Banham NEWS



Something for the whole community



Artwork provided by Jacob Wilkinson Aged 8

Events

What's On

News

ISSUE 6: August 2025

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Lee Watson Managing Director



















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Hi Everyone,

If you could spare a couple of hours a month, and have ideas that will help the newsletter flourish, then why not become a committee member, and make a difference.

The Team,

Keep the ideas and suggestions coming!

Quiz Answers

Due to a typing error in last months quiz, we have decided to extend the entry until 13th August. You can submit your entry minus question 3 under the Summer heading, which is now void, this means you only need to get 19 answers instead of 20.

We can also announce that the winner of the family ticket for the Zoo is Megan Cross, congratulations. We will be in touch to let you know how to claim the prize.

If you are interested in attending a First Aid course, then please let us know. We will be running discounted courses at the Community Centre during September and October. Places are limited, so please send your details to the usual email address:

Newsletter Notes:- Items to the Editor, info@banhamnews.co.uk
To place an advertisement, or content, please contact info@banhamnews.co.uk
Distribution 750 copies. Closing date for copy for the Sept 2025 issue is Wednesday 13th August

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Hello, welcome to this addition of Banham News.

The idea of producing a local newsletter was a joint decision with Alan Keith and myself late last year. We both felt the need to improve communications within Banham. This publication would have not been possible without the support of local businesses. The feedback we have received from local residents has been very positive and encouraging. The benefit to businesses and readers has been two fold. We have attempted to make each publication relevant, informative and interesting. We are open for comments and invite new ideas.

My wife Lynn and I moved to Banham almost three years ago after living in Thetford for 45 years. I purchased land and built my own bungalow on it.

However we more recently felt the need to move away as Thetford was, in our view, being overdeveloped and now a very different place to live. We always liked visiting Banham Zoo, the weekly car boot sale and of course the cider house. We feel very pleased we now live here and have made new friends. We support local events held both in Banham and Kenninghall. We also enjoy attending the Wednesday Café run by Pam and David Spicer which is very well attended. My wife also helps with the Banham Mother and Baby Club. We feel that the quality of life here outweighs the benefits that we used to enjoy such as having so many facilities previously available to us.

Regards Allan Vice Chair

Contact details for Banham News are:

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

Your Garden This Month

Flowers

Collect seeds from plants such as Aquilegias and Love in a Mist choosing a dry day Deadhead Dahlias and other perennials to encourage a constant display of blooms Keep Camelias and Rhododendrons well-watered through late summer while their flower buds are forming

Prune Lavender once flowering is over to maintain a compact, bushy shape, but avoid cutting into old wood.

Prune rambling roses, removing up to a third of stems that have flowered, and tie the rest to supports.

Keep pots and hanging baskets flowering by watering and deadheading regularly, and add tomato feed fortnightly.

Take softwood cuttings of woody herbs, including Lavender and Hyssop choosing non-flowering shoots .

Sow hardy annuals in sunny spots to provide early summer colour next year.

Set up an automatic watering system for pots and hanging baskets if you're going away on holiday - in the case of a hosepipe ban, drip or trickle irrigation systems are usually exempt, check your local water board for restrictions.

Strim or mow areas of wildflower meadow, now that the plants have scattered their seeds.

Remove any spent hardy annuals if you don't want them to self-seed.

Plant autumn bulbs such as colchicums sternbergia and nerines in pots and borders.

Fruit and veg

Be vigilant for signs of tomato and potato blight removing affected plants immediately to prevent spread.

Summer prune apple trees to encourage good fruiting in future years.

Plant well-rooted strawberry runners into new beds.

Pinch out the tops of outdoor tomatoes as further flowers are unlikely to produce fruits that have time to ripen.

Order saffron crocus bulbs (Crocus sativus) to plant in September, so you can harvest your own saffron this autumn.

Use netting or fleece to protect blackberries and autumn raspberries from birds.

Lift onions and shallots once their tops die down, then leave to dry in the sun.

Cut back leaves on grapevines to let the sun ripen the fruits.

Sow hardy crops such as land cress, rockets and lambs lettuce for winter pickings.

Harvest fresh herbs to freeze in ice cubes for winter use, or to hang up and dry, then store in jars.

Plant a kiwi to climb over a trellis, fence or arbour.

Water plants, especially during hot weather, use water from a water butt if possible. In periods of drought, there may be a hosepipe ban so water your crops with a watering can Freeze herbs in an ice-cube tray for portion size storage.

Continued on Page 19 With Thanks to Mel Jay

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Get Involved



Knit and Natter, Crochet and Chatter

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 Noticeboard. If you would like any further information, or to join our FaceBook page pop in to the Post Office and see Marise.







We don't like empty space, can you help to fill it with news about events, clubs, etc.

info@banhamnews.co.uk



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

tifitsteps@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

Well Being

Community Centre
Every Tuesday 11:45—13:15

Beginners Yoga and Relaxation - Monday

Community Centre

Contact: June Roberts

01953 498343 / 07766 108075

junemroberts@googlemail.com

Community Hub-Weekly Warm Space

Community Centre

Every Wednesday @10:00

Free Tea/Coffee, Cakes, Soup

Contact: 07909 505831

banhamvillagehub@gmail.com

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.

Kenninghall Garden Club Plus

Contact: davidmorton132@btinternet.com

Banham Youth Cafe - At St Mary's Church

Every Friday during term time, 7:30pm-

9:00pm

For those in school years 7-13

Table tennis, pool, table football, consoles,

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Contact: steph@integrateyfc.org.uk

Website: integrateyfc.org.uk

Your Community Centre

Free Master Composter Presentation

Banham Community Centre 5th August at 6pm Small Hall

If you are looking to become a master at composting,

a master at composting, look no further. A free session at the BCC.



The Norfolk Master Composters programme aims to raise awareness of the benefits of composting, through a network of volunteer advisors. The programme operates as a partnership between Garden Organic and Norfolk County Council.

Since 2006, 354 trained volunteers have spent over 14,600 hours promoting home composting in the county.



The Banham Community Centre is a purpose-built sports and social hub located at the centre of the village of Banham. Officially opened on June 9th 1992 by Her Royal Highness Princess Anne, the Princess Royal, it boasts a large hall for sports and large events, a smaller meeting hall, and a Community Bar. The Centre hosts many activities and has spaces available for private functions and parties. We also have some availability during week days for regular sports clubs and classes in the main hall, with discounts for regular bookings.

Please explore our website or call 01953 888628 and see what the Centre has to offer to you and your family.

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News From The Pews

Recently I had the great pleasure to be able to listen to some jazz musicians who spontaneously improvised on a simple theme with new melodies and rhythms. The word 'rhythm' originates from the Greek word 'rhuthmos', whose root meaning is flow and in a way we are rhythmic creatures breathing in, then out, walking on one foot first, then another, waking and sleeping. There are rhythms in the seasons of nature, human life and religion. Perhaps summer is a time for being outgoing and winter is a time for storing up. The book of Ecclesiastes speaks for there being a time to be born and a time to grow, a time to explore and a time to build, a time to gather and a time to depart. The Bible also has two phrases to describe us when we resist God's rhythms: 'stiff necked' and 'hard of heart' (2 Chronicles 30: 6-9).

The poem 'The tree and the pool' by Brian Patten is also illuminating:

- 'I don't want my leaves to drop' said the tree. 'I don't want to freeze' said the pool.
- 'I don't want to smile' said the sombre man. 'Or ever to cry' said the Fool.
- 'I don't want to open' said the bud.
- 'I don't want to end' said the night.
- 'I don't want to rise' said the neap-tide.
- 'Or ever to fall' said the kite.

They wished and they murmured and whispered, They said that to change was a crime. Then a voice from nowhere answered, 'You must do what I say' said Time.

In our 21st century there is a need for all of us to find rhythms within our daily routines which changes with the seasons but also with our differing life experiences. Our choice of finding our own life-giving rhythms such as seeking silence, practising awareness, attending to the feelings of ourselves, others and God will vary. The important element is that we can find pleasure and contentment within the daily rhythm of life and also be willing to change too when it is necessary.

May God bless you over the summer period and please do not hesitate to contact me if you would like a chat. (Contact details: revsewalsh967@gmail.com) or Tel. 01953

Services during August 2025

August 3rd 10am Group HC at St. Mary's, Banham

August 10th 09:30 Holy Communion at St. Mary's, Banham

August 17th 09:30 Morning prayer at St. Mary's, Banham

August 24th 09:30 Pet Service at St. Mary's, Banham

The Friends of Banham Church

Banham Community Choir for Christmas

Starts Thursday 9th October 7.00pm St Mary's Church Banham, then every Thursday until Concert in December. £15 for the term to cover heating and printing. Coffee and cake served after each rehearsal. Led by Shona and Sarah-Jane, All welcome.

What is a community choir?

A community choir is a singing group that welcomes everyone - whether you're a seasoned singer or a complete beginner. These choirs are open, inclusive spaces where people from all walks of life can enjoy singing in a group setting. Unlike some performance-based or auditioned choirs, community choirs focus on creating a sense of belonging and enjoyment through music, making them ideal for those looking to experience the uplifting effects of singing in a group.

Community choirs across the UK offer a variety of musical styles, from pop and rock to gospel, folk, and classical. Many choirs rehearse weekly, and members come together to sing, learn, and perform for their communities, friends, and families. Joining a community choir is a wonderful way to meet people, improve your singing, and experience the well-documented benefits of singing, which include reducing stress, improving mood, and enhancing mental wellbeing.

Why join a community choir?

Community choirs are open to everyone and offer benefits that go beyond singing. By joining a community choir, you can:

- Meet new people: Build friendships and connections with others who share a love of music.
- Improve your health: Research shows that singing can reduce stress, enhance lung capacity, and improve mental well-being.
- Develop your musical skills: Whether you're learning to harmonise. follow a conductor, or simply find your voice, community choirs provide a supportive environment to develop your singing.

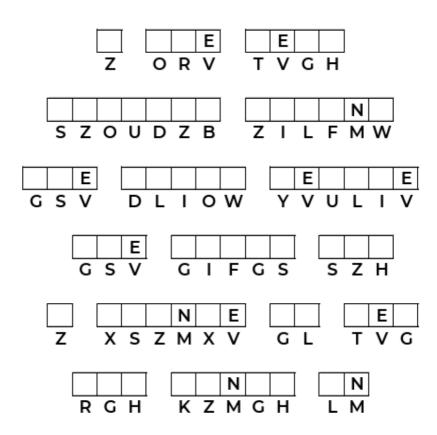
The Society is registered as a Charitable Trust, thus ensuring its future and safeguarding its object, which is defined as: -"To maintain, repair, restore, preserve, improve, beautify and reconstruct for the benefit of the public the fabric of the Church of St. Mary Virgin, Banham, its monuments, fixtures, fittings, furniture, stained glass, ornaments and other chattels."

Coffee Break Quiz



This quote by Winston Churchill is just one of many that expresses how he feels about honesty.

Α	В	С	D	Ε	F	G	Н	Ι	J	K	L	М	Ν	0	Р	Q	R	S	Т	U	٧	W	Х	Υ	Z
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	Deadline for
Name	entries, 12th
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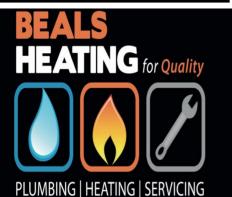
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Events

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Thelnetham Windmill

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*Last tours commence at 3pm



For further details, an application form and/ or an informal chat, please contact Alison Whitefield (Director/Founder) on 01953 860061/ 07925239886



Roudham Road, Harling Road NR16 2QN

The 'Coffee Nook' in Banham has recently welcomed a local group of artists 'The South Breckland Artists' to display their artworks on a rotational basis.

The group of 12 artists live locally in Banham and surrounding villages.

More information can be found on their website: www.southbrecklandartists.co.uk and Instagram:

@southbrecklandartists



Greenhouse

Set up a capillary matting system to ensure plants have enough water if you're going away on holiday.

Plant cold-stored potato tubers in large tubs in a greenhouse or cool porch, for harvesting for Christmas.

Pouring water over the greenhouse floor every morning during hot weather can help to increase humidity - during periods of drought try to use grey water to help reduce mains water use.

Plant up pots with paper white narcissus bulbs for fragrant indoor displays this Christmas Remove the lower leaves of cordon tomatoes up to the lowest truss, to let more light and air reach the fruits.

Start watering dormant cyclamen to bring them back into growth after their summer rest Plant autumn flowering bulbs such as nerines lachenalia and veltheimia in pots indoors, for autumn and winter colour.

Look out for pests and diseases on greenhouse plants, and treat any you find immediately Harvest tomatoes cucumbers and chillies regularly to encourage more fruits to form Tackle vine weevil infestations by watering pots with a solution of biological control nematodes.

Shade delicate plants in the greenhouse to avoid sun scorch on hot days.

Gardening in a Drought

This summer we are experiencing long periods of hot weather without rainfall, and August is traditionally a dry month. With the threat of hosepipe bans and increased water bills, it is crucial to use water wisely.

There are many things that you can do to prepare for periods of drought, such as conserving rainwater and using mulches such as woodchip on beds and borders. East Anglia has one of the lowest rainfalls in the country, so it is also sensible to use plants that are resistant to drought.

A good soaking every 10 days is sufficient for many plants during a drought. In general, it's better to water less often, but to water thoroughly when you do.

Water early morning or in the cool of the evening to maximise the benefits and reduce the risk of leaves being scorched.

Prioritise less established plants and those showing clear signs of stress. Beyond that it pays to know which plants need regular watering and which can survive without it.

Flowers produce less nectar in times of drought, so keeping your plants watered will help ensure that bees and other pollinators don't suffer.

Keep on top of your weeding routine to ensure water goes where it's most needed. Weeds also compete with cultivated plants for moisture, light and nutrients.

An established lawn with a healthy root system, will withstand periods of drought. When grass turns brown it looks like the whole lawn has died, but it will recover once rains return.

If your lawn is still green and in active growth, adjusting your mower can help. Raise the height of cut and let clippings fall (set your mower to cut the clippings small if possible).







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Windows



Banham Village Hub

VJ Day Dove of Peace.

Banham Village Hub plans to mark VJ Day with a community 'Dove of Peace', which will take the form of a dove drawn on a large canvas sheet. The idea is that everyone in the community (including children) are invited to add something to the dove, and we will include the names of the Banham Men who gave their lives. We also want to include peoples' messages for world peace, and small pieces of artwork or craft etc, all expressing in their own way their hopes for the world. We have invited Rev Sarah Walsh to bless this on Sunday 31st August as this is the date closest to when WW2 officially came to an end. Once it has been completed it will be displayed in St Mary's Church for everyone to see.

Items can be up to 5" (or 12.7 cm) in size and any colour. We welcome your ideas and creativity.

Banham Community Christmas Tree

We also have arranged another Community project during the run-up to Christmas. We will be making a Community Christmas tree and hope to display this in St Mary's Church. The idea is that people knit, crochet or sew small squares that can be added to the frame of the Christmas tree, again we hope to involve the children of the community. People who are unable to make any of these can make pompoms that can be added to the tree, making this fully inclusive and allowing everyone in our village to take part. We may be able to provide knitting yarn for those who are unable to purchase their own. We would

also be happy to provide support in the way of teaching children how to knit or crochet squares or make pompoms.

Square sizes: 9'x9' (22.86 cm x22.86 cm) Colours: Nice bright colours

Closing date for donations Monday 15th December

After Christmas, we will collect the squares and sew them together to create blankets to be donated to the NNUH End of Life Care Unit and St Martin's in Norwich, depending on how many squares we can collect.

We would love everyone to take part in these community projects.

Donations can be dropped off at the Wednesday Cafe held at Banham Community Centre between 10-12 each week or you contact us to arrange collection.

Our contact details are: 07909 505 831 banhamvillagehub@gmail.com https://www.facebook.com/profile.php?id=61558376514686





WHERE DO I LIVE

Being a school pupil is not all about being in the classroom and learning the three R's, it is also about exploring your local environment and appreciating what is great about the place where you live. So, we set the children a little task, get out and about in your village, learn new skills and investigate what is good about Banham.

The first task was to, look around and make a note of local landmarks, the second was to be able to use their directional skills and be able to use a map.

Well, as you can see, mission accomplished, not only did they find their way around, and more importantly back again, but they had the skill and knowledge to document what they saw, and produce the wonderful map below.

Well done to all, keep up the great work.



Parish Council News

The June meeting of the Banham Parish Council took place on Thursday 5th June 2025.

The Parish Council discussed concerns around vehicle speeds on Grove Road following feedback from residents. An official request was previously submitted to Highways to reduce the speed limit from 60mph to 30mph along the entire length of Grove Road, but unfortunately, the proposal was rejected as the road does not meet the necessary criteria. In response, the Parish Council has chosen to self fund speed calming measures, and as a result, 'SLOW' road markings will be installed in the future to help improve driver awareness and reduce speeds between the 60mph and 30mph zones. The Parish Council appreciates the communities ongoing support as we continue working to make Banham's roads safer for everyone.

The Banham Community Hub continues to thrive with high attendance at the Wednesday Cafe. Thank you to everyone who drops in each week to share conversation, support and cake! The recent bake sale on the Green was a great success, raising an impressive £177.50 - thank you to all who baked, bought and supported the event. In June the Hub marked Volunteer Awareness Week and next will be recognising Loneliness Awareness Week with a special project, the creation of a Banham Village Tablecloth featuring signatures and meaningful quotes from Hub members. The heartfelt piece will be featured by Breckland Council to highlight the strength and spirit of our Community. Looking ahead to August, the Hub will commemorate VJ Day by working with the Children from Banham Primary School to create a Dove of Peace which will also be decorated by villagers and Hub members. The special symbol of hope and remembrance will be blessed by Reverend Sarah on the 31st August 2025. There will be Fundraising Bingo on the 26th September. Finally the Hub are excited to tell you about the Community Christmas Tree project. Everyone is invited to contribute a 9-inch knitted, crocheted or sewn square which will be added to a tree frame to create a beautiful festive display. For those who cant knit or sew, pom poms would also be very well received. After Christmas, the squares will be re-purposed into blankets for the Norfolk & Norwich End of Life Care Unit spreading warmth and comfort where it's needed most. Finally CPR defibrillator training will be taking place on the 28th July from 7-8pm in the small hall at the BCC. This is being delivered again by East Anglian Air Ambulance and is free to attend. For more information, please go to the Banham Community Hub Facebook page, call 07909 505831 or email banhamvillagehub@gmail.com.

The June meeting saw the review of the Parish Council Annual Accounts, and it was acknowledged that the recycling payment made by Breckland Council was reducing annually. Did you know that recycling your glass, bottles and jars at the BCCA can directly benefit Banham? Breckland Council provides a recycling payment based on the amount of glass collected, and the more that is recycled at Banham Community Centre bottle bank, the more funds are received for village projects. By making a small change and bringing your glass bottles and jars to the Community Centre instead of putting of them in your home bin, you're not only helping the environment, but also contributing to future village schemes. Let's work together to make a big difference, one bottle at a time. Thank you for supporting Banham!

Banham PFR Scheme (Property Flood Resilience Grant Scheme) - If you have been recently contacted by Norfolk County Council Floods team regarding a potential grant towards property level resilience measures, you have until the 15th August to apply / sign up for your interest as per the instructions on NCC's letter. Note that letters were sent anonymously for data protection reasons. The floods team will resend all letters in case homeowners have mislaid their invitation. They would also appreciate if you could let them know if you're not interested so they can offer slots to other residents at lower flood risk. 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.



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Recipe of the Month

Walnut Fudge Cake

Ingredients for the cake:-

175 gms Margerine

175 gms Caster Sugar

225 gms Plain Flour

1 1/2 Tea Spoons of Baking Powder

3 Eggs

2 Tablespoons of Milk

100 gms Chopped Walnuts



50 gms Margerine
225 gms Icing Sugar
1 Tablespoon of Coffee Essence
Half Walnuts to decorate





Cream margarine and caster sugar, then add plain flour and baking powder

Add eggs, milk and chopped walnuts and mix together

Finally, put into a greased and lined cake tin, and place in a pre-heated oven to cook.

Icing.

Cream margarine and add the icing sugar bit by bit, stirring all the time, before adding the coffee essence

When the cake is cold, spread the icing and decorate with the half walnuts, and enjoy

This is a wonderful cake for all occasions, and was enjoyed very much by my husband Barry

Carol Cranfield

If you have a recipe, and perhaps a story behind it, then let us know.



Local Services

Taxi Companies

 Road Line/Attleborough
 07751 995144

 DKH/Attleborough
 07492 189158

 Able/Diss
 01379 640900

 John's Taxi's
 01379 640000

 Harling Taxi
 07950 189260

Travel Norfolk Car Scheme

3 x Working Days Notice Required. Book up to 2 Weeks

Ahead. 0344 800 8020

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

01760 720906 / 01553 770310

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

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 07309 358357 Breckland Council 01362 656870 Registrars Office 0344 8008020 E. Harling & Kenninghall Surgery 01953887208

Norfolk & Norwich Hospital 01603 286286

Citizens Advice Bureau 03444 111444

Anglian Water 08457 145145

Eastern Electricity 08007 838838

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

Don't forget to visit the Banham News website www.banhamnews.co.uk



Charity Spotlight

Why not pop along to Dogs Trust Snetterton?



This summer, Dogs Trust Snetterton is inviting local residents, supporters and those thinking about adopting to visit its rehoming centre and see how the charity could help find the right dog for you.

Serving Norfolk and the East of England, Dogs Trust Snetterton is more than just a rehoming centre – it is a place for dogs of all ages, shapes and sizes to find their forever homes and for the local community to find support, advice and a friendly face for all our four-legged friends.

While the dogs and details can all be found online – the charity is encouraging potential adopters to visit the centre to see the dogs, meet the team caring for them, and learn more about how they can find the right dog for their family, needs and lifestyle. Dogs Trust Snetterton is open to the public five days a week, Monday, Tuesday, Thursday, Saturday and Sunday from 12 – 4 PM. You don't need an appointment to visit, meet dogs looking for homes, get advice or apply to adopt, so feel free to pop in!

Dogs Trust Snetterton (Norfolk) North End Road Snetterton Norfolk NR16 2LD



Could you offer "Moose" his forever home?

As every dog is unique, finding the perfect match can take anything from a few weeks to several months. But don't fret; Dogs Trust will work with you to find the right dog for you, no matter how long it takes.

So, if you've ever wondered what goes on behind the scenes at your local rehoming centre, or if you've been thinking about welcoming a new dog into your life, becoming a volunteer or are interested in foster caring, why not plan a visit to Dogs Trust Snetterton?

A four-legged, faithful friend could be just around the corner!

About Dogs Trust

Dogs Trust is the UK's largest dog welfare charity and cares for around 11,000 dogs every year across its network of 21 rehoming centres in the UK and one in Dublin. Dogs Trust has a non-destruction policy and will never put a healthy dog to sleep. The charity also focuses its efforts on understanding dogs and sharing that knowledge with the wider public to prevent problem behaviours that can result in relinquishment or abandonment. We are working towards the day when all dogs can enjoy a happy life, free from the threat of unnecessary destruction.

oliver.chapman@dogstrust.org.uk or call 07500 825162

History Lesson - Banham's Pub's

The Smoke House

The Smoke House, previously known as The Garden House, is situated on New Buckenham Road and is said to date back to the 17th century. Along with many pubs, it is claimed it was visited by Charles II shortly after the Restoration in 1660. Looking at an old photograph, it appears that the house nearer the road was the pub at one point.

The pub and restaurant are now in a building set back from the one pictured here.

Charles Murton was the licensee from 1915 to 1922, he was fined 5s on August 9th, 1915, for selling intoxicating liquor during prohibited hours on Sunday, 4th July 1915. " When



anybody came to buy fruit and asked to be served a drink, they were always asked if they had travelled three miles, making them bona fide travellers". Three of the several persons found drinking in the house were locals and were fined, Robbins, 5s (shillings), Woodcraft, 2s 6d, and Howling 1s.

Around 1973 it was known as **The Banham Cider House**; and stocked only Ciders, Country Wines and a few Liqueurs. Many people still refer to it by this name today. The pub, as we know it today, was refurbished in 2023 and

became **The Smoke House**. Breweries: Bulmers, Tunmore Automatics.

The Garden House

Thanks to Mel, if you have any additional information or pictures, please send them to us at, info@banhamnews.co.uk

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