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**Issue14: April 2026**

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We have been asked a few times now, if it would be possible to re print the bus time tables in the newsletter. Well we can but it does take up quite a bit of space. So instead, we have reached out to the bus company, and they have agreed to let us have 750 copies of the official timetable, which we will be pleased to deliver along with the newsletter.

We were hoping to have done that with the April edition, but, because the timetable is being modified slightly, we will have to wait, and hopefully have them in time for the May edition.

We still have room for one or two more advertisers, but I am certain these will be snapped up, so if you are interested then please get in touch as soon as possible. All we need is enough advertising to cover our costs, as our main priority is delivering content that is entertaining, and informative.

If you have any suggestions or ideas, then please get in touch through the usual channels.

[info@banhamnews.co.uk](mailto:info@banhamnews.co.uk) or call Alan on 07775 906546.



If you have a smart phone, you can now access all back issues, simply using this QR code

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)  
Distribution 750 copies. Closing date for copy for the April 2026 issue is 14<sup>th</sup> March.

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# Editorial

Hi and welcome to the April edition of Banham News.

I have to say that it is really pleasing to hear from people that read the publication and listen to their opinions. In fact in the last month, I have had numerous people contact me with ideas, news stories and more, even from people who do not live in Banham, but still like to get a copy.

We really like to add content that hits a spot with the residents, whether its local walks, significant events or interesting people. So I am really pleased to have a small team of regular contributors, and thank them for their on going efforts.

When I first moved to the village back in 2024, I was taken aback by the open space and greenery, and I thought how lucky I was to be able to move from a large city to such a beautiful rural location. The one thing I never take for granted is how we must all help to keep it that way.

I know that there is a need for new housing, but I do rue that fact that we are losing some of this green space to fields of solar panels, somehow they do not instil the same pleasure as looking at a field of wheat, or 100's of pigs, snuffling through the mud. I cannot see us putting a picture of a solar farm on the front cover any time soon!! Next month we will add a story, about looking after our countryside, and respecting the Country Code.

In March, Banham News were proud to work with the school in donating every child with a Design Your Red Nose, in aid of Comic Relief. We then asked them to bring the finished articles to the Community Centre, so that they could show them off, and give out a few prizes. You can see a picture of all their hard work on the front cover this months newsletter. A big thank you to all the children and staff for taking part.

In April, Banham News will be hosting a lottery funded talk at the Community Centre, from the Phoenix Bird Of Prey Rescue Centre. They will be giving a talk, about the work that they do, and will also bring along a few feathered friends, so please come and join us on 11th April at 2pm in the large hall

I look forward to hearing from you with your ideas, and don't forget, to keep sending in your coffee quiz answers, and get a chance to win a Digital alarm clock, to wake you up to the Spring mornings.

All the best  
Alan



**info@banhamnews.co.uk/ 07775 906546 or use the Dropbox at the Post Office**

# Flora and Fauna

## What to look for in April

Derived from the Latin aperire ("to open"), April represents blooming flowers and is known for spring rains, warmer soil, and blooming gardens. This month we are focusing on two places close to Banham. Nettishall Heath is a diverse Breckland landscape featuring mosaics of heathland, woodland, and riverside meadows along the River Little Ouse. Wayland Wood is an ancient woodland often associated with the 'Babes in the Wood' legend.

### Wayland Wood


- **Bluebell** (*Hyacinthoides non-scripta*): this iconic flower of spring carpets the wood, offering a fantastic, dense, and atmospheric experience.
- **Early Purple Orchid** (*Orchis mascula*): A stunning, tall flower spike with deep purple blooms, found in ancient woodlands
- **Blackthorn** (*Prunus spinosa*): Look out for the small white blossoms on these thorny shrubs in hedgerows. Sloes will start to appear in October.
- **Nightingales**: Often heard singing in the dense scrub created by traditional hazel coppicing. Although they sing throughout the day, their famous, complex, songs are most frequently heard during the night and at dawn or dusk.
- **Bank voles** (*Clethrionomys glareolus*) are active in leaf litter and log piles
- **Orange-tip** (*Anthocharis cardamines*): Considered a true herald of spring, these butterflies start flying in April, often around dappled woodland edges.

### Nettishall Heath

- **Cuckooflower** (*Cardamine pratensis*): Pink, cross-shaped flowers that appear in damp, marshy grassland and meadows, often appearing near the River Ouse. Their blooming coincides with arrival of the Cuckoo bird.
- **Cuckoo** (*Cuculus canorus*): This controversial shy bird can be can also be heard at Hunts Corner, Banham each year.
- **Kingfisher** (*Alcedo atthis*): This stunning bird can frequently be spotted along the Little Ouse.
- **European Otter** (*Lutra lutra*): Active in the Little Ouse River. The best time to spot them is dawn or dusk.
- **Green Hairstreak** (*Callophrys rubi*): This stunning green butterfly can be found near blooming gorse on the heath-land.
- **Adders** (*Vipera berus*) emerge from hibernation to bask in the spring sun on the heathlands. They can also be seen in Wayland Wood.

Thanks Mel.

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# The Walnut Tree

Rita Goldsmith and the Walnut Tree by **Lucinda Scott-James** and **Heather Bateman**

Rita Goldsmith, who passed away on February 28, was often seen walking her three small dogs down Banham lanes, calling out to passers-by with a squawky shout of “Oi you! What you up to?” or an unexpected screech that made you jump, followed immediately by her own delighted laughter.

Her early career was as an insurance broker in London. She also ran a public house and b & b with her husband Roy in a converted mill, filling the surrounding three acres with donkeys, goats, chickens and more.

Animals remained at the centre of her life, when she moved to Banham about 30 years ago. She worked at Banham Zoo, where she ran story sessions, surrounded by children sitting cross-legged, as she brought stories to life with dramatic voices, parrot impressions and, often, a real parrot perched on her shoulder.

She also worked at Swallow Aquatics in East Harling and, for a while, in Banham’s corner shop, brightening many people’s days with her humour, lively voice and quick wit.

In retirement, her small bungalow became more of a menagerie, with three little dogs, several tortoises, three parrots, five budgies, a giant rabbit and several smaller rabbits, not to mention the occasional visiting rescue animal.

One of Rita’s greatest pleasures was the walnut tree she planted in her garden about 20 years ago. Under her care it flourished, growing larger than expected and forming a beautiful double trunk. It produced enormous walnuts, which she shared with her animals. She loved to sit beneath it, in the dappled light, looking up through its branches in the company of her pets.

In the last years of her life, Rita faced dementia. At St Mary’s Residential Care Home she quickly became friends with both carers and staff, and was able to express how frightening it can feel when your mind begins to change. Her friends and family are deeply grateful for the compassion shown at St Mary’s.

Rita had a wonderful ability to laugh, to brush off hardships and focus instead on the simple joys of life: animals, nature, the outdoors and a good bit of banter. Her spirit lives on in the many memories she created and, perhaps most fittingly, in the walnut tree she planted. It stands there, strong and flourishing, a living reminder of Rita herself.

It would be a wonderful thing if that tree could remain a small piece of Banham’s landscape that continues to tell the story of the remarkable woman who planted it.



# Get Involved

## Wednesday Cafe

Between 10am and 12:30pm

In the Banham Community Centre small hall

A welcoming warm space for all ages, from the youngest to the eldest, to spend in the company of friends and neighbours



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## Kenninghall Garden Club Plus A talk on growing Fuchsias

Thursday 2nd April in Kenninghall  
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Contact:  
[davidmorton132@btinternet.com](mailto:davidmorton132@btinternet.com)

Friends of Banham Church

## Waveney Choir Spring Concert

May 13th, 7.30pm  
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Songs from the Shows

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# Local Clubs

## **Zumba, Banham Community Centre**

Come along and join Shani on Monday evenings at 6:30. £6 payg.  
07877 172940

## **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

## **All Anglia Karate, Tuesday 6pm till 8pm**

Contact Ian Warren  
allanglia.contactus@gmail.com  
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## **Beginners Line Dancing**

Tuesdays 9:30-10:45am, contact  
Simone Holden  
simsfitnessnorfolk@gmail.com

## **Banham Quiet and Calm for Baby Group Monday's**

Designed for parents and babies, £3 per session, Jan, March, May

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

Community Centre  
Contact: Ron 07925 063553

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

Community Centre  
Contact : June Roberts  
01953 498343 / 07766 108075  
junemroberts@googlemail.com

## **Well Being**

Community Centre  
Every Tuesday 11:45—13:15

## **Rise Fitness**

Monday 18.00-19.00 - Circl Mobility - Banham Barrel  
Tuesday 18.15-19.15 - Bootcamp - Banham Barrel  
Thursday 08.30-09.30 - Circl Mobility - Banham Barrel  
Thursday 20.00-20.50 - Bootcamp - Online  
Saturday 0900-10:00 - Bootcamp - Banham Barrel  
Pre booking is a must.  
07928 223962

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

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

## **Kenninghall Garden Club Plus**

Talk from the Suffolk Owl Trust (no live birds)  
Thursday 5th March in Kenninghall Village Hall at 7.30pm  
Contact: davidmorton132@btinternet.com

## **Banham Pickleball Club**

5:30pm-7pm Fridays.  
[events@banhamcommunitycentre.co.uk](mailto:events@banhamcommunitycentre.co.uk)

## **Banham Badminton Club**

8pm-10pm Mondays and Thursdays.  
Contact Adam 01953660281  
[adam@adampower.co.uk](mailto:adam@adampower.co.uk)

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

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

## **Banham Toddlers Group 10 till 12**

Friendly group for 0-5 year olds £3 per family inc snacks, 9th Feb, 20th April, 15th June

# Your Community Centre

Hello lovely people of Banham. Welcome to your monthly update on what's happening at your Banham Community Centre.

One of our main highlights was the dance held in the main hall on February 21<sup>st</sup>. With roughly 160 people turning up, the floor was packed with dancers the whole night. Everyone had a great time and we were very grateful to the 'Rum Ole Rockers' for providing an excellent night of entertainment with hits from the 50's and 60's which were enjoyed by all ages on the dance floor. Thanks to all our hardworking team and the bar staff who helped make it the huge success it was. I hope you were one of those attending on the night and had a thoroughly good time. Many people are asking when the next one will be. Well, having seen how well received this was, I can assure you that plans are afoot and we'll be making announcements in the near future. We just needed to see how the first one went before we could plan for others. I know the 'Rum Ole Rockers' are booked in for 5<sup>th</sup> December for a Christmas shindig, so look out for those tickets when available!

In addition to this, we have been pleased to see the return of Mother and toddler group on Monday mornings. They've made a good start with 10 families attending this week. If you're interested you can contact Anique or Alex on [banhambtg@gmail.com](mailto:banhambtg@gmail.com).

We're having a steady increase in bookings since we reviewed our fees for the small and main hall. Please take a look at our updated website for information on these and what's happening on a daily basis. Let us know if you have any enquiries about booking the halls for any of your own events. I'm one of the hirers, so if you're interested in art classes I'll be booking another course shortly after the current one draws to a close on the 25<sup>th</sup> March. You can contact me on [sylviamaney@gmail.com](mailto:sylviamaney@gmail.com) if you are interested in joining us. Our new Pickle Ball session on Friday evenings is also thriving with high attendance numbers and collaborating with other local groups, where members on the WhatsApp group can move around between different venues each week. It's proving very popular. Drop in and take a look if you want to get involved. By the way, the Monday evening badminton group have spaces available. You can make enquiries to Adam Power if you're interested Email: [adam@adampower.co.uk](mailto:adam@adampower.co.uk)

Talking of getting involved. We are still a small committee group and would welcome new people who want to contribute to our local community, by joining us. We appreciate fresh ideas, and an extra pair of hands to help out is always very welcome.

I'm still standing in until a new Chairperson comes forward to take the helm. So please contact me if you are interested in joining our friendly team. We're doing our best to keep your community centre going, particularly through these challenging times when we're all seeing costs of heating and other bills going through the roof. The BCCA expenses also suffer. So the more people using this valuable village facility, the better we can manage the finances and improve what we can offer to everyone in the community.

Alan, your Banham News editor, who also serves on our committee (busy man!) is also lining up some interesting talks at the centre. I'm sure he'll be giving details in this newsletter.

Just one last note about the recent tidy up in our car park. Thanks to Daniel Meadows our local tree surgeon and his team for sorting out our wayward hedges and trees.

Until the next time, enjoy the brighter days of spring.

Sylvie Maney ( Vice Chair Person)

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# **News From The Pews**

## **News from the Pews**

We will soon be approaching Holy week where we remember the events that happened during the week before Jesus' death. It is a week of remembering many things, including Jesus' joyful arrival into Jerusalem, on Palm Sunday, the last supper with His disciples on Maundy Thursday, his betrayal, arrest, crucifixion and death. Then rejoicing on Easter Day of how the pain, misery, betrayal, suffering was not the end of the story as goodness and love had defeated death and evil and Jesus had been risen from the dead. When we look at our world all the themes of suffering, loss, betrayal, abuse of power are still active within our world every day. The recent conflict in Iran for example is devastating and incredibly worrying. One sometimes wishes that God could intervene and stop everything! That though is wishful thinking and would prevent people from the greatest gift God had given all of us freedom to live and choose as we would like to which sometimes has bad consequences. As Easter though reminds us God's love is still present even during crisis and good things will eventually come out of very dark situations. That is the joy found within the Christian faith and certainly is my hope and prayer for the world now.

I hope and pray then that during this Easter season you will be able to find hope, peace and joy within your own lives and the difficulties and concerns we all have for the recent crisis in Iran.

May God bless you this Easter time and please do contact me if you wish to have a longer conversation with me about anything on Tel. 01953 571549 or [revsewalsh967@gmail.com](mailto:revsewalsh967@gmail.com)

## **Children's workshops**

Please note that on Sunday afternoons the Quidenham Group of parishes are running some children workshops at New Buckenham Village hall. Children must be accompanied by an adult and there will be plenty of activities for the children to do. The dates that we will be meeting are:

March 29<sup>th</sup> – 14:00-16:00

April 12<sup>th</sup> - 14:00-16:00

May 24<sup>th</sup> - 14:00-16:00

June 21<sup>st</sup> - 14:00-16:00

## **Sunday services during April**

April 5<sup>th</sup> 09:30 Holy Communion for Easter Day

April 12<sup>th</sup> 10:00 Group service of Holy Communion at St. Mary's, Kenninghall

April 19<sup>th</sup> 09:30 Morning Prayer at St. Mary's Banham

April 26<sup>th</sup> 09:30 Holy Communion at St. Mary's, Banham

## Get Involved at The BCC

The Banham Community Centre was once a thriving venue for entertainment in the village, from Band nights, Bingo, Guest speakers and more.

Well, its time to bring those events back to life. We started with a Jive Band night in February, and well over 150 attended to dance the night away. Many who joined in the fun mentioned they attended the centre before Covid, and were ecstatic at being back, and asked when the next one will be. Well, we are currently working on another date, so keep your eyes peeled so that you don't miss out.



We have already booked ahead for our Christmas Party night, which will take place on Saturday 5<sup>th</sup> December, so put the date in your diary, and look out for ticket information.

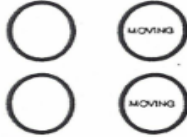
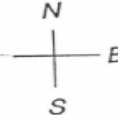
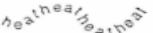
A little bit nearer is a wonderful talk taking place on the 6<sup>th</sup> June at 7:30. It is entitled Blood Sweat and Fears, and is presented by retired Forensic Pathologist, Mary Newton. She spent her career helping to solve serious crimes using advanced techniques such as DNA. She will be talking about how the science has moved on since its early days, and will recount experiences working on some high profile cases.

This is a seated event so it is advisable to purchase tickets in advance, details will be published shortly.

In addition to events, don't forget many regular classes happen every week, The Hub, Badminton, Bowls, Baby Toddler, Pickleball and many more, so check the website for details. ([www.banhamcommunitycentre.co.uk](http://www.banhamcommunitycentre.co.uk))

Also a reminder, if you intend to hold a party, we have a great hall with stage, a fully licensed bar and parking, so again check the website for details and availability. If you want to see events or have any suggestions then please get in touch at [events@banhamcommunitycentre.com](mailto:events@banhamcommunitycentre.com)

# Coffee Break Quiz

1. cry milk	2. <00-DWZT	3. 	4. head ache
5 VIT _ MIN	6 GIVE GET GIVE GET GIVE GET GIVE GET	7 DO12"OR	8 belt hitting
9 esroh riding	10 once upon a time 	11 	12. often not often not often not

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miltpee	temple
asnbui	anubis
inle	nile
ripaydm	pyramid
asypurp	papyrus
baasrc	scarab
ixnphs	sphinx
blaemm	embalm
neeirftti	nefertiti
sgdo	gods

Last months answers:



**And the February winner is Kelly Forster,**

**Congratulations.**

To win the monthly prize, Banham News Digital Clock, please complete the puzzle, insert your name and contact number and put it in the Drop Box at the Post Office

NAME.....

Contact Number.....

Deadline for entries  
Saturday 14th April

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### **2026 Bucks Photoshow**

The **Tenth Biennial Bucks Photoshow** will take place **8–10 May 2026** at **New Buckenham Village Hall**, it's a wonderful opportunity to share your photographs with the public.

We welcome photographers of all abilities, and especially encourage anyone who has never exhibited before.

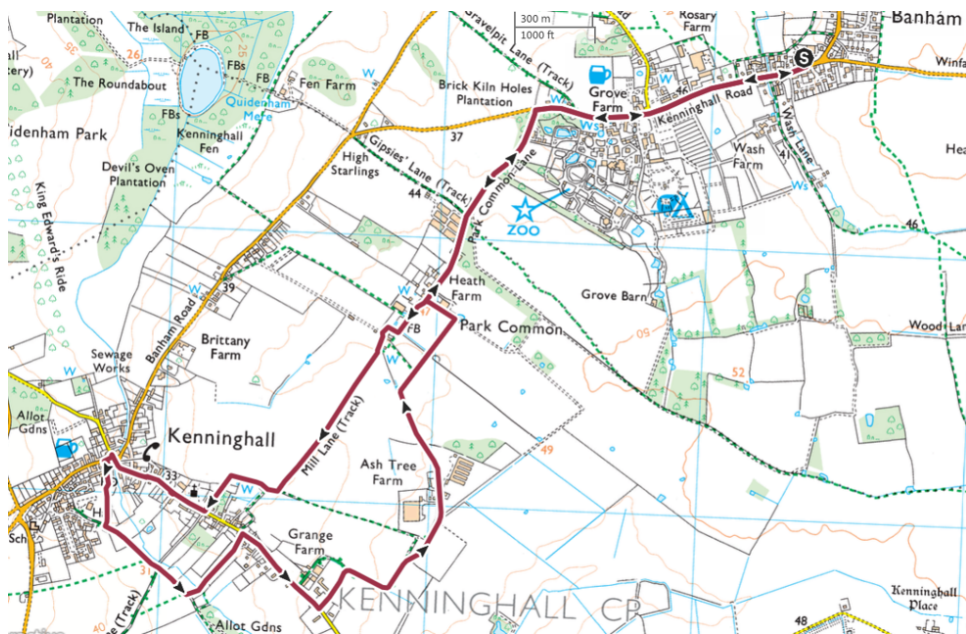
For £20 you rent an 8 × 4 ft display board, which you arrange with however many photographs you wish, it's your space. If you can't fill a board, you're welcome to share with another photographer.

You put up your pictures before the show opens on Friday evening and take them down after it closes on Sunday lunchtime. It's entirely up to you whether you offer your work for sale.

We would also be very pleased to hear from local photographers who have not exhibited before but may be interested.

Please email Sonya at [photoshow@newbuckenham.net](mailto:photoshow@newbuckenham.net) and I'll send full guidance notes.

# A Walk on the Not Quite Wild Side



## Walk from Banham to Kenninghall and back

Starting from and returning to the Community Centre

5.5 miles easy circular (well, lollipop shape, actually) walk

We walk there often in time for a fantastic brunch/breakfast at the Marketplace and walk it off on the way back!

On the way there look out for:

- the Via Beata waystation outside Rowancroft on Kenninghall Road just before you turn off onto Park Common Lane (article in December 2025 Banham News by Heather Bateman)
- the WWII memorial on Park Common Lane referred to in the March edition of Banham News in the article by Sarah Howard.
- The beautiful avenue of trees leading to Kenninghall planted to mark the Millennium and fab view of the squat tower of St Mary's church

On the way back look for the faces in a tree. They made me smile.

A lovely walk, which can easily be lengthened – or you could get the bus one way.

Thanks to Pat Gardiner

**BANHAM COMMUNITY AWARD NOMINATION FORM**

Details of person making the nomination:

Name:

Address:

Email: .....

Telephone Number:.....

Relationship to the Nominee, (if any):

.....

Details of the Nominee: Name: Address/Email/Tel No (If known):

.....

.....

A. Please provide details of the achievements/contribution of the nominee. For example 1. The organisation they belong to. 2. How long he/she/they has/have been involved with the organisation. 3. The position held. (If known).

.....

.....

.....

B. Please provide a brief outline of the nominees volunteering efforts. For example, the activities/fundraising carried out, in as much detail as possible. (continue on a separate sheet if required). (If known).

.....

.....

.....

C. Please provide details of the impact the nominee has had on the residents and/or village of Banham. (If known).

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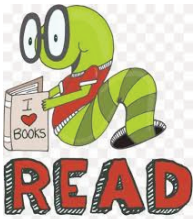
.....

Signed & Dated:

.....

**(Please note: The Parish Council reserves the right to  
refuse any inappropriate nominations)  
Year of nomination Deadline 30th April 2026.**

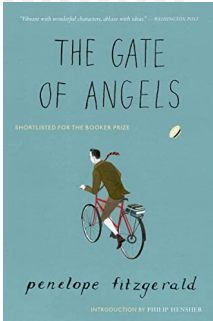
Please drop them of at Banham Butchers, the Banham Post Office or the Banham Community Hub



## Monthly Book Review

A quick overview of the books that you are reading.  
What's good and what's really good.

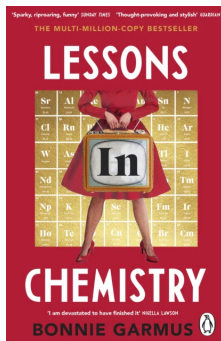
### Gate of Angels by Penelope Fitzgerald



This is a short book that is beautifully written but easy to read. Set in 1912, the plot concerns Fred Fairly, a brilliant young physicist and Fellow of the fictional all-male St Angelicus college, Cambridge. It is at heart a romance, but there are sub-plots related to women's suffrage and the inequality between men and women at their respective colleges at that time. The author even manages to combine a ghost story!

Thanks Mel Jay

### Lessons in Chemistry by Bonnie Garmus



Elizabeth Zott becomes a beloved cooking show host in the 1960s after being fired as a chemist four years earlier following the death of her fellow chemist and life and work partner, Calvin, and the birth of her daughter Madeline.

I rate this as one of the best novels I have read in the last few years; it covers serious subjects (sexism, trauma, rape, misogyny, religion) but is humorous and easy to read. I thought the characters well portrayed, and I learned some things along the way.

The book has been made into a TV series, which I binge watched in 3 goes with other members of my book group. We had a fab time guiltily watching TV in the afternoons with ice cream and cake!

Thanks Pat Gardiner

Don't forget to submit your book reviews [info@banhamnews.co.uk](mailto:info@banhamnews.co.uk)



**World Book Day!** We love nothing more than sitting together and enjoying a good book. Throughout the year we share traditional ones like Charlie and the Chocolate Factory and more recent ones like The Explorer. Each day we share a book and enjoy telling our friends about the books we think they may be inspired to read! We would like to welcome any local authors or illustrators into school who would like to share their skills with us.



Banham News would like to say a huge thanks to the pupils and staff at the school, for taking part in the "Design Yer Nose". We were amazed at the creativity that went into each one. However we did have 4 winners:

- Chester Aged 4
- Neve Aged 6
- Albert Aged 8
- Jessie Aged 10

Everyone did get some chocolate bars!!  
If you want to help raise some funds for this great cause, then please visit our Justgiving page, and help us to hit our target of £250



[www.justgiving.com/fundraising/rnd26-banham-news](http://www.justgiving.com/fundraising/rnd26-banham-news)

# **This Is Your Life**

## **How the Zoo Came to Banham (part 2)**

The zoo opened in 1968 and I continued to work, not only for RENTAFRIDGE but also for Anglo American furniture rentals and various property companies, which provided rented homes, but all my spare time was spent at the zoo, my main interest.

In 1980 Caroline Lee and I were married. Caroline had started at the zoo as a trainee keeper several years earlier and risen on merit to be head primate keeper, no mean feat. With the extensive collection of animals generally and primates in particular, there were occasions when complications with births or lack of parental care would require us to step in and undertake hand-raising. We could never let an animal waste away because its mother was being inattentive. We always planned ahead to acclimatise juveniles back with their own species.

South American Marmosets and Tamarins are about the size of a man's thumb. Their babies are even smaller. We used special pipettes with the finest teats and a minuscule quantity of milk, and fed them every two hours - day and night, which meant little sleep for us, but great reward when youngsters reared. Other hand-rearing include Gibbon, Llama, ring-tailed Lemur, Goeld's monkey, Spider Monkey!

In the mid 1980s, I took over the reins from my father of the extensive family businesses. The Dornbracks had moved on and the Zoo was under my control which, with the support of some excellent senior professional zoo managers, was not a problem. As prices for home appliances gradually decreased, RENTAFRIDGE, which had been a niche business, faded away in the 1990s.

It was always a financial struggle to maintain the zoo to the high standards of care we had set, and to make capital improvements. Animals are expensive, intensive and costly. At least one third of all income goes directly on the animals, food, veterinary and animal keeping staff.



Always keen to raise funds, in 1984 we began a weekly Sunday Car Boot Sale on the zoo car park. This was a roller-coaster of a ride as the popularity of the Car Boot rapidly grew. Ultimately, we designated the top end of the car park for Car Boot, adding toilets, undercover canopied areas and a farm barn to provide sufficient cover to be independent of the weather. It became the best Car Boot in the county, hosting about 12,000 pitches a year- until COVID killed it! Due to demand, it will be starting again this year, from Easter to September.

Originally there was a campsite in the zoo, which gave further support to the zoo. This evolved into Applewood Countryside Park, able to host up to 120 touring caravans plus six glamping pods and five shepherd's cabins, with en suite bathrooms, for hire.

We often took our trainee keepers on visits to other parks and, in 1991, when we visited the 100-acre Suffolk Wildlife Park at Kessingland, I saw that the animals were in very poor condition and the park had deteriorated from the beautiful place it had once been. A bizarre series of events, following a complaint I made about the lack of animal care, resulted in a heated discussion with the then owner and my making an offer to buy the Park, which was accepted!

We have a good, strong team of animal care staff and a solid maintenance and construction team, and they were rapidly deployed to improve the Park. To differentiate it from Banham and give it a new identity, it was decided to specialise in African animals and to change the name to 'Africa Alive!'

At Banham I had an office in the main house and was supported by a finance director and assistant. I'd also moved the family out of the zoo grounds – we now had two young children – to nearby Wash Farm – the other side of the zoo car park and easily within walking distance!.

In 2006, when I learnt that Anglian Leisure were looking to give up the Dinosaur Adventure Park - about 80 acres of woodland with dinosaurs in an attractive woodland area – I bought it. The commercial aspects of running a Dinosaur Park, compared to running Banham Zoo and Africa Alive!, were compelling: it was a daily visitor attraction, open all year round, with no real animals to feed and maintain, meaning a third less expenditure!

And it was a change, something different to take the pressure off. We added more dinosaurs and completed Norfolk's biggest indoor Play Centre, included in the price of entry, and we changed the name to ROARR! with my son Adam in charge.

In 2013, after a family discussion, and bearing in mind that I was then 63, we decided to put the zoos into a charitable trust to secure their long-term future and the legacy that had been created. As a charity, VAT is not charged and so they would be independent and could survive and thrive. I set up the Zoological Society of East Anglia – ZSEA – but because I retained ownership of the land, I could not be a trustee. Since 2018, I've sadly had little to do with the zoos, but instead concentrated mainly on ROARR!

Over the years at the zoo, we've had some dramatic moments and a few escapes: Early on, when we first decided to add larger animals like llamas and zebras, we were offered two camels, Mumphy and Moses, in Sussex. Moses was an ex-circus animal and we were warned he'd been badly treated and would "squash you against the wall and bite you". We borrowed a large livestock trailer and took the vet with us to sedate him. Unfortunately, the vet gave him a little too much sedation and he collapsed asleep on the ramp of the trailer. We managed to collect Mumphy and went back to collect Moses, who, when treated kindly, turned out to be a real gentleman. I'd put a head collar on him and lead him out in the zoo. He became one of my favourite animals.

One August, we made news in the papers as far away as Canada, Australia and New Zealand, when, during one of our bird-of-prey flying displays, FOSTER a Ruppell's Griffon vulture, with a 6-ft wingspan disappeared. He landed near Southwold in the garden of a vicar, who said he terrified his cat!

FOSTER got away again later. This time he landed at Lands End, where he stopped at the sea's edge, thinking, 'It's better back in Banham'.

Which, of course, it is!



**With Thanks to Heather Bateman in conversation with Martin Goymour**

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### What's It Really Like to Be a Zookeeper?

Behind the Scenes with Keeper Morgan and the Bird Team at Banham Zoo – Penguins, Flamingos and Hornbills

*By Morgan, Qualified Keeper*

Spring mornings at Banham Zoo start just like any other time of year for me... feeding the critically endangered African black-footed penguins! I'm usually greeted by Maneno and my favourite, Smithson (don't tell the rest!). Each penguin can eat up to 7kg of fish a day, with sprats being the breakfast of choice.

Last year, we welcomed three chicks, Pumpkin, Spice and Cinnamon, who now join the adults during feeds, following their parents and enjoying early morning swims. Once feeding is complete, I check the pool filtration and test the water to ensure it's perfect for our penguins.

Next, I head to the wader aviary, home to African Spoonbills, Scarlet Ibis, Little Egret, Northern Helmeted Curassow, and our Giant Wood Rail, Doris. Doris is instantly recognisable by her red eyes, yellow beak and love of meal worms. Each species receives a carefully prepared diet, from filleted herring to specialist pellets and insect mixes. By mid-morning, the black Hornbills are ready for their dinner. Sirius and Biru arrived on Christmas Eve and have already formed a strong bond, often sharing food – a natural behaviour linked to how Hornbills care for their mates during nesting. As omnivores, they also play an important role as seed dispensers.

My final stop is the Chilean flamingo habitat, shared with red-breasted and bar-headed geese. We have flamingos at every life stage, including chicks, teenagers, adults, and two remarkable females aged 57. Flamingos are known to even live until 70! The flamingos receive a specialist pellet called a flamingo pellet (creative, I know). This feed gets soaked and is fed in water due to flamingos being specialised filter feeders. They stick their beak upside down in the water and filter the pellet from the water. The geese will get a waterfowl pellet as well as the occasional treat of a lettuce - they love to destroy it!

If you'd like to find out what it's like to be a zookeeper for the day, why not check out our Keeper for a Day animal experiences? It's a unique opportunity to go behind the scenes, meet our animals up close, and learn what it really takes to care for wildlife at Banham Zoo.



# Young Voices

## Easter bakes:

Easter is coming up, and, as you all know, that means Easter eggs. But, as I'm guessing lots of you have noticed, chocolate at this time of the year isn't always the most affordable. I saw a packet of mini eggs on sale a few days ago for £4.65 and I felt poorer simply after reading the price tag.

So, instead, I have decided to find a simple Easter recipe for a sweet treat that is not only delicious, but affordable and easy to make.

### Ingredients

- \* 200 g milk chocolate (finely chopped)
- \* 200 g dark chocolate (finely chopped)
- \* 100 g unsalted butter
- \* 100 g golden syrup
- \* 6-8 Shredded Wheat (full-size)
- \* decorating of your choice

### Instructions

- \* Crush your Shredded Wheat into a large bowl. Leave to the side!
- \* Add your butter and golden syrup to a pan, and heat gently whilst stirring occasionally until all the butter has melted.
- \* Take off the heat, and add in the finely chopped chocolates. Stir until the chocolate has melted into the syrup/butter mix.
- \* Pour over the Shredded Wheat and mix until combined!
- \* Using spoons, or a cookie/ice cream scoop - scoop onto a lined tray.
- \* Add your toppings, then set in the fridge until solid.

# Parish Council News

## Banham Village Community Hub:

Spring is bringing plenty of activity to the Hub, and we're delighted to share a few upcoming events and community updates. The Annual Bunny Hunt will take place on Saturday 4<sup>th</sup> April, and alongside the hunt, there will be children's entertainment and craft activities at the Community Centre between 12 midday and 2:00pm. Thanks to the generosity of supporters, 80 Easter Eggs have been donated for this fun event, so it is promised to be a wonderful afternoon for families. Looking ahead to summer, The Hub are planning a Big Lunch on Sunday 7<sup>th</sup> June, organised with the support of the Friends of Banham Church. The event will be hosted on the village green, with more details to be shared nearer the time.

The Hub has recently become a member of the Norfolk Knitters & Stitchers group. The beautiful handcrafted squares created for the church Christmas Tree was collected on the 11<sup>th</sup> March by a member of the NNUH, and donated to the Norfolk & Norwich University Hospital. A lovely way for the Hub to support others. Meanwhile the crafters continue to flourish. Five Rag Rugs have now been completed for use at the Community Hub.

Finally, Age UK will be attending the Hub on the 18<sup>th</sup> March.

## Cemetery Hedge:

The Parish Council were pleased to fund the cost of the cutting of the cemetery hedge this year, and are delighted with the excellent work carried out. The hedge now looks very neat and tidy, and we would like to thank the person involved for doing such a lovely job, helping to keep the cemetery looking well and cared for, as well as keeping Church Hill safer for motorists.

## Banham Community Award:

The announcement of the Banham Community Award will take place alongside the Big Lunch, hosted by the Banham Village Community Hub on Sunday 7<sup>th</sup> June.

Do you know someone in Banham who consistently goes above and beyond for others? Someone who selflessly gives their time to make our village a better place? Banham Parish Council are proud to launch the Banham Community Award, created to recognise and celebrate an individual or 'team' who has/is making a real difference in our community. Whether it's through volunteering, supporting neighbours or leading local groups and initiatives – we want to hear about them. The work or action carried out by the nominee does not need to have occurred during the current year-contributions from previous years are also eligible for consideration. Once all nomination forms have been received and the closing date has passed, the nominations will be reviewed by an 'Award Committee', and a decision will be made on the recipient of the Banham Community Award. The winner will be honoured with: A trophy, and a commemorative plaque on the bench of the village green – a lasting tribute to their positive impact.

## How to nominate:

It's easy! Nomination forms are available here (page 19), online on the Banham Parish Council Website (<https://banhamparishcouncil.norfolkparishes.gov.uk/community-pride-awards/>), at Banham Butchers, the Banham Post Office and the Banham Community Hub. Forms can be returned to the Parish Clerk on [banhamclerk@outlook.com](mailto:banhamclerk@outlook.com) or handed in at either Banham Butchers, the Post Office or the Hub. Nominations are limited to 1 per person.

The Banham Parish Council usually hold their meetings monthly on the first Thursday of each month in the small hall of the Community Centre. For any changes please see the website or the notice board located on the wall of the Banham Post Office & Stores. If you have any questions or reports in respect of allotments, street lights or potholes, please email Michelle Jones on [banhamclerk@outlook.com](mailto:banhamclerk@outlook.com).



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# Recipe Of The Month

## Ingredients

- 500g/1lb 2oz **strong white flour**, plus extra for dusting
- 75g/2¾oz **caster sugar**
- 2 tsp **mixed spice**
- 1 tsp ground **cinnamon**
- 1 **lemon**, finely grated zest only
- 10g/¼oz **salt**
- 10g/¼oz fast-action dried **yeast**
- 40g/1½oz **butter**
- 300ml/10fl oz **milk**
- 1 free-range **egg**, beaten
- 200g/7oz **sultanas**
- 50g/1¾oz finely chopped mixed **candied peel**
- **oil**, for greasing

## For the topping

- 75g/2¾oz **plain flour**
- 2 tbsps **golden syrup**, for glazing

## Method

1. Put the flour, sugar, spices and lemon zest into a large bowl and mix together. Then add the salt and yeast, placing them on opposite sides of the bowl.
2. Melt the butter in a saucepan and warm the milk in a separate pan. Add the butter and half the tepid milk to the dry ingredients. Add the egg and use your hands to bring the mixture together, incorporating the flour from the edges of the bowl as you go. Gradually add the remaining milk, to form a soft pliable dough (you may not need all of the milk).
3. Tip the dough out on to a lightly floured work surface. Knead by hand incorporating the sultanas and mixed peel into the dough. Lightly knead for 10 minutes until silky and elastic and forming a smooth ball. (This can also be done in a freestanding mixer fitted with a dough hook or in a bread machine using the dough setting.)
4. Oil a bowl and add the dough. Cover with cling film and leave to rest in a warm place for about 1½ hours, or until doubled in size.
5. Turn the risen dough out on to a lightly floured surface. Knock back and knead for a further 5 minutes. Return to the bowl, cover with cling film and leave in a warm place to rise for a further hour, or until doubled in size.
6. Turn the dough out again onto a floured surface. Divide into 12 equal pieces, shaping each of these into a ball. Line 1–2 baking trays with baking paper and place the balls on the tray, spacing them fairly close together and flattening them slightly.
7. Slip each baking tray into a large clean polythene bag, making sure the bag doesn't touch the buns (alternatively, cover with oiled cling film or a damp tea towel). Leave for 40–60 minutes until the buns have doubled in size.
8. Preheat the oven to 220C/200C Fan/Gas 7.
9. For the topping, mix the flour with 100ml/3½fl oz water in a bowl to make a paste. Spoon the paste into a piping bag or a small food bag.
10. When the buns have risen, remove the polythene bags and pipe a cross on top of each bun using the piping bag. (If using a food bag for the paste, just snip a corner off the sealed bag.)
11. Bake for 15–20 minutes until pale golden-brown, turning the baking trays round halfway through if necessary for them to cook evenly.
12. Melt the golden syrup in a pan and, while the buns are still warm, brush the buns with a little syrup to give a nice shine. Put the buns on a wire rack to cool completely.

## 12 Tasty Hot Cross Buns



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DKH/Attleborough 07492 189158  
Able/Diss 01379 640900  
John's Taxi's 01379 640000  
Harling Taxi 07950 189260

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

01760 720906 / 01553 770310

## NHS Hospital Car Scheme

03332 404100

## Travel Norfolk Car Scheme

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## Mobile Library (every 4 weeks)

Crown Way 15:20—15:50  
Apple Close 15:55—16:35  
The Green 16:40—17:05  
Nov 19th

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Norfolk & Norwich Hospital

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### Your Beat Manager



My name is PC Dion PHILLIPS, and I am your local Beat Manager for Attleborough and the surrounding areas.

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## Charity Spotlight

Diabetes UK - Norwich & District Diabetes  
Youth Group: Supporting Local Families  
Living with Type 1 Diabetes

For families in Norwich and the surrounding area, a diagnosis of Type 1 diabetes in a child can feel overwhelming. The Diabetes UK - Norwich & District Diabetes Youth Group exists to ensure that no family faces this journey alone. Run entirely by a dedicated committee of parent volunteers, our group provides a lifeline of support, understanding, and practical help for children under 18 living with Type 1 diabetes and their families.

### What We Do

Our group organises a vibrant calendar of subsidised events throughout the year, designed to bring families together, foster friendships, and create joyful memories. From our much-loved annual Family Christmas Party at Hellesdon Community Centre, complete with games, crafts, and a visit from Father Christmas, to summer barbecues and sports days at the UEA Sports Park, there's something for everyone. These gatherings offer children the chance to meet others who understand their daily challenges, while parents can share experiences and advice in a relaxed, supportive environment.

We also work closely with Diabetes Norfolk and the paediatric diabetes team at the Norfolk & Norwich Hospital, donating books, weighing scales, and vouchers to help newly diagnosed children and their families adjust to life with diabetes. Our activities are funded entirely by local fundraising and donations, and we're always grateful for the generosity of our community.

### Why Our Work Matters

A Type 1 diabetes diagnosis is life-changing, not just for the child but for the whole family. The learning curve is steep, and the emotional impact can be profound. Our group's mission is to ease this transition, offering practical advice, emotional support, and a sense of belonging. We know that together, we are stronger – and that shared knowledge and friendship can make all the difference.

### Spotting the Signs: The 4 T's of Type 1 Diabetes

Early diagnosis of Type 1 diabetes is crucial. The symptoms can develop quickly in children, and recognising them can be life-saving. We encourage all parents and carers to remember the "4 T's":

**Thirsty** – Drinking more than usual

**Toileting** – Needing to urinate more often, including bed-wetting

**Tired** – Feeling unusually tired or lacking energy

**Thinning** – Losing weight rapidly without dieting

Other signs can include increased hunger, blurred vision, mood changes, and, in severe cases, fruity-smelling breath or stomach pain. If you notice any of these symptoms in your child, seek medical advice immediately.

A simple finger-prick or urine test can provide answers, and early treatment can prevent serious complications.

### Get Involved

We welcome new families, volunteers, and supporters. Whether you're looking for advice, friendship, or ways to help, the Diabetes UK - Norwich & District Diabetes Youth Group is here for you. For more information, upcoming events, or how to get involved, please email us at [chair@nddyg.org](mailto:chair@nddyg.org) or find us on Facebook.

Together, we can make a difference—one family at a time.



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