



Banham NEWS



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Artwork provided by Mrs L Webster:

Events

What's On

News

Issue10: December 2025

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For those eagle eyed out there, you may have noticed that the Banham sign on the green, has been missing for a short while. Well its back now and looking better than ever, thanks to a dedicated team, who have taken time, patience and skill, in bringing it back to its former glory.(see pictures on page 11)

The Newsletter has two significant events, firstly we will be having our initial AGM on 16th December 2025. We are truly amazed at the way the time has whizzed past. If you wish to attend please do so, we are always looking for people to join the committee. You can confirm your attendance by contacting us at the usual address, info@banhamnews.co.uk

Secondly we will be renewing our sponsors for the coming year, whilst we expect a good retention level, we are opening a waiting list, for people who would like to place an advertisement with us. Spaces are limited, so it will strictly be on a first come basis.

Finally the whole team would like to wish all the readers of Banham News, and also our sponsors, a very Merry Christmas and a Happy and Prosperous New Year.

All The Best
Editorial Team



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
To place an advertisement, or content, please contact info@banhamnews.co.uk
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Editorial

As winter casts its longest shadows, it's no wonder that so many cultures and traditions turn to light and sparkle. In these darker days, we naturally seek warmth, comfort, and connection—often through celebration, feasting, and festive décor that brightens both our homes and our spirits. December marks the arrival of the winter solstice, the shortest day of the year. Many of us quietly count down to its passing, reassured by the promise of longer, lighter days ahead.

Here in Banham, we're lucky to have a full calendar of seasonal events—something for everyone, I hope! One of my (slightly selfish) reasons for joining Banham News was to stay in the loop with village goings-on. Before, there wasn't a single place to find it all—but thanks to your contributions, I think we've cracked it. So please, keep the updates coming!

And as we navigate the season, here are a few ideas to maintain your well-being:

- * Stay active: Even a brisk walk can lift your mood and boost your energy.
- * Eat and drink mindfully: Enjoy the treats, but moderation helps you feel your best.
- * Prioritise sleep: A consistent sleep routine can do wonders for your emotional resilience.
- * Make time for yourself: Whether it's reading, music, or a long soak in the bath—carve out moments that are just for you.

Wishing you joy, warmth, and health this festive season.

Best Regards

Mel Jay -Secretary



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

Your Garden This Month

Flowers

- Protect terracotta pots from cracking in freezing weather by bringing them indoors or wrapping in bubble polythene
- Rake up accumulated fallen leaves in borders that could be harbouring slugs and other pests
- Plant bare-root roses and other deciduous shrubs, plus ornamental trees
- Hang bird feeders near roses to attract hungry birds that will also pick off any overwintering pests
- Cut stems of berried winter shrubs, seasonal flowers and evergreen leaves for festive decorations and wreaths
- Move plants in pots to a sheltered spot if conditions turn very cold, as their roots rot.
- Grow cacti from seed

House plants

- Give houseplants extra humidity to combat the drying effects of central heating
- Re-pot moth orchids after flowering if they look like they're about to burst out of their pot
- Water house plants less frequently and move them off particularly cold windowsills at night.
- Plant amaryllis bulbs in pots for spectacular flowers over the festive season
- Re-pot any house plants that have become top heavy or pot bound into larger containers
- Move houseplants onto a sunny windowsill over the winter, to get as much light as possible during the shorter days, or choose indoor plants for low light
- Some house plants, like snake plants, are particularly prone to collecting dust on their leaves. So be sure to give these a wipe regularly
- Take leaf cuttings from house plants, including African violets and begonias
- Take leaf cuttings from succulents, such as echeverias, crassula and sedums
- Check your house plants for pests like aphids, scale insects, thrips and mealybugs
- Put large-leaved house plants into the bath or shower and hose them down to clean off accumulated dust
- Sow cacti seeds into moist, loam-based compost and place in a propagator or on a warm windowsill

Garden maintenance

- Top up bird baths with fresh water every day during frosty weather
- Bring all watering equipment indoors, including hoses and sprinklers, so they don't freeze and split
- Scoop fallen leaves and debris from ponds, leave on the side so pond life can escape, then add to the compost bin
- Stand your Christmas tree in a bucket of water in a sheltered spot outdoors until it's time to bring it indoors
- Clear out your shed, and organise and clean your tools
- Check tree ties and stakes are firm enough to stand up to winter storms
- Prune blackcurrants once dormant, removing about a quarter of the old stems
- Order well-rotted manure or mushroom compost to dig in over winter or spread over bare soil as mulch for worms to take down
- Order summer-flowering bulbs such as lilies and gladioli

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On the Green

Saturday 6th December

Banham, 6pm



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Friday 19th December
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Community Centre
Contact: Tracy Jenkins 07772 481232
tjfitsteps@gmail.com

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www.girlguidingnorfolk.org.uk

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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

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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 - Cirl Mobility - Banham Barrel
Tuesday 18.15-19.15 - Bootcamp - Banham Barrel
Thursday 08.30-09.30 - Cirl Mobility - Banham Barrel
Thursday 20.00-20.50 - Bootcamp - Online
Saturday 0900-10:00 - Bootcamp - Banham Barrel
Pre booking is a must.
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Friday Club - Rowancroft, Kenninghall Road

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

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

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Contact: steph@integrateyfc.org.uk

Website: integrateyfc.org.uk

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Contact Adam 01953660281
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, 15th Dec, 9th Feb, 20th April, 15th June

Your Community Centre

Chairman and Committee Members

Your Community Centre runs and functions due to the time and effort given by its Committee Members and Trustees. In order to function well it needs a diverse range of skills, ideas and dedication.

We have an opportunity for someone to take the reins as we look to appoint a new Chairman. If you think you have the right qualities and attributes, then why not apply. We also need a Minute's Secretary and more committee members, to bring a fresh approach and energy, so if you can give up a few hours each month, then why not join in.

It goes without saying, that without the support of the village and the people and clubs that hire the halls, this facility would fail to exist, so your continued support is essential in maintaining its presence in the Village.

So don't forget, the halls are for hire at great rates, if you want to hold a function, or bring a group or association together on a regular basis.

If you are interested then get in touch now and send your interest to:

Email ogs4@bladeip.co.uk or call/text 0775906546, or attend the EGM on 6th Jan 2026, 7pm, in the small hall



Thanks to to everyone that turned up for the First Aid course, run by Kate (KM First Aid), and sponsored by Banham News. It was a great success, with hopefully more sessions to follow. Getting to grips with CPR on Adults, Children and Babies. How to deal with choking, and use of a Defib.

If you are organising an event and need a venue, why not use the Community Centre. We have 2 spacious well equipped halls, with plenty of parking. Visit the website to check for availability

Re-painting the Banham Sign. Thanks to all involved in this project



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News From The Pews

When I was a teenager in Sheffield, I have some very fond memories of carol singing around the local parish with the youth club, the church choir, and the Vicar. It took at least 3 hours and we kept stopping in people's houses for refreshments and mince pies. There were collection boxes going around too and the money raised were given to different charities.

The run up to Christmas still brings many social opportunities with Christmas fayres, Christmas carols services and concerts, School crib services and for many it is a joyful and busy time of the year and time to have fun and be with friends. All of this is great and something not to be missed as well as showing love and care to one another through the sharing and giving of gifts.

The greatest gift of all time is, of course, the mystery of God becoming human through the birth and incarnation of Jesus. For those who follow the Christian faith Jesus is the gift that never tires or gets broken but is there all the time, every day of the year and into eternity as well. Jesus as those wonderful words from scripture say is: For a child has been born for us, a son given to us; authority rests upon his shoulders; and he is named Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace (Isaiah 9:6).

There are plenty of Christmas services to come to if you wish and you will be most welcome to come to any of them. For those with young families there will be a Crib service at 16:00 on Christmas Eve at St. Mary's Church, Banham where the children will be able to dress up.

May I wish you all great Christmas celebrations and may your heart be filled with the joy of God's eternal love through the birth of His son, Jesus Christ.

Services for December

December 5th 19:45 Advent Carol service at All Saints, Wilby
December 7th 09:30 Holy Communion service at St. Mary's, Banham
December 14th 09:30 Holy Communion service at St. Mary's, Banham
December 21st 09:30 Morning Prayer at St. Mary's, Banham
December 24th (Christmas Eve) 16:00 Crib Service
December 24th (Christmas Eve) 23:30 Holy Communion Service
December 28th 10am Mini Group service at All Saints, Old Buckenham

Please do not hesitate to contact me if you would like a chat. (Contact details: revsewalsh967@gmail.com) or Tel. 01953

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Coffee Break Quiz

Christmas Treats

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TURKEY

And the November winner is Gordon Moore, congratulations.

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



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My Banham Blog

Banham's shops

Before the widespread use of cars by the general population (approx pre 1920), most residents would have spent the majority of their time in the village as they were not able to easily and quickly venture further afield. It was important therefore, that residents could get anything they needed within the village. Means of transport were limited to walking (otherwise known as shank's pony!), horse and cart, and by the 1890's, the new 'safety bicycle' which became widely available to those of the general population that could afford them.

Cider production and brick making provided work and an income within the village. Many households with cottage gardens were also able to grow their own fruit and vegetables and forage the verges and hedgerows for seasonal produce such as nuts, mushrooms and berries. Other things could be purchased within the village at a variety of shops that existed at the time. People's lives, diets and needs were much simpler than today and there simply weren't the amount of products available to buy. Most people ate a carbohydrate rich diet of potatoes, bread and porridge supplemented by homegrown produce. Meat, butter, milk and cheese would have been produced by local farmers and sold from the farm, or through the village shops.

Oats, corn and flour would have been grown and milled locally. Early maps show that mills existed in the village, one on Mill Road (opposite Wayland Way), the other, a corn mill on the bypass just past Grove Road on the way to Kenninghall. Derelict remains of these mills still exist today.

The shop and cottage on Crown Street (known locally as 'Lucy's Sweet Shop'- now demolished to make way for two new houses) was previously the Post office and shop which sold a variety of products including lamp oil, boots, shoes, clothes and groceries. This was owned by A.C Saunders. Next door was T.R Edwards harness makers (now a private house).

A photograph from the early 1900's (by kind permission of his daughter) shows Maynard Bush outside his butchers shop on Crown Street. It is believed that the Bush family also ran the Red Lion pub which was next door.

Our current shop was known as Norfolk House stores and also later as Disney's, run by W.N Disney. From the photographs, we can deduce that it seems to have sold clothes or undergarments.

Directly opposite the green was Hazlewood's bicycle shop which also had petrol pumps at the time the photograph was taken. This could have been around the 1920-30's. The building is recognisable today, though the shop window no longer exists, the door has been moved and the building is now a private house.

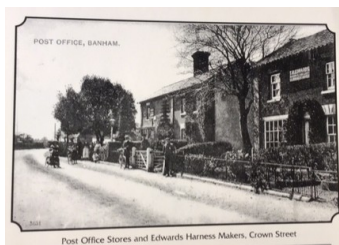
The Guildhall next to the Green was also a shop run by W. A. Folk. His van describes him as a 'general merchant' selling an assortment of goods such as wireless hardware, records, oil and bicycle parts.

From the remaining oven still embedded in the outside wall of a private house on Crown Street, we also know that Banham had a bakery. Names of houses in the village such as 'Cobbler's Cottage' and 'Blacksmith's Cottage' - on the outskirts of the village, also give clues to the other types of workshops that existed. A cobbler was needed to mend shoes and boots. They were expensive items and needed to be patched up to last as long as possible. The blacksmith's forge may also have provided the services of a farrier, essential for keeping the feet of the horses in good working order.

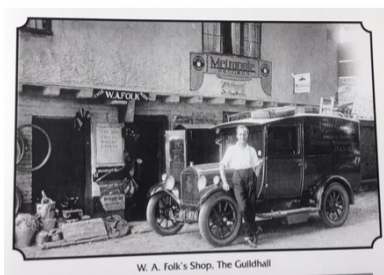
During the 1800's, records show that it was not unusual to see travelling salesmen on horse and cart, calling in on rural villages and selling items such as crockery, pots and pans.



Mr. Edgar Hazlewood outside Hazlewood's Bicycle Shop and Petrol Pumps, Crown Street



Post Office Stores and Edwards Harness Makers, Crown Street



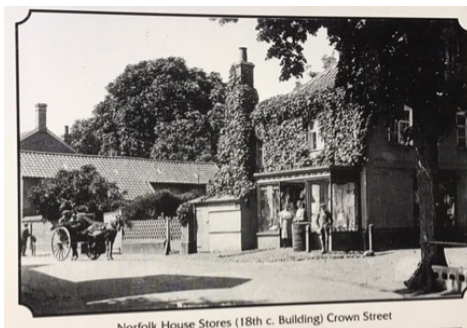
W. A. Folk's Shop, The Guildhall



Saunderson's Shop and Post Office



Disney's Shop, Norfolk House



Norfolk House Stores (18th c. Building) Crown Street

Many Thanks to Sarah Howard

Find the Blogs online at www.banhamnews.co.uk



Monthly Book Review

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

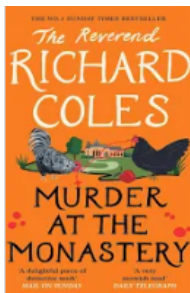
Murder at the Monastery by the Reverend Richard Coles

I picked this book up a few months ago at a charity stall.

Unfortunately, it's the fourth book in a series but I've read books out of order before and was happy to commence reading. It took a little bit of getting into and would have made more sense to read the series in the correct order.

Having said that, I've enjoyed the book and I'm looking forward to the next book to find out what happens next. At the same time as reading this book, Channel 5 commenced a new series called "Murder before Evensong", which is based on the first book in this series which I'm enjoying watching too. If anyone would like to read the book please contact info@banhamnews.co.uk and I'll be able to pass the book on to you.

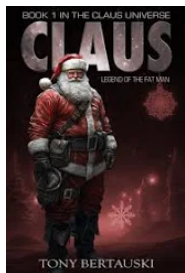
Read by Karen Manser



Claus: Legend of The Fat Man by Tony Bertauski

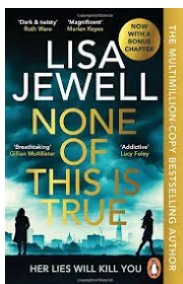
If you fancy a different take on the origin of Santa Claus, then give it a go. A tale of Elves that have superior scientific knowledge, a fight for good against evil, a bit like a festive version of Star Wars. There are 12 books in the series, and I for one cannot wait to read the rest. Follow the story of the Santa family and their struggle.

Read by Alan Keith



None of This Is True by Lisa Jewell -

This thriller tells the story of the odd friendship between a social media influencer and a lonely local woman who forcefully infiltrates her picture-perfect life. What starts as a seemingly innocent bid for connection is evidently much more sinister, and the fallout is so disturbing that the story is told in the form of a Netflix documentary made about the events that played out. The format is really unique and keeps you on your toes; definitely a good read for true crime fans.



Events

29th November, Queens Square Attleborough, Christmas Lights Switch on at 4:30pm

30th November, Queens Square Attleborough, Christmas Carnival

6th December, St Mary's Church Banham, Lighting the Christmas Tree and Carols on the Green at 6pm. Refreshments in the Church afterwards.

6th December, Banham Primary School Christmas Fayre

6th December Christmas Fair, Hingham Playing Fields Assoc, NR9 4HD, 10am till 2pm

10th December, The Hub Christmas Meal, further details on page 34

13th December, Wreath making at Banham School for more details see page 34

14th December, Marketplace Cafe Kenninghall, Christmas Lights at 6pm

16th December, Twilight Market, Edinburgh Hall, Gt Hockham, 5pm -8pm

19th December, Carol Concert, St Mary's Church Banham. Doors open at 7pm. Tickets available at the Post Office. £7.50 per ticket



Peter's Pan A kitchen sink panto! £8 adults £6 kids

Kenninghall Village Hall, School
Close, Kenninghall, Norfolk NR16 2EL
Saturday 13th + Sunday 14th December
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Tickets: buy on the door or visit
[www.mythsmapsandmonsters.co.uk/
upcoming-shows](http://www.mythsmapsandmonsters.co.uk/upcoming-shows)

If you have an upcoming event, please contact us with the details: info@banhamnews.co.uk

This Your Life

FIFTY YEARS IN BANHAM

Interview with Steve and Gill Eggleton

It was so quiet, you could hear the postman whistling as he cycled down the hill from High Starlings on Kenninghall Road, carrying the post. The milkman delivered milk to your door but didn't ask for payment. You had to remember how many bottles you'd had, and you paid when you were ready.

The blacksmith, who was also an engineer, also didn't ask for payment but sent a bill once a year. People didn't lock their doors and nobody knocked on the front door. Callers and visitors walked round to the back door.

On Friday evenings, the Fish and Chip van parked on the village green, where you could catch up with village gossip, as you queued for your supper. And it was FIFTY YEARS AGO that Steve and Gill Eggleton and their three young children moved into *Rowancroft*, a derelict 17th century house on Kenninghall Road.

"We bought the house because it came with two acres," says Steve. "We loved the idea of living off the land but we had to make the house habitable first."

The family lived together in one room and Steve, who was teaching art at Attleborough Secondary School, spent the weekends and holidays renovating the house.

"The roof was practically non-existent and had to be stripped off, felted, battened and re-tiled. Grass was growing on the floors upstairs, and we literally had to shovel the old wattle and daub out of the windows. Eventually, we put up plasterboard ceilings and Gill hung curtains on string and placed pots of flowers in the rooms to make them look attractive." What about the plumbing?

"It wasn't. All the copper, including the tank, had been stolen from the house. There was a rising main so I rigged up a hose pipe over the sink, and that was the water supply. We had some very cold winters in the '70s, cold enough to build an igloo in the garden. The house had no insulation; it was absolutely freezing. To heat water, we placed a washing machine by the bath, filled it with water, heated it up and pumped hot water out of it into the bath" They furnished the house, mostly with objects from junk shops, and were given unwanted carpets and furniture from friends. As soon as they could, they installed a second-hand solid fuel range in a new kitchen at the front of the house, and Gill was, at last, able to make bread, pies, cakes and biscuits for the family,

"We really wanted to start work outside, as our main aim was to be self-sufficient. The land had been neglected for years. It was completely overgrown with bushes, brambles, weeds and abandoned cars."

Clearing the rubbish was back-breaking work; they buried a lot of it under the ground. But with the help of friends, they were eventually able to begin growing crops.

As for animals, they'd brought some chickens with them and now they bought goats, rabbits and a hive of bees for their diet, and a working horse Tom to help till the land. He also pulled the cart they used for family outings.e," says Gill, "but we later

discovered several links to Banham.

An uncle, who was tracing family history, found that my great grandmother had been born in Banham and was married in the village church.” And Steve’s latest project *Via Beata* (“way of blessing”) - a 400-mile pilgrimage route, covering the widest part of the UK from Lowestoft to St David’s - not only passes through Banham but right through the house itself.

“The route is for walkers to take in the beauty of the environment at a leisurely pace,” says Steve. “Christian artworks are placed at intervals in way-stations, where walkers can rest. One way-station is right here at *Rowancroft*.”

Has the village changed a lot since you moved here “It’s grown enormously with all the building work that’s gone on over the last five to ten years,” says Gill. “Older folk have moved on in various ways but there are a lot of new people, who are really getting stuck in, organising things, like Banham News. There’s a new energy with the new people, which is lovely.”



**With Thanks to Steve, Gill and
Heather Bateman**

THRIVE

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Windows





As the days grow shorter and a winter chill fills the Norfolk air, Banham Zoo is full of warmth, activity and excitement for the year ahead. While our animals enjoy the quieter winter months, behind the scenes our teams are busy bringing to life some transformative new developments that will shape the future of the zoo.

Over the coming months, visitors can look forward to seeing progress on several major projects designed to enhance both animal welfare and visitor experience. Work is underway on our South American Paddock, which will provide a spacious new environment for some of new charismatic species. Nearby, the Conservation Education Centre is taking shape, a vibrant new hub for learning and discovery, where schools, families and community groups will be able to explore the wonders of wildlife and the importance of protecting it.

Elsewhere in the zoo, plans are also moving forward for exciting renovations to the Penguin and Maned Wolf habitats, creating even more engaging and enriching spaces for both animals and guests. These improvements reflect Banham Zoo's continuing commitment to conservation, education, and excellence in animal care, ensuring that every visit offers something new and inspiring.

Among the many animals delighting visitors this season are our adorable Linne's two-toed sloth Rolo and our red panda twins Yun and Ajay, all of whom are growing well and settling beautifully into life at Banham. Rolo, born earlier this autumn, can often be seen clinging to his mum in the tropical house, slowly exploring his leafy surroundings. Over in the red panda habitat, proud mum Lu keeps a close eye on her playful twins as they venture outdoors to climb, tumble and explore, a joyful sight for visitors and a wonderful success story for the European Endangered Species Programme (EEP), which helps protect this Endangered species.

For those seeking a little festive magic, Santa's Penguin Grotto will officially open the first weekend of December. Wander through a sparkling winter wonderland, meet Father Christmas himself, and say hello to his cheerful penguin helpers, it's the perfect way to celebrate the season while supporting Banham Zoo's ongoing conservation work.

With so many exciting developments underway and plenty of heart-warming animal stories to share, there's never been a better time to visit Banham Zoo and be part of the next chapter.

Rosie Hiskey

PR & Marketing Executive

10 Facts about Christmas

As the year draws to an end, millions of people around the world look forward to sparkling decorations, colourful lights, delicious food, jolly music, silly jokes and gifts.

- 1) Christmas is a Christian festival that celebrates the birth of Jesus Christ, who Christians believe was the son of God. For most people, it takes place every year on 25 December – the day that the Roman Catholic Church chose to mark Jesus' birthday. But, in fact, no one actually knows the exact date Jesus was born!
- 2) Did you know that not all Christians celebrate Christmas on the same day? In countries with large populations of Orthodox Christians, such as Russia, the Ukraine and Romania, Christmas Day falls on 7 January. Some Greek Orthodox Christians celebrate Christmas on 7 January, too.
- 3) The name 'Christmas' comes from the old English phrase Cristes maesse, which means 'Christ's mass'. But what about 'Xmas'? Lots of people think this is just a modern-day abbreviation – but it actually dates back to the 16th century! The 'X' is said to represent the Greek letter 'Chi' – the first letter in the Greek word for Christ, Χριστός (pronounced 'Christos').
- 4) Come Christmas, people around the world enjoy all kinds of jolly-good fun! Many of the festive traditions we have in the UK today came about in the Victorian era – such as Christmas cards, gift-giving and crackers, as well as traditional foods like mince pies and roast turkey! Queen Victoria and her husband Prince Albert were huge fans of Christmas.
- 5) Christmas trees also became popular in Victorian Britain. But these were first seen in 16th Century Germany where, at Christmas time, people decorated fir trees with fruit and nuts – and later sweets, paper shapes and candles. Amazingly, historians think the origins of this festive tradition may date back to the Romans and Ancient Egyptians, who used evergreen plants and garlands as symbols of everlasting life.
- 6) Every year, Norway sends a beautiful home-grown Christmas tree to London, where it is decorated with lights in Trafalgar Square. Standing a towering 20m tall, the terrific tree is a gift to say thank you for the help the UK gave Norway during World War II.
- 7) We can't talk about Christmas without a mention to the big bearded, rosy-cheeked jolly man... Father Christmas! But have you wondered how he got the name Santa Claus? It's from Sinterklaas, which means Saint Nicholas in Dutch. St. Nicholas was a Christian bishop who lived in the 4th century – known for being kind and generous, he later became the patron saint of children.
- 8) But Santa isn't the only Christmas character – there are many more around the world! In Italy, for example, a kind witch called La Befana is said to fly around on a broomstick delivering toys to children! And in Iceland, children leave shoes under the window for 13 mischievous trolls called the Yule Lads. If the child has been good, they'll find sweets in their shoe – but if they've been bad, the Yule lads will leave them a rotten potato!
- 9) We all love to sing along to Jingle Bells, but have you ever noticed that the song doesn't have the word Christmas in it? Or Jesus or Santa Claus? That's because it wasn't originally a Christmas song! In fact, the jolly anthem was written in 1850, entitled One Horse Open Sleigh, for the American holiday, Thanksgiving!
- 10) Now, imagine if there was no Christmas. Does it feel quite strange? Sad, perhaps? Well, believe it or not, in 1644 Christmas celebrations were made illegal in England, and soon after, in the English Colonies in America, too! At that time, members of the government felt that the religious meaning of Christmas had been forgotten, and so banned the holiday festivities. Some people still celebrated in secret, however, until Christmas was once again legal... almost 20 years later!

Parish Council News

The November meeting of the Banham Parish Council took place on Thursday 6th November 2025.

Community Hub News

The Community Hub are delighted to announce that the Wednesday Cafe is now open from 10:00am to 12:30pm, providing a warm and welcoming space for everyone. Between 11:30am and 12:30pm, you can now enjoy soup and a roll or a bacon roll – perfect for a cozy midweek treat.

The music event at the Banham Barrel was a huge success, and the Hub would like to extend a huge thank you to all that supported the event which helped to raise £227.13.

The home made ‘rag rugs’ are coming along beautifully, and preparations for Christmas are in full swing. The Christmas meal already has 80 bookings, with 20 spaces still available – but they’re going fast! Home deliveries will be available again this year for those unable to make it out.

There have been many donations for the ‘Bags of Joy’, but more are always welcome. Thank you to everyone who has already contributed. You can also support through the ‘Buy it Forwards’ contribution box at the Post Office with another soon to be added at the One Stop.

Finally, lots of lovely knitted and crocheted squares have been made for the Community Christmas Tree, including contributions from the children at Acorn Park and Banham Primary Schools. The ‘Knitters and Stitchers’ have also been creating some beautiful angels to decorate the tree. If you would like to join in, please create your squares (9x9 inches) and bring them to the Community Hub Wednesday Cafe between the 15th November and the 1st December.

Banham Christmas Fair – Sunday 30th November 2025

The Parish Council are proud to be supporting Santa’s Grotto at this year’s Banham Christmas Fair, taking place on Sunday 30th November 2025, from 10:00am to 4:00pm.

Entry is free – and so is Santa’s Grotto! Children will have the chance to meet Santa and take home a special gift from the big man himself.

There will be craft stalls, Christmas decorations, home-made gifts, a raffle, cafe, and of course, mulled wine for the grown-ups!

Come along and join in the festive fun – it will be the perfect opportunity to get into the Christmas spirit, treat yourselves, and perhaps find some lovely gifts for your friends and family.

We look forward to seeing you there!

Village Christmas Tree

The Parish Council will be erecting the village Christmas tree on the green in readiness for Carols on the green, which will take place on Saturday 6th December. We hope everyone in the village will enjoy the sparkle of Christmas on these chilly, wintry nights.

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

Last-minute Branded Christmas Cake

Ingredients

For the pre-soaking

150ml brandy
1 x 400g jar luxury mincemeat
110g no soak prunes roughly chopped
50g glace cherries quartered
175g dried mixed fruit
50g whole candied peel finely chopped

For the Cake

225g self-raising flour sifted
3 tsps baking powder
150g softened butter
150g dark muscovado sugar
Grated zest of 1 lemon
Grated zest of 1 orange
50g brazil nuts roughly chopped
50g mixed chopped nuts
3 eggs
1 1/2 tsps mixed spice

For the Topping

18 walnut halves
18 pecan halves



20 cm round cake tin, lightly oiled. The base and sides lined with baking parchment

Method

Begin the cake a few hours before you want to make it (or even the night before) and simply place all the pre-soaking ingredients into a bowl, stir thoroughly, cover with a cloth and leave in a cool place.

When you are ready to make the cake, pre-heat the oven to 170c/gas mark 3. Take a roomy bowl and simply place the soaked ingredients, plus the rest of the cake ingredients in it all in one go (it's a good idea to tick them off as they go in). Use an electric hand whisk to beat everything together as thoroughly as possible. This will take about a minute. Then pour the mixture into the prepared tin. Level the top and arrange the nuts either in rows or circles on the surface.

Finally cover the top of the cake with a double square of baking parchment with a hole about the size of a 50p piece cut in the centre. Place the cake on the centre shelf of the oven and bake it for 1 1/2 to 2 hours or until the centre springs back when lightly touched. Let it cool in the tin for 30 minutes before turning it out on a wire rack and removing the papers.

The finishing touch is to heat the jam with the brandy and brush over the nuts. Store in an airtight tin. It will keep for 3 to 4 weeks.

Thanks Mel

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

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

01760 720906 / 01553 770310

NHS Hospital Car Scheme

03332 404100

Travel Norfolk Car Scheme

3 x Working Days Notice Required. Book up to 2 Weeks Ahead. 0344 800 8020

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

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

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YOUR BEAT MANAGERS

Your safer neighbourhood team

What is a Beat Manager?

The Beat Manager is a local police officer whose aim is to keep your neighbourhood safe to live, work in and visit.

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Email us at SNAttleborough@norfolk.police.uk

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Norfolk & Norwich Hospitals Charity

We are delighted to share with you the vital work of the Norfolk & Norwich Hospitals Charity, helping enhance care at the Norfolk & Norwich, Cromer & District and Jenny Lind Children's Hospitals.

Our charity funds initiatives that go beyond the standard NHS provisions, improving healthcare for both current and future patients. Thanks to donations, we are able to fund:

- **Innovation & Research** – Pioneering healthcare advancements that make a real difference.
- **Staff Wellbeing & Development** – Providing essential support to the dedicated professionals who care for our patients.
- **Medical Equipment** – Securing cutting-edge tools and technology to enhance patient care.
- **Hospital Environment Improvements** – Creating comfortable, healing spaces for patients and their families.
- **Patient Support Resources** – Offering extra services and supplies to improve the patient experience.

Our goal is to grow as a trusted local charity—one that is sustainable, innovative, well-governed and always focused on delivering value for money.

By working in partnership with others, we strive to maximise the positive impact we can make.

Thanks to the generosity of donors, the charity has been able to fund key projects across our hospitals, including the recently opened Community Diagnostic Centre (CDC).

This facility received a £1.6m donation from N&N Hospitals Charity, enabling it to provide vital services to the community.

Located near the Quadram Institute on Norwich Research Park, the CDC offers a range of diagnostic services, including Ultrasound, X-ray, CT, and MR scanning.

Open from 8am to 8pm, seven days a week, the centre is expected to see up to 430 patients per day once at full capacity. The building features efficient air source heat pumps, LED lighting, solar panels and natural ventilation to reduce the demand on energy sources and reduce carbon footprint.

The centre is part of a programme to deliver CDCs at each of the three hospitals in Norfolk and Waveney and follows a combined £85.9m capital investment from the Department of Health and Social Care, the local health system, in partnership with the Norfolk Heart Trust, towards a cardiac heart scanner and two CT scanners.

The Charity is also running the centre's café with a percentage of every purchase supporting the hospital charity.

Christmas is one of the busiest times at the charity with lots going on to raise money to support our patients and staff. Our Christmas Bauble campaign invites people to make a donation and hang a bauble on our Christmas tree along with their own message to a loved one or maybe a member of staff or a team.

We also make sure that patients in hospital who unfortunately have no family or friends nearby to visit, receive a gift from the charity on Christmas Day.

This is a tradition which has taken place over many years and we welcome any donations to help us make sure that no patient misses out.

If you would like to make a donation to support us this Christmas, contact 01603 287107 or email charity@nnuh.nhs.uk. Find out more by visiting our website at www.nnhospitalscharity.uk

Get Involved

Banham Village Hub
Invite everyone to our

Community Christmas Meal

At Banham Community Centre
From 6pm on Wednesday 10th December

If you live in or around Banham you are invited to a **FREE** traditional Christmas meal (vegetarian options available). You will be in with a warm welcome and a chance to spend time in the company of new and old friends. Families and individuals are all welcome.

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We are in need of donations for our

Christmas Bags of Joy

These are large Christmas gift bags distributed to families and individuals in need of a Christmas Hug from their community.

We are looking for donations of treats suitable for adults, teenagers and children, such as confectionary, savoury snacks, toys, books and games, and toiletries.

You can bring donations to our Wednesday Cafe in the Banham Community Centre between 10am and 12noon

Alternatively, contact us by phone or email or Facebook Messenger to arrange collection

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All proceeds goes to our FOBS charity to raise money for the school.

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