Of particular interest to residents, the Parish Council was pleased to see that the PC Transport Grant is being put to good use, and was to be utilised by a Banham Resident requiring transport to the N&N Hospital. All arrangements were made by the Parish Clerk to take the stress away from the individual and further adverts will be placed on Social Media to advertise the scheme for others in Banham. The Parish Council acknowledges that the Grant is for a limited amount only, but are keen to see this assisting the residents of Banham as much as it can.

The Parish Council were happy to see that there has been a lot of activity at the allotments recently with plot holders getting ready for Spring. There is just one person on the waiting list at this time, and anyone else interested in being placed on the list should contact [banhamclerk@outlook.com](mailto:banhamclerk@outlook.com).

Enquiries are being made into the cleaning of the War Memorial on the green, with plans to have this ready for the May Memorial Day.

The Banham Community Hub continues to see good attendance and friendships flourishing with members providing much support to each other. The 'Wellbeing Class' held in the large hall of the Banham Community Centre is seeing a rise in numbers of attendees and plans are already being made for further events in the future. In particular, Banham will see the return of the Easter Bunny Hunt which went extremely well in 2024. Plans are also being made for a further CPR Class in 2025, and the RSPCA will be attending the Community Hub to give a talk in the near future. For more information please go to the Banham Community Hub Facebook page, call 07909 505831 or email [banhamvillagehub@gmail.com](mailto:banhamvillagehub@gmail.com).

The Banham Parish Council hold their meetings monthly on the first Thursday of each month in the small hall of the community centre.

For any questions or reports in respect of street lights or potholes, please email Michelle Jones on [banhamclerk@outlook.com](mailto:banhamclerk@outlook.com).

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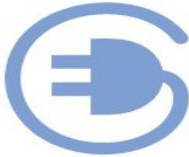
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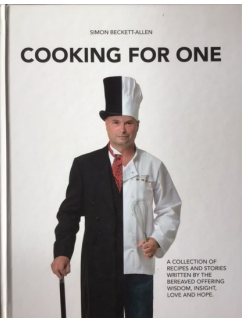
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## **Cooking for one by Simon Beckett-Allen**



This is a recipe book with a difference. Simon is a director of Rosedale funeral home and wanted to produce this book in memory of his sister Sarah who was a chef. The book has contributions from grief experts who offer comfort and tips on how to cope with grief. Cooking and eating alone can be a challenge for many who are bereaved or living alone and this book offers easy, tasty recipes specifically designed for one person.

Each recipe has been submitted by someone who has been bereaved, along with their story. The book is hardback with many good quality photographs and is very easy to read. It costs £20 and all the profits go to the charity Cruse Bereavement Support. It is available to buy from Amazon, local bookshops or any Rosedale home In Norfolk and Suffolk.

## **Food Bank**

Collections of non-perishable food, drink made every week from Banham Church porch and the Wednesday Village Hub, or dropped off at Priory Cottage on the Green for me .

David Griffith (07572549995) [griffida.h@gmail.com](mailto:griffida.h@gmail.com).

# Recipe of the Month

## **Fruit Cake**

1 ½ lb mixed sultanas and seedless raisins

4 ½ oz butter

6 oz caster sugar

8 oz self raising flour

Pinch of salt

2 large eggs (beaten)

4 oz glace cherries (halved)

## Method

Pre-heat oven to 180 degrees or 350f, gas mark 4.

Wash cherries in cold water and dry thoroughly.

Put dried fruit into a bowl, cover with boiling water and soak for 15 minutes then drain well.

Put butter and sugar into a large saucepan, heat gently till the butter has melted. Then add drained fruit mixture and cook over a low heat for 5 minutes stirring frequently.

Remove from heat and transfer into a mixing bowl. Add the eggs, sieved flour and salt into the fruit mixture. Mix well. Then stir in the cherries. Transfer to a 9" round cake tin, already greased and lined with baking parchment.

Bake in a pre-heated oven for an hour. Test with a skewer.

My mum always baked cakes for us when we were children. One of my dad's favourites was her fruit cake. It brings back happy memories for me when I bake her fruit cake. A very simple recipe that anyone can do. Give it a try and serve with a nice cup of tea. Enjoy!

Karen Manser

If you have a recipe, **AND**, a story behind it, then let us know.

**Send your recipe and story to [info@banhamnews.co.uk](mailto:info@banhamnews.co.uk) or post it in our box at the Post Office**

# Local Services

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Road Line/Attleborough	07751 995144
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## Travel Norfolk Car Scheme

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## Dial –a–Bus (Wednesday's, Banham to Diss)

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## NHS Hospital Car Scheme

03332 404100

## Mobile Library (every 4 weeks)

Crown Way 15:20—15:50

Apple Close 15:55—16:35

The Green 16:40—17:05

April 9th, May 7th, June 4th, July 2nd, July 30th, Aug 27th, Sept 24th, Oct 22nd, Nov 19th

# Important Contacts

**Police** 999 (Non Urgent 101)

**Fire and Ambulance** 999 (Non Urgent 111)

**Power Cut** 105

**Parish Council** 01953 887327

**Breckland Council** 01362 656870

**Registrars Office** 0344 8008020

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Each month we want to encourage you to submit items to the newsletter, not just news items and suggestions, but also event and advertising content.

**Feedback.** We really appreciate any feedback and suggestions, so don't be shy. Let us know what you think.

**Front Cover.** Send us your pictures or drawings for the front cover, depicting life in Banham, and the season, it might end up on the front of the publication.

**Recipe.** Send us your favourite recipe, and a description of why, you might not be the only one that will enjoy it!!

**Quiz Page.** Enjoy the puzzle, then leave completed entries at the Post Office, for a chance to win a prize

**Contact us at [info@banhamnews.co.uk](mailto:info@banhamnews.co.uk)**

**Don't forget to visit the Banham News website [www.banhamnews.co.uk](http://www.banhamnews.co.uk)**

# Charity Spotlight

## Star Throwers

### Cancer Support Charity



Star Throwers is a cancer support charity based in Wymondham, Norfolk dedicated to helping people affected by cancer. We support individuals to make informed decisions about their treatment options, including alternative treatments, and help them search for clinical trials when appropriate. We also offer complementary therapies, counselling, nutritional advice and lymphoedema support to people with cancer and their loved ones.

All of our services are completely free of charge but this is only possible thanks to the support of individuals and organisations donating and fundraising to help us to deliver these services and continue to improve the wellbeing of those affected by cancer.

Why the name Star Throwers? It is based on the following short story:

“After a heavy storm, a boy walked along the beach throwing the stranded starfish back into the sea.

A man watching shouted “there are too many of them – it won’t make any difference.” As the boy threw another starfish back into the sea, he smiled and replied “it made a difference to that one!”

#### **We are incredibly grateful to the individuals, groups and companies who donate to, or fundraise for Star Throwers.**

The money we receive goes towards providing advice and support services to cancer patients and their families. Star Throwers does not receive any government funding, therefore the support we receive from donations and fundraising is vital for enabling us to continue to provide our services.

#### **Ways to donate**

- **Donate online via Just Giving** <https://donate.justgiving.com/charity/star-throwers/donation-amount>
- Become a ‘Friend of Star Throwers’ by setting up a **monthly donation!** If you would like to set up a standing order, please contact us on 01953 423 304 for bank details.
- Send a Cheque made out to ‘Star Throwers’: Star Throwers, 30 Melton Road, Wymondham, Norfolk, NR18 0DB Please include a cover letter with your contact details and a brief reason for your donation as we would love to write back to you.

Why not check out our website for news and events happening near you

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

**Thank you for helping us to make a difference.**



# Bus Time Table



↗ = Pick up only    ↘ = Set down only

	37E	37E	37E
<u>Attleborough, Leys Lane</u>	09:04 ↗	-	-
<u>Attleborough, Ollands Road</u>	09:06	-	-
<u>Attleborough, Dodds Road</u>	09:08	-	-
<u>Attleborough, Industrial Estate</u>	09:08	-	-
<u>Attleborough, police station</u>	09:09	-	-
<u>Attleborough, Watling Road</u>	09:10	-	-
<u>Attleborough, Lavender Close</u>	09:11	-	-
<u>Attleborough, Short Road</u>	09:12	-	-
<u>Attleborough, Cyprus Road</u>	09:13	-	-
<u>Attleborough, Queens Road</u>	09:14	-	-
<u>Attleborough, Queens Square</u>	09:15	12:15 ↗	15:15 ↗
<u>Attleborough, Bleinham Drive</u>	09:18	12:18	15:18
<u>Old Buckenham, Green</u>	09:25	12:25	15:25
<u>Old Buckenham, High School</u>	-	-	15:27
<u>Old Buckenham, St Andrews Close</u>	09:26	12:26	15:28
<u>Old Buckenham, Country Park</u>	09:29	12:29	15:29
<u>Banham, Phone Box</u>	09:33	12:33	15:34
<u>Banham Zoo, Zoo</u>	09:35	12:35	15:36
<u>Kenninghall, Post Office</u>	09:38	12:38	15:39
<u>Kenninghall, School Close</u>	09:39	12:39	15:40
<u>East Harling, Kerridges</u>	09:44	12:44	15:45
<u>East Harling, Market Place</u>	09:46	12:46	15:47 ↘
<u>, East Harling Park Court</u>	09:48	12:48 ↘	-
<u>Attleborough, Queens Square</u>	10:05 ↘	-	-

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