



# Banham NEWS



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Events

What's On

News

Issue12: February 2026

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## Advertising

We are currently in the process of re-newing our sponsors for the coming 12 months, and whilst most of them have agreed to stay with us, some through change of circumstances have had to withdraw.

This means that there is now an opportunity for new sponsors to come in and support the Newsletter and the Community. As with last year, we limit the number of pages dedicated to sponsors messages.

Time is running out and so is space, so if you wish to advertise for the next 12 months, please contact us now.

[Info@banhamnews.co.uk](mailto:Info@banhamnews.co.uk)



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)  
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# Editorial

Hi everyone, and welcome to the latest edition of the Banham Newsletter. Its hard to see where the last 12 months has gone, but here we are.

The team are still working hard to try and bring news, information and entertainment, and although at times its a bit of a challenge, we always seem to come through at the end.

We have a number of regular contributors, and we thank them for their efforts, however, it would be nice to see more people putting items forward. Lets not forget, if something is of interest to you, then there are probably people out there that will also take an interest.

Clubs and associations are always on the lookout for new members, whether it be sports related, gardening, photography or any number of activities, so let us know about them.

On the theme of activities, there are several things coming to the Community Centre, firstly a Table Sale on the 1<sup>st</sup> Feb (tables £5 each), and on the 21<sup>st</sup> Feb there is a band night, see the poster outside the BCC.

In addition the BCC are looking to introduce Pickleball to the schedule, an activity suitable for old, young and families, so keep your eyes peeled. What is pickle ball you might ask, well its a more gentle game based on Tennis and Badminton. It uses bigger bats, plastic balls and a smaller net, but the scoring is kept simple, with an average game lasting around 10-15 minutes.

Its something that I am very keen to give it a try, especially as getting fit was part of my New Years Resolution.

Enjoy this edition and don't forget, send in your quiz entries, put forward recipes, book reviews and anything else that you think other people will enjoy.



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

# Your Garden This Month

## Flowers

- Cut down deciduous ornamental grasses left standing over winter, before fresh shoots appear
- Divide large clumps of snowdrops and winter aconites after flowering and replant to start new colonies
- Prune late-summer flowering clematis, cutting stems back to healthy buds about 30cm from the base
- Divide congested clumps of herbaceous perennials and grasses to make vigorous new plants for free
- Transplant deciduous shrubs growing in the wrong place, while they are dormant
- Pot up containers with hardy spring bedding, such as primroses, wallflowers and forget-me-nots
- Prune winter-blooming shrubs such as mahonia, winter jasmine and heathers, once they've finished flowering
- Cut back wisteria side shoots to three buds from the base, to encourage abundant flowers in spring
- Prune buddleja and elder to the base to keep these vigorous shrubs to a reasonable size
- Trim back ivy, Virginia creeper and other climbers if they have outgrown their space, before birds start nesting
- Cut away all the old foliage from epimediums with shears, before the spring flowers start to develop
- Sprinkle slow-release fertiliser around the base of roses and other flowering shrubs

## Fruit and veg

- Finish winter-pruning fruit trees and soft fruits, including apples and blackcurrants.
- Chit first-early potato tubers, such as 'Foremost', by standing them in trays in a light, frost-free place
- Prepare veg beds for sowing by weeding thoroughly, then cover with a thick layer of garden compost
- Feed fruit trees and bushes by sprinkling sulphate of potash fertiliser around the base to encourage fruiting
- Sow mustard and cress in a small seed tray on a warm windowsill for pickings in just a few weeks
- Put cloches or fleece over strawberry plants to start them into growth and encourage an early crop
- Check if old seed packets are worth keeping by sowing a few seeds on damp kitchen paper, to see if they germinate
- Start planning for your seed sowing year
- Protect the blossom of outdoor peaches, nectarines and apricots with fleece, if frost is forecast
- Plant bare-root fruit bushes, trees and canes, as long as the ground isn't frozen
- Inspect Mediterranean herbs for metallic green rosemary beetles if they start to look nibbled and tatty

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# Get Involved

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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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21st Feb 2026 at 7:30 Tickets £6.00

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### Kenninghall Garden Club Plus

Talk by entomologist Ian Bedford on  
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Thursday 5th February at 7.30pm in  
Kenninghall Village Hall

Contact:

[davidmorton132@btinternet.com](mailto:davidmorton132@btinternet.com)

### Mindfulness Workshop

Feb 22<sup>nd</sup> at 2pm, all welcome but  
spaces must be pre booked. £15pp  
includes refreshments.

Sunday 29<sup>th</sup> March is our 1<sup>st</sup> Alpaca  
experience of the year, at 11am, again  
pre booking is essential

[events@eventsatmillhouse.co.uk](mailto:events@eventsatmillhouse.co.uk)

### Bunwell & District Camera Club

Bunwell & District Camera re-commence  
with their 2026 Programme Tuesday 3rd  
February.

Our first meeting of the year is a Print  
Competition - Action - Up to 3 Prints.  
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Community Hall every 1st and 3rd Tuesday  
of the month 7.30 -10.00pm. For more  
details please contact

[www.bdcameraclub.co.uk](http://www.bdcameraclub.co.uk)

Irene Jones

## 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  
07917208916

### **Beginners Line Dancing**

Banham Community Centre  
Tuesdays 9:30-10:45am, contact  
Simone Holden

### **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**

Contact: [davidmorton132@btinternet.com](mailto:davidmorton132@btinternet.com)

### **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**

Welcome to the Banham Community Centre page, a lot has happened since the last edition, so here are a few highlights

An EGM was held, but unfortunately the turnout was quite disappointing. It was hoped that the village would turnout to support the Centre with offers of help or to bring some fresh ideas to the table.

A new website has been launched, which we hope will be more user friendly and offer more content. Whilst it is still under construction please take a look, and offer your opinion.

Whilst we think we offer a good range of activities, there is always room for more.

The badminton sessions seem to be well attended as does the bowls club, but there is still an opportunity if you wish to join.

In addition we are looking at starting some new sessions which include, Table Tennis, Darts and Pickleball

Table Tennis: we currently have 2 full sized tables but no one to run a session, so if you think you would like to help please get in touch.

Darts: as you are probably aware, the bar does have a darts team, but if you feel that you would like to have an open session, we have 4 dartboards that are ready for use. Again it would be great to see someone come forward to support this, you never know we might find the next Luke (the Nuke) Littler.

Finally, Pickleball, what is it and who can play. It's a game that is gaining a lot of traction, and is recognised by The Lawn Tennis Association. It is played on a badminton court with lower nets, bigger bats and lightweight plastic balls. It can help a vast age range from young to old, to get out and get fit. We will be opening the Centre for a taster session as soon as we can, so keep your eyes open.

All events will be published on the website, and the notice board in the Community Centre reception so do check them for updates.

If you want to know more, or want to register your interest contact us at

[events@banhamcommunitycentre.co.uk](mailto:events@banhamcommunitycentre.co.uk)

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## **News From The Pews**

As I am writing this, early in January, there is snow on the ground and the whole country has been suffering from the effects Storm Goretti. In this part of the country, we have fortunately not been affected too much but is feeling rather cold and I am sure most of us is hoping that spring will soon be on the way! In America Groundhog Day is a popular tradition, celebrated on February 2nd, where a groundhog emerges from its burrow to predict the arrival of spring. If it sees its shadow (sunny day), winter lasts six more weeks; if not, spring comes early.

It is always hard to predict but let's hope that the groundhog will see its shadow this year!

February 2<sup>nd</sup> is also significant in the Christian tradition as it marks Candlemas which remembers how baby Jesus was presented to the temple 40 days after his birth. There are many traditions associated with Candlemas, with candles being blessed and the churches being decorated with snowdrops which look like upside down candles but also are the first flowers to bloom in the spring. There is also the traditional English weather proverb about Candlemas meaning a sunny clear Candlemas predicts more cold weather whereas clouds and rain suggest winter is ending. Whatever the prediction let's hope that we soon feel the warmth of spring and that we can enjoy the beauty of all the new flowers, especially the snow drops.

As the new year of 2026 moves there may at times be worries and concerns that we may have over our own lives or others and when we feel that we are not in control, that can lead to worry and doubt. The great hope though within the Christian faith is the joy found with Jesus Christ who inspires, encourages, and guides us on our own individual journeys and helps us to find hope for the future. If life is particularly difficult for you now and you would like to speak to someone then please do not hesitate to contact myself or another member of the ministry team for an informal chat.

I hope that during this early springtime you will find peace, joy and comfort and enjoy all the new growth developing.

All good wishes and may God bless you.

Reverend Sarah Walsh, Priest in Charge of Quidenham Group Tel. 01953 571549 Email: [revsewalsh967@gmail.com](mailto:revsewalsh967@gmail.com)

### **Services during February**

February 1<sup>st</sup> – Candlemass – 10am Group service of Holy Communion at St. Mary's, Eccles

February 8<sup>th</sup> – 09:30 Service of Holy Communion at St. Mary's, Banham

February 15<sup>th</sup> – 09:30 Service of morning prayer at St. Mary's, Banham

February 22<sup>nd</sup> - 09:30 Service of Holy Communion at St. Mary's, Banham

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# Coffee Break Quiz

My first is in chocolate but not in ham. My second is in cake and also in jam. My third at tea-time is easily found. Altogether, this is a friend who is often around. What is it?

Answer:

Andrew's doctor gives him three pills and tells him to take one every half hour. How much time will have passed by the time Andrew's taken all three pills?

Answer:

A woman wants to enter an exclusive club, but she doesn't know the password. A man walks to the door and the doorman says 12, the man says 6, and is let in. Another man walks up and the doorman says 6, the man says 3, and is let in. Thinking she's figured it out, she walks up to the door and the doorman says 10, she says 5, and she isn't let in. What should she have said?

Answer:

Consider this about a word: The first two letters signify a male, the first three letters signify a female, the first four letters signify a great, while the entire word signifies a great woman. What is the word?

Answer:

**And the January winner is Joan Beales, our congratulations to Joan.**

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

NAME.....

Contact Number.....



**Deadline for entries  
Saturday 14<sup>th</sup> February**

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# A Day In The Life - Alpaca Keeping

We are Kat and Louis Falconer and live on the outskirts of Banham with our herd of 7 fun and mischievous alpacas. We have lived here for 5 years, and the alpacas came to join us 2 weeks after we moved in.



Alpacas originate from South America. They are popular to keep now, and although you are much more likely to spot them these days, they are not new to the UK. One of the first people to own a pair of alpacas was Queen Victoria.

Our herd consists mainly of a family group of Pepe, his Mum, Dad and Nan plus a couple of friends who have joined them along the way. They all very much have their own characters, likes and dislikes and they mostly rub along quite nicely together apart from the odd dispute over food or getting in each other's way. Yes, they do sometimes spit! They are lovely gentle creatures who are naturally shy in nature being prey animals. One has to be calm in their presence which is the main reason we use them in our work to help promote positive mental health and family fun days. You cannot fail to turn a bad day into a good day just by being around them for a short while.

Day to day they are fairly easy to keep and are quite hardy animals. We were new to Alpaca keeping when we got them. As any sensible person would do, we went on a course to learn all about them before they arrived. We are still always learning though, every day is a school day!

The main diet of an Alpaca is grass, but they eat many other types of vegetation (including our favourite plants in the garden!) Food is abundant in Spring and Autumn but as we all know the grass doesn't grow much in Winter and increasingly hot/dry summers mean the grass often dies. They have a daily supplement grain food throughout the year which provides them with their daily vitamin and mineral requirements. We can also supplement their diet with meadow hay, beet and alfalfa.

They also like to be hand fed treats such as chopped apple, parsnip or swede.

Alpacas are herd animals and get very stressed living on their own. The ideal is a minimum group of 3 and stocking requirements suggest an acre of land to every 4 alpacas. We have 7 alpacas (including 2 who belong to a friend) and 3 acres of grazing paddock, so this allows us to move them onto fresh grass every couple of weeks.

Once a year in late Spring they have their fleeces shorn to keep them cool in the summer months. Alpaca fleece is a lovely quality fibre, hypoallergenic and fairly easy to spin so great for use in textiles. We use the "scraps" from their neck and legs for bird nesting material or on the allotment, so nothing gets wasted.

We try to encourage wildlife in our paddocks by creating hedgerow and natural habitat and we never use pesticides or chemicals so our animals and the wildlife can live happily side by side.

Thanks

Kat & Louis

## **Banham & WWII (Part One)**

Anyone driving or walking through our lovely village cannot help but notice the prominent war memorial standing proudly in the centre of The Green. The memorial commemorates the fallen of our village who lost their lives in World War One and Two.

Our village church also contains memorial wall plaques with the names of those who were killed or declared missing during both World Wars.

There is another lesser-known memorial on the outskirts the village - more about this later.

I have to admit that although I have a strong interest in history, military history is not one of my specialisms. I am sure there will be many of you reading this who know a great deal more than I do about both world wars! There may even be a few of you who still remember the second World War first hand. I was lucky enough to speak to one such person recently. At the age of 97 he was able to clearly recall his memories of Banham during the war:

“I’ll never forget standing with my Mother and Father watching the glow from the fires in Norwich light up the sky and hearing the bombs dropping. You could see it from Banham. We got off lightly though we did lose some of our men.....”

Records show that over 600 bombs were dropped on Norwich between 1940-1945. During the ‘Baedeker Raids’ the Luftwaffe particularly targeted many culturally significant, medieval and historic buildings causing destruction and multiple casualties. I recently visited one such building - the shrine of St Julian of Norwich in St Julian’s church, which received a direct hit in the raids in 1942. Miraculously, some key items survived and during the post war rebuilding, the original foundations of Julian’s cell were discovered and the current shrine chapel was built.

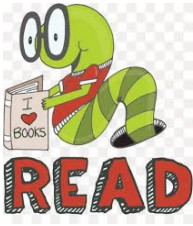
Though Banham itself was not bombed, it was surrounded by RAF/ US Army Air Force airbases.

During The Second World War, Old Buckenham was a base for heavy bombers (and in particular the B-24 liberator.) The 453<sup>rd</sup> Bombardment group was based here with Hollywood actor Jimmy Stewart serving as the group’s Operations Officer in 1944.

The base at Old Buckenham continues as a civilian airfield today and runs its popular airshow every summer. It is also home to the 453<sup>rd</sup> Bombardment Group Museum.

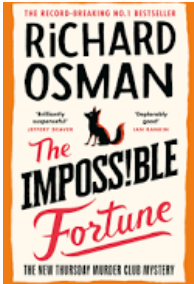
There were also bases at Snetterton (today it is a popular race track and industrial park), Tibenham (now run by the Norfolk Gliding Club) and Fersfield, near Kenninghall. The remains of the runway and buildings at Fersfield can still be seen whilst walking along the public footpaths that run through and around the site.

**A Blog by Sarah Howard, part 2 next month**



## Monthly Book Review

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

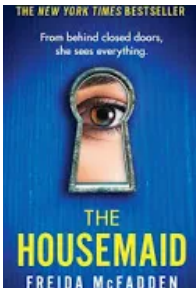


The Imposs!ble Fortune by Richard Osman.

I was happy to receive the next instalment of the Thursday Murder Club Mysteries for Christmas and couldn't wait to start reading it! If you're a fan of Richard Osman, as I am, then you won't be able to put the book down. He writes in such a witty way that I hear myself chuckle as I'm reading the book. The characters are delightful as ever and the story carries on from the previous book developing along the way and introducing you to some new characters. It's an easy read and a thoroughly enjoyable one at that!

Karen Manser

The Housemaid by Frieda McFadden



This novel written in 2022 is the first in a series of three books, but don't let that put you off as it stands well on its own. The central character Millie, has recently been released from prison, is homeless and living in her car. She manages to secure a job with a wealthy family as a live in housemaid and feels that she has found the break she needs to get her life back on track. However, all is not quite what it seems within this respectable family, and the twists and turns in this psychological thriller kept me intrigued to the very end. It was an easy, quick and enjoyable read which I thought was going to be pretty predictable, but how wrong was I?! I'll certainly be looking out for the sequels to this book: The Housemaid's Secret and The Housemaid is Watching.

Debbie Keith

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

# School Report



Banham  
Primary School



Banham  
Primary School

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### DOWN

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3. A PLANT WITH RED, PINK, OR WHITE FLOWERS
5. WRAPPING YOUR ARMS AROUND ANOTHER PERSON
7. A MEAL THAT IS USUALLY EATEN AT HOME
8. A DEVICE FOR RECEIVING MAIL

### ACROSS

1. A SPECIAL SOMEONE
4. A QUICK, SUBTLE MOVEMENT OF ONE EYE
6. A STRONG FEELING OF CARE AND AFFECTION
9. MYSTERY OR WONDER THAT CAN'T BE EXPLAINED

# **This Is Your Life**

A life in Music and on the Farm

Interview with George Burrows in conversation with Heather Bateman and Jane Burrows

St Mary's the Virgin Church in Banham is renowned for its age - dating back to the 14th century - and its 125ft ribbed lead spire. It is also home to two organs: a traditional organ and a three manual Westmoreland Makin electric organ, donated by organist George Burrows, who has lived in the village for over 80 years. "I came to Banham in 1945 at the age of eight," says George, "when my parents moved from a farm in Garboldisham into Hill Farm on Heath Road. It was a productive farm, mostly arable, with a herd of milking cows, breeding sows, fattening pigs and poultry producing eggs, which were collected weekly by Sainsbury's packing station at Kenninghall.

My grandparents go back a long way in Banham. Grandfather George Bowen had 15 children, and my mother was Alice Bowen. There were about seven or eight pubs in the village and my grandfather owned the Crown Inn on Crown Street. Pubs could be dirty places at that time, with spittoons to stop people spitting on the floor. At some point, Martin Foulger of Banham Poultry took over the Crown but, eventually, it burned down. I went to Banham school, then Old Buckenham school and, when I left school at 15, I started work on the farm. My grandfather had a lot of horses that were used for pulling carts. He was well known for that. When I was a young lad around 8 years old, I'd hop on the cart and he'd drive me to Norwich in about an hour, where we'd go to the cattle market there.

One of the many things I learned to do on the farm was to plough a straight furrow. That was a skill! Today, they sit on tractors and have satnavs do it but in those days, you had to draw a straight furrow, working with horses. Everything was done by hand. You milked the cows by hand. Now they have machines for everything. I worked on our farm until it was split up and divided between the family. Then, Mr. De La Cour, who owned Haugh Farm up on Haugh Road said, 'I want you to manage my farm.' Well, it was one of the nicest things I ever had said to me, and I managed that farm right up until I gave up working in 2002.

My music interest started at the age of six in Garboldisham, where I was fortunate to have piano lessons with a former London concert pianist. I also sang in the church choir and loved the sound of the organ.

At the age of 11, when we'd moved to Banham, I was fascinated by the sound of the organ in St Mary's Church and was fortunate to have organ lessons with the organist, Mr. Cott, who resided in Norwich. On Saturdays, I used to make my way up to Norwich to meet Mr. Cott, and he would take me round different churches to play the organ, even to Norwich Cathedral. Then, when I reached my early teens, I thought I knew enough about organs. I gave up having lessons - but later found out, you never know the lot."

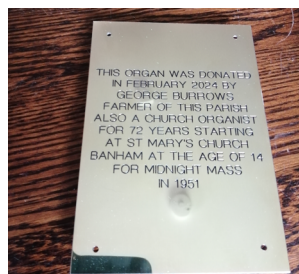
Organs usually have two or more keyboards plus a pedal-board. They are operated by the hands and the feet, pressurizing air to produce notes through rows of pipes. Most organs have additional pedals for controlling volume and stops.

"When Mr Cott, the organist, retired from Banham, Canon Longley, the resident vicar, asked me if I would play for some services. At the age of 14, I played for my first service - Midnight Mass - and I was absolutely terrified I would make a mistake. From then on, I played every Sunday for Evensong until Mrs. Hilda Rout, the resident organist, retired. Then I played full time at St. Mary's Banham, also with a full choir. Later on, I got to know Reverend Whitwham, the vicar at New Buckenham. He told me he had problems with his organists and asked me if I would play full-time for the services there. I used to play for the Sunday morning service at Banham, then rush down to New Buckenham to play for the Sunday service there.

During my music career, I played for baptisms, weddings and funerals in many, many villages in Norfolk. I worked on the farm during the day and practised the organ with the choir at night: one night a week in Banham, then another night at New Buckenham and another night at Dickleburgh. I was organist at Dickleburgh for 10 years and had regular choir practices there and also at new Buckenham.

I've always had classical organs in my own home, and the last one was a three manual Westmoreland Makin electric organ. When I became unable to play it, due to ill health, I donated it to Banham church, so I can hopefully hear it played there.

I've loved playing the organ and I've loved farming. I've loved every inch of my life."



**With Thanks to Heather Bateman**

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Windows





As we step into February here at Banham Zoo, we're doing so on a real high following the successful eye surgery of one of our most beloved residents, Aurora the Snow Leopard. Ending the year 2025 with such a positive outcome was a powerful reminder of the dedication and expertise that goes into caring for the animals who call our zoo home.

Aurora had been living with a cataract in one eye from a young age and towards the end of last year she underwent specialist surgery carried out by a visiting veterinary ophthalmic surgeon, working closely with our own animal care and veterinary teams. Months of careful training and preparation meant Aurora was calm and confident throughout her recovery, including her daily eye-drop routine. We're delighted to report that she is now back in her habitat and doing incredibly well, exploring with renewed confidence and curiosity.

The New Year also began with a beautiful blanket of snow across Norfolk, much to the delight of many of our animals. Watching natural behaviours emerge in wintry conditions is always special and January's snowfall was no exception. Our big cats were particularly excited, with Mishka the Tiger clearly in her element, rolling, pouncing and playing in the snow.

Looking ahead, we're excited to welcome supporters to one of our much-loved events, the Banham Zoo 5k Race for Wildlife. Taking place within the zoo grounds, this inclusive 5k invites runners, joggers and walkers of all abilities to get involved while raising vital funds for animal care and conservation.

How to take part: Visit the Events section on the Banham Zoo website to register. Places are limited, so early booking is encouraged.

Thank you for taking an interest in Banham Zoo, we look forward to sharing more exciting updates with you as the year continues!

Rosie Hiskey  
PR & Marketing Executive  
E:rosie.hiskey@zsea.org

# Young Voices

## Local Wildlife and Fauna

Banham is home to some of the UK's most unique and fascinating wildlife, ranging from beautiful flowers that are only found in Norfolk to rare and interesting species of woodland creatures. I've picked out one of each for this article, that I think not many people have heard of and will be very interesting to learn about.

### **Meadow Saxifrage:**

The "saxifraga granulata" is a small, delicate plant made up of bright white flowers that pop up for only a few weeks in Spring. It likes old fashioned fields, where the grass is not fed with strong anti-pesticides or other strong chemicals, which is why you find lots of them in your village! The origins of this plants name is very unusual. The latin name directly translates to "stone breaker" as long, long ago, the people believed it had the magical powers to split rocks in half when sprouting. It flowers a lot earlier than most summer blooms, around April or May, so keep your eye out. Bees and Hoverflies visit it often during spring too, so that could be a giveaway as to where the flower is growing. You'll easily be able to find it around the churchyard, and also the dry and sunny verges on the road towards Kenninghall.

### **Roe Deer:**

The Roe Deer is a native species to Norfolk, and is smaller and lighter than the Muntjac, which you see a lot around the village. It has one adorable, easily recognisable characteristic, both the male and female have a neat white patch of fur on its bottom, shaped like a heart! They are quite difficult to spot, due to their size and their shyness towards other species, including humans. You'll be even luckier to catch sight of the fawns, who go into a hiding spot whilst their mother is out eating in the long grass. The Roe Deer can make a unique sounding bark if it gets in a fright, sort of like a dogs mixed with a bird! One reminder, in case your lucky enough to encounter one of these special creatures if you see a fawn alone, don't worry it is not lost. Doe deer's let their fawns go off alone as young as a day old, preparing them to live in the world by themselves. Its a natural survival strategy, not a sign of abandonment.

If you have any other questions about this months article, please contact Edie or Rosina at [youngvoices@banhamnews.co.uk](mailto:youngvoices@banhamnews.co.uk).



# **Parish Council News**

The January meeting of the Banham Parish Council took place on Thursday 8<sup>th</sup> January 2026.

## **Community Hub News**

The Hub Christmas Meal was a great success, with 100 meals enjoyed at the Hub, and a further 5 delivered to Banham Residents to enjoy at home. Seven 'Bags of Joy' were distributed to residents over Christmas and were received with great appreciation.

The accounts have been reviewed and signed off, and the charity registration is currently ongoing.

The Hub are pleased to confirm that the Norfolk Community Foundation has provided funding to support training, insurance, the Wednesday Cafe and Wellbeing for Movement classes for the next 12 months.

Age UK will be attending the Hub on the 21<sup>st</sup> January, and plans are underway for further events to be hosted during 2026 so, watch this space.

## **Banham Village Defibrillator**

The Banham defibrillator located at the Community Centre now has a brand new battery and additional pads. It has been given a clean bill of health, and is fully ready for emergency use, though we hope it will not be needed.

## **Banham Speed Watch:**

The Banham Speed Watch Team had 9 volunteers during 2025, and focused their activities on Mill Road, 2 sites in Kenninghall Road, and Crown Street. 116 motorists were detected driving over the speed limit, with the majority recorded on Crown Street within the 20mph zone.

Each of these motorists would receive a notification letter, and those who are caught speeding twice may be asked to undertake a driver improvement course, regardless of whether the offence takes place in Norfolk or elsewhere in the UK.

Going forward, the Speed Watch Team will also be adding Crown Street (at the end of Crown Way), and the corner of The Green, where Crown Street and Church Hill meet, to their monitoring locations.

Lets work together to reduce speeding in 2026 and help ensure the safety of all Banham children and residents.

As of 2026, the Speed Watch Team is seeking additional volunteers. If you are interested, please get in touch with the team by texting 07967 803655, for further information.

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

## Basic Pancake Recipe for 17<sup>th</sup> Feb

This basic recipe is light and does not need to stand.

### Ingredients

100g (4oz) plain flour

A pinch of salt

2 large eggs

200ml (7fl oz) milk mixed with 75ml (3fl oz) water

2 tablespoons melted butter

A little extra butter for cooking the pancakes

### Method

Sieve the flour and salt into a large mixing bowl, holding the sieve high to ensure lots of air in the flour. Make a well in the centre of the flour and break the eggs into it. Now start to whisk the eggs with a whisk (electric or otherwise) or fork. Incorporate the flour and then gradually start to add small quantities of the water/milk mixture. Any lumps should disappear as you whisk the mixture. When all the liquid has been incorporated, check the sides of the dish for flour and whisk once more until you have a smooth batter with the consistency of single cream. When you are ready to cook the pancakes add 2 tablespoons of melted butter to the batter and stir it in. Then melt about a teaspoon of butter in the pan and ensure it is well distributed. Remove an excess butter. You just need enough to stop the pancake from sticking. Once the pan is really hot, turn the heat down to medium and add about 2 tablespoons of batter, depending on the size of the pan. Ensure the batter evenly coats the pan and cook until the bottom is tinged with gold. Flip the pancake and cook the other side.

### Accompaniments:

Lemon and sugar, syrup or honey

Strawberry jam

Banana and chocolate buttons

Crepe Suzette, sugar, orange juice, lemon juice, butter, Cointreau



ENJOY!

# Local Services

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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

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

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Breckland Council 01362 656870

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E. Harling & Kenninghall Surgery

01953887208

Norfolk & Norwich Hospital

01603 286286

Citizens Advice Bureau

03444 111444

## 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.

Your Beat Manager PC is here to engage with local communities and work to solve local issues and priorities within your neighbourhood.

Email us at [SNTAttleborough@norfolk.police.uk](mailto:SNTAttleborough@norfolk.police.uk)

### Your Beat Manager



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

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

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Emergency? Always use **999**.

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# **Charity Spotlight**

It's been a busy first year for the Newsletter Team. One page that we like to do each month is our Charity Spotlight. It's important for us all to realise what charities are out there, who they support and the help that they need from all of us. We've done our best to cover a variety of charities.

I remember speaking to the Blood Bikes charity. I had no idea that individuals gave their time to help out the NHS like this and that's the point of this page, to spotlight the charities so that we can all help where possible.

Just a reminder of this years charities:-

**March 2025 Edition, East Anglia's Children's Hospices (EACH)**  
[www.each.org.uk](http://www.each.org.uk). 01223 800800

**April 2025 Edition Star Throwers Cancer Support Charity**  
[www.starthrowers.org.uk](http://www.starthrowers.org.uk). 01953 423304

**May 2025 Edition Hearing Dogs for Deaf People**  
[www.hearingdog.org.uk](http://www.hearingdog.org.uk). 01844 348100

**June 2025 Edition The Cinnamon Trust, The national charity for older people, the terminally ill and their pets**  
[www.cinnamon.org.uk](http://www.cinnamon.org.uk). 01736 757900

**July 2025 Edition Feline Care - A Hidden Haven for Cats in Need**  
[www.felinecare.org.uk](http://www.felinecare.org.uk). 07943 776682

**August 2025 Edition Dogs Trust Snetterton (Norfolk)**  
[Oliver.chapman@dogstrust.org.uk](mailto:Oliver.chapman@dogstrust.org.uk). 07500 825162

**September 2025 Edition Norfolk Blood Bikes**  
[www.norfolkbloodbikes.org.uk](http://www.norfolkbloodbikes.org.uk). 0300 3651909

**October 2025 Edition Mind Norfolk and Waveney**  
[Fundraising@norfolkandwaveneymind.or.uk](mailto:Fundraising@norfolkandwaveneymind.or.uk) 0300 3305488

**November 2025 Edition Hodge Lodge Hedgehogs in Reedham**  
On Facebook. 07920 132610 , [hodgelodgehedgehogs@gmail.com](mailto:hodgelodgehedgehogs@gmail.com)

**December 2025 Edition Norfolk & Norwich Hospitals Charity**  
[www.nnhospitalscharity.uk](http://www.nnhospitalscharity.uk). 01603 287107

**January 2026 Edition World Horse Welfare**  
[www.worldhorsewelfare.org](http://www.worldhorsewelfare.org) 01953 498682

If you know of any charities that you would like us to highlight, then please do get in touch at [info@banhamnews.co.uk](mailto:info@banhamnews.co.uk). The more coverage any charity gets then the better it is for them.

## Events



**Banham Community Centre**  
**Sunday 1<sup>st</sup> Feb 9am – 12pm**

Tables £5 each in advance, £7 on the day  
book early to secure your spot.

De-clutter after Christmas, or pick up some  
bargains.

Contact Alan

07775 906546/ email ogs4@bladeip.co.uk

**Would you be interested in starting or taking part in the following activities at the Community Centre.**

Table Tennis, we currently have 2 full size tables.

Dart's, we currently have 4 boards

Pickleball, we want to become a venue within Norfolk for this exciting and growing sport that can be enjoyed by all ages.

Taster sessions will be available soon, but if you feel you would like to join or even run a club then please get in touch.

events@banhamcommunitycentre.co.uk

**21<sup>st</sup> Feb Rum-Ole-Rockers at  
the BCC 7:30.**  
**Get your tickets now see  
page 9 for details.**



**Knit and Natter 25<sup>th</sup> Feb 7.30pm at the BCC**

**28th Feb Lopham Farmers Market 9-12pm**

### **Banham Barrel**

7 February 7:30pm Shellac Shack

8 February 11am USA cars trucks rods meet

8 February 1pm The Kopy Katz

14 February 6:30 pm Jamaica Aid presents Love Jamaica LoTone meets Rebel Lion

22 February 4pm Hugh Lynch & friends



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