



# Banham NEWS



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News

Issue11: January 2026

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## The little-known origin of the New Year's Resolution

The act of making a list of New Year's Resolutions might seem like a modern-day cliché: by the time December 31st rolls around, everyone is talking about their aspiration to start exercising, drink less or save money. For the most part, it is all very trivial and forgotten by mid-February. But what if I told you that it's actually a 4000-year-old tradition?

The concept of a 'New Year's Resolution' originates from the Babylonians, the ancient Mesopotamian people of the city of Babylon (in modern-day Iraq). They were also responsible for the creation of algebra, geometry, the 60-second minute, and essentially the invention of horoscopes. The Babylonians rang in the New Year with a festival called Akitu at the start of spring. For the 12 days of Akitu, the people of Babylon returned anything they had borrowed in the year, made promises to the gods to pay their debts, and planted new crops.

The Romans carried on the tradition of making resolutions, but in 46 BC, they moved the New Year to January 1st. Similar to the Babylonians, they made promises to the gods and even made sacrifices. Over the years, the tradition became widespread. The phrase 'New Year's Resolution' was found in a Boston newspaper from 1813, one of the earliest documented uses of the phrase. It's pretty amazing that something that began in an ancient civilisation so many years ago is now such a well-known modern-day tradition!

Many of us might see the act of making resolutions as futile and destined miserable failure. If you're in need of a push, perhaps take some inspiration from the ancient Babylonians and don't try to set yourself any unattainable goals. Their resolutions were simply to be good people and to prepare for the year ahead. Perhaps that is all we really need to do, and the rest will fall into place!

By Rosina Butcher



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

Hello to everyone, and a Happy New Year, although you are probably getting this before 2026.

Its been an exciting time for everyone associated with the Newsletter, especially as we are approaching the end of our first year. We are actively contacting all our sponsors to see if they will be supporting us again, and I have to say that the response has been an almost overwhelming Yes!, that along with a waiting list, means that we are probably doing something right, and that the future looks rosy.

As a small team (5 in total), we strive to bring ideas that are informative, relevant and entertaining, so we very much welcome the contributions that people in the village are making, such as the Blogs, This is Your Life and the monthly Church and Parish Council updates. However, we are always on the look out for new ideas, so if you have any suggestions as to what you might want to see, then please pass it on.

As I always do, I try to bang the drum for some of the younger people living in the village, to try and find more things for them do and items which might be of more interest to them to read about in the newsletter. We have a great Community Centre with plenty of space to organise events and clubs, so why not throw some ideas our way, to see how we could better utilise the space.

When we first got this project off the ground back in 2024, none of us realised how much we would enjoy it, especially me. At school, which was some time ago now, I always wanted to be a journalist, but was told that the way ahead was to go into banking. This is a dream come true for me, which proves that if you put your mind to something, you can and will achieve it, even if it is some 50 years later.

So, if you are like me and have a secret passion for something, then why not share that with us, or better still, join the team, we are friendly, meet once a month, help proof read the copy, and offer ideas. You just might be one of those people!

Anyway, from the whole team, we wish you a Happy, Healthy and Prosperous New Year

If you want to get in touch, then contact us in the normal way, the details are below.

Regards

Alan



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

# Your Garden This Month

## Flowers

- Plant bare-root roses, shrubs, hedging and ornamental trees
- Take root cuttings of fleshy-rooted perennials such as oriental poppies, acanthus and ~~verbascums~~
- Establish new colonies of snowdrops and hellebores by buying plants in flower
- Clear away soggy, collapsed stems of perennials and compost them
- Take hardwood cuttings from deciduous shrubs, such as forsythia, willow and viburnum
- Remove and bin hellebore foliage marked with black blotches, to limit the spread of leaf spot disease
- Press mistletoe berries into the bark of apple trees to establish your own mistletoe plants
- Check that small alpine don't become smothered by fallen leaves
- Deadhead winter pansies and other bedding regularly, and remove any foliage affected by downy mildew
- Move deciduous shrubs that are in the wrong place to more suitable sites
- Check for rot on stored bulbs and tubers, and dahlia and canna tubers haven't totally dried out
- Continue pruning climbing roses, while they are dormant

## Fruit and veg

- Winter-prune apple and pear trees to remove any dead, damaged, congested and diseased branches
- Sort out your seeds, throwing away empty or out-of-date packets and noting down any to buy for the coming season
- Plan this year's crop rotation to ensure you grow each type of crop in a different bed to previous years
- Prune gooseberries and redcurrants, cutting sideshoots back to three buds from their base
- Clear old crops and weeds from the veg plot, then dig over the soil, mixing in compost as you go
- Regularly inspect stored crops, discarding any showing signs of rot or deterioration
- Plant bare-root fruit trees and bushes into enriched soil, provided the ground isn't frozen
- Ensure netting is in place over brassicas, such as kale, Brussels sprouts and cabbages, to protect from pigeons
- Cover rhubarb plants with a bucket or terracotta pot to force an early crop of tender long stems
- Feed spring cabbages with high-nitrogen feed to encourage leafy growth

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**Between 10am and 12:30pm**

In the Banham Community Centre small hall

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**Or contact us from**  
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## Local Clubs

### **Zumba, Banham Community Centre**

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

### **FitSteps - Wednesday & Thursday**

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

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

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

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

www.girlguidingnorfolk.org.uk

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

Contact Ian Warren  
allanglia.contactus@gmail.com  
07917208916

### **Beginners Line Dancing**

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

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

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

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

Community Centre  
Contact: Ron 07925 063553

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

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

### **Well Being**

Community Centre  
Every Tuesday 11:45—13:15

### **Rise Fitness**

Monday 18.00-19.00 - 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  
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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 Youth Cafe - At St Mary's Church**

Every Friday during term time, 7:30pm-9:00pm

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Website: [integrateyfc.org.uk](http://integrateyfc.org.uk)

### **Banham Badminton Club.**

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

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

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

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

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

# **Your Community Centre**

Hello and welcome to your monthly update from centre! I'm Sylvie Maney, the current vice chairperson. I'm holding the fort until a new chairperson comes forward to take up the reins and provide a new, refreshing, exciting leadership as we head into the New Year.

Our committee is working hard to ensure all your favourite classes and events continue, whilst looking to encourage more ideas for the activities you might think we're missing out on.

We recently held a tabletop sale in November, which was well received, and we are planning another on February 1st, so please put this in your diary if you want to sell or buy pre-loved goodies. Tables are £5 if booked in advance, or £7 on the day. Contact Alan on [ogs4@bladeip.co.uk](mailto:ogs4@bladeip.co.uk)

We're also excited to be holding a dance led by the very popular 'Rum ol' Rockers' on February 21st 2026. The tickets for the dance will be available to buy soon via our new booking system. Please check our website, look out for posters, read your next newsletter and check posts on Facebook for latest updates.

These are just a couple of ideas we're initiating as we attempt to raise funds to maintain and improve your village community asset, but we welcome your own ideas and invite you to either contact us via [enquiries@banhamcommunitycentre.co.uk](mailto:enquiries@banhamcommunitycentre.co.uk) or, better still, come along and talk us directly at our EGM (Extraordinary General Meeting) on January 6<sup>th</sup> from 7.00 – 8.00pm, where we also hope to have people interested in joining our committee. We have three posts available: Chairperson, Minutes Secretary and Bookings Secretary. We'd love to hear from any of you who have the skills and motivation to join our friendly team of volunteers who have a shared commitment to help keep your community centre an open, safe and comfortable venue for your events, classes and meetings and much more for many years to come.

Just a quick mention about the Banham Christmas Fayre, organised again this year by the Banham Parish Council and hosted by the community centre. We want to congratulate the organisers on providing the community with this wonderful and successful annual event. We look forward to collaborating with them again next year.

And while we're on the subject of Christmas, I want to take this opportunity, on behalf of the community centre's volunteer committee, to wish you all the very best of the season's greetings. I hope you enjoy time with loved ones and all that makes this season special.



**!00 people attended the Christmas meal at the Community Centre. A great time was had by all.**

**Thanks to Pam, Dave, Ann and all that helped make it so successful.**

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## News From The Pews

When I speak to people about what they do at New Year I have varied responses. Some want to stay up to welcome it and sometimes go out to celebrate it, others though are not really bothered, and they go to bed. Whatever you do the New Year turns the page to a new chapter.

The run up to Christmas for many is really busy, but January often seems a quiet month where there is time to reflect and an opportunity to set new goals with New Year resolutions. To be honest my New Year resolutions don't usually last very long so I always find it more positive to look at the good things that have happened over the last year and reflect over what may be the possibilities and hopes of the New Year.

The Judaeo/Christian heritage has always encouraged people to reflect and learn from its rich history. One of my favourites is the story of Joseph who was his father's favourite son and the relationship he has with his 12 brothers. There are many themes that are really shocking such as jealousy, cruelty, unfairness but there is also themes of hope and love through forgiveness through faith and trust in God.

During January I hope that you will have time to think about what the New Year holds for you and that you will be able to approach it with hope and certainty for a good and positive year. Happy New Year to you all and may God bless you and bring you happiness and joy during this New Year of 2026.

With my good wishes

Reverend Sarah Walsh

Thank you to everyone that  
contributed to the making of  
the Community Christmas Tree



### Services during January

January 4<sup>th</sup> Epiphany – 10am Group service of Holy Communion at St. Mary's, Banham

January 11<sup>th</sup> – 09:30 Holy Communion at St. Mary's, Banham

January 18<sup>th</sup> – 09:30 Morning Prayer at St. Mary's Banham

January 25<sup>th</sup> – 09:30 Holy Communion at St. Mary's, Banham

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

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# Coffee Break Quiz

1. In the 16th century it was the custom to tattoo marine charts onto the backs of the biggest members of the crew, a system known as 'tat-nav'
2. In the 1976 Olympic Games, all female athletes were sex-tested, except for one - Princess Anne
3. In 1540, a malevolent moth was brought before court, charged over the destruction of an expensive tapestry. The textile munching terror was found guilty and beheaded
4. In 1998, 10,113 American women insured themselves against having a virgin birth at the Millennium
5. In 1981, an Indonesian man was jailed for seven years for marrying 121 women
6. DON a pointer from Germany, found fame in the early 1900s by being able to bark seven words including CAKE
7. In 1379, a Mr and Mrs Coke named their daughter 'Diot'
8. In the 1860s, an American doctor invented the machine gun
9. In 2003, at Amsterdam's Schiphol airport, a strange-smelling suitcase was found, containing 2,000 baboon's noses
10. Up until 2012, in the Disney Employee Handbook, moustaches and beards were not allowed due to their Communist connotations
11. In 1954 in Louisville, Kentucky, a young boy reported the theft of his bicycle to a local policeman. The cop told him to take up boxing to get his own back on the thief, which he did, and he went on to become Muhammad Ali, heavyweight champion of the world
12. In 1924, childcare expert DR SPOCK won an Olympic Medal in Rowing
13. In 1973, Swedish confectionery salesman Roland Ohlsson was buried in a chocolate coffin
14. Forensic students in the 1860s would photograph the eyes of murder victims and look for an image of the perpetrator
15. In the 1600s, centipedes rolled in honey were recommended as a cure for malaria

	TRUE	FALSE		TRUE	FALSE		TRUE	FALSE
1			6			11		
2			7			12		
3			7			13		
4			9			14		
5			10			15		

Just answer  
True or False  
to the  
Questions

**And the December winner is , Joan Beales 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

NAME.....

Contact Number.....



**Deadline for entries  
Wednesday 14<sup>th</sup> January**



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# **Your MP Reports**

## **Your MP Reports**

Happy New Year. As I write this we are heading into Christmas after a year of increasingly depressing economic & political news. (For me personally it was also a hard last few months with my mother's final illness & death in September and the AI DeepFake attack in October.) I hope you've been able to enjoy some downtime with friends & family and a Happy New Year.

### **The Curious Case of the AI Deepfake...**

Something I never thought I'd be writing about in the local parish magazine. A few weeks ago, someone made a completely fake AI video of me claiming I'd defected to another political party.( I haven't!) I'm a Faithful). I'm half expecting the next video to show me winning Strictly, but sadly that would definitely be a fake.

In all seriousness, I reported the video to the police and warned everyone not to share it. But Meta who own Facebook refused to take it down. The scary reality is that we are now in a new era where someone can make a video which looks exactly like you, saying absolutely anything. Whilst fully recognising that political satire has always been an important part of our democracy, but Deepfake Ai is different. It's political disinformation which has the potential to seriously distort, disrupt and corrupt our democracy.

That is why I am working cross party with the Speaker of the House of Commons to secure reforms to protect our democracy from a spate of AI Deepfake video disruption.

## **Flooding**

I continue my longstanding campaign on flooding. If your kitchen flooded every time you ran the kettle, you'd call a plumber, right? If whole communities flood every winter, who do we call? Herein lies the problem: in just one county of Norfolk we have over 30 agencies with overlapping responsibilities for flooding. Result? No one has clear responsibility. So we get buck-passing. That is why I am pushing ahead with my Inland Flooding Bill. I'm delighted to say that after raising it in Parliament last month and pressing Ministers, I will now be bringing a delegation to Westminster in the new year to meet the Planning Minister about why flooding needs to be seriously addressed in all future planning policies. Earlier this month I hosted a visit to Mid Norfolk by the Sunday Times Deputy Property Editor who is going to write up the Norfolk Flooding crisis and my Bill. We visited local residents, saw High Streets that had been under water (and sewage) due to flash flooding, and heard from landowners who are working with the EA and local councils to build flood basins to protect householders in neighbouring villages.

As flooding gets worse every year we cannot leave householders vulnerable with no serious prevention, protection or compensation. That's why I'm talking to the insurance sector, mortgage companies, planners and developers, councils, water companies to build a joined-up approach, not a buck-passing silo'd one. It's just not acceptable that people who have bought a house in good faith and pay their taxes find themselves awash with sewage through a failure of Government to get responsibility for prevention properly agreed.

## **Local Democracy**

I am deeply frustrated by the recent announcement that local mayoral elections will be delayed till 2028 - after the County Council elections were also delayed. This further postponement is bad for democracy, bad for our region's voice and the region's economy. Businesses need certainty and investment confidence. Combined with a budget that failed to address the critical factor of growth, failed to recognise the needs of rural communities and the very real challenges faced by our local businesses, our local small businesses are struggling. For example Banham Zoo is now facing an annual rates bill of more than £100,000, up 65 percent on its current payments. This situation is being duplicated across multiple sectors including the hospitality sector with pubs & cafes facing closure. This is unsustainable. Which is why I have long called for targeted relief for the disproportionately high cost of living in rural areas. Rural Norfolk is not London. Our schools, colleges, GP clinics, and councils are often many miles from rural residents who don't have cheap & frequent public transport links. Rural households have lower incomes and higher costs. That's not fair. Which is why I will keep making the case for Rural Fair Funding.

## **George Freeman MP**

Member of Parliament for Mid Norfolk.

UK Trade Envoy to Singapore, Malaysia, Brunei & Philippines

Deputy Chair; House of Commons Science, Innovation & Technology Select Committee.

Chair, All Party Parliamentary Group for AgriTech

Minister of State for Science, Technology, Innovation, 2021-23

Minister of State for the Future of Transport, 2019-20

Minister for Life Science, Digital Health & AgriTech, 2013-16

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Website: <https://georgefreeman.co.uk>

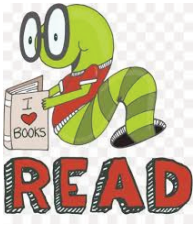
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## Monthly Book Review

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

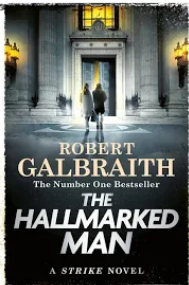
### The Hallmarked Man by Robert Galbraith

This is the eighth book in the Strike series; Robert Galbraith is a pen name of JK Rowling. As with previous books in the series, it features characters Cormoran Strike and Robin Ellacott solving a murder.

A corpse is discovered in the vault of a silver shop, but no one can agree on who he is. Decima Mullins calls on the help of private detectives Cormoran and Robin as she's certain the body in the silver vault was that of her boyfriend who suddenly disappeared. She also has a baby fathered by him. However, there are other missing men who could be the body in the vault, including an armed robber. To add extra intrigue, the silver shop is located by a Freemasons' Hall and specialises in Masonic silverware.

This is a long book, although not as lengthy as others in the series. I love these books because the characters are so finely drawn and relatable. Anyone who has read the Harry Potter series will know that the author is frequently praised for being a "master storyteller" who weaves together engaging plots with rich detail. I find the books totally engrossing. Alternatively, if you are not an avid reader then the audio-book read by Robert Glenister or the BBC series are both excellent.

*Thanks Mel Jay*



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



# School Report

We have had a busy start to this academic year and proud of all the children for working so hard. We would like to take this opportunity to thank all the parents & carers for their continuous support and of course none of it would be possible without our wonderful, hard working staff at Banham Primary School.

The Friends of Banham School have also outdone themselves with their events and fundraising and have brought the year to an outstanding wrap up with a successful Christmas Fayre on 6<sup>th</sup> December.

On behalf of all of us at Banham Primary School.....



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Robin  
Sales  
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Sky  
Snow  
Snowman  
Wet  
Zumba

How about a little brain teaser, once you have finished your mince pies and Turkey.

Thanks

Karen



## **This Your Life**

### **At the Heart of the Hub**

Many villages have a community centre with a hall for activities but there must be few that have a Hub. Banham Community Centre has two halls – a large one and a smaller one with a kitchen, where Pam and Dave Spicer set up a café to serve free hot drinks and home-made cakes every Wednesday morning.

The Spicers moved to Banham from Broadstairs in 1984, hoping for a better life for their young family. Dave worked in pre-press technology in Diss and then as a technical author and publications manager in Cambridge. Pam worked for over 20 years for local charities as a services manager and community outreach officer.

When they retired, wanting to become more involved in village life, they joined Banham Community Centre Committee and opened the café. When they left the Committee in 2023, the Wednesday morning visitors asked them to continue with the café. With the help of Phil Banks, who joined as a trustee, and the support of the Parish Council and a band of enthusiastic volunteers, this developed into the Hub.

“We wanted a warm, welcoming place where everyone could come together,” says Pam. “We’d lived in Banham for over 40 years but it’s strange to realize how many people we didn’t know until we set up the Hub.”

Each Wednesday there’s a book and a puzzle swap, a mini raffle and a quiz. Occasionally there’s a speaker.

“There have been speakers from the Fire Service and the RSPCA. The East Anglia Air Ambulance gave a talk on CPR, and Lorraine from Breckland Council often comes in to make people aware of any grants for individuals. Soon Age UK will give a talk on Power of Attorney and other subjects.

During the winter months we serve soup and a roll or a roll with bacon at the cafe, and during school holidays we offer free breakfast to children, with home-made pancakes and waffles. Every Tuesday there’s a Movement for Well-Being class, where people with long-term health issues and people who find it difficult to access exercise can come. The trainer works with people as individuals within their abilities – and it’s free. About 18 to 23 people come to the class, including a 98 year-old woman and a 7 year-old boy.”

Over the last two years the Hub has expanded due to the dedication of Pam, Dave and the volunteers, and there’s always a project or two on the go.

“To commemorate VJ Day and the end of World War II, we invited people to create and attach knitted items and messages of peace to a large canvas Dove that was placed in Banham church, and at Christmas people were invited to knit, stitch or crochet squares to make a hand-crafted Christmas tree, using donated wool. Later, the squares were stitched together into blankets and given to the End of Life Care Unit in Norwich.

“Each year, people donate toys, chocolates, toiletries and treats for our Bags of Joy, which are given to the school to pass on to families in need. And there’s a free Christmas meal for all villagers: Banham chef Tim Clarke does the food, the volunteers do the hall and table decorations and this year musician Stan Kidd, also from the village, provided the music. Over 100 people came, and meals were delivered to another 12 or so families, who couldn’t attend.”

The events and projects cost money so Pam and Dave are constantly looking for ways to raise funds. "We had a stall with knitted items and decorated jam jars filled with treats at the Christmas Fair and last year we sold over 100 jars at £1 each. Musicians from the village also put on a free event at the Barrel pub, with a bucket for donations.

Everything we do costs money. For example, the Movement for Well-Being Class on Tuesday is free to join but, to hire the hall and pay the trainer, costs £76 a week. And the Christmas meal cost over £1,500 for the food, the chef, the hall, the tablecloths and Christmas crackers.

As a constituted group or charity, the biggest challenge is to keep being funded. The Hub is in the process of being registered as a charity, which means we'll have a better chance of getting grants." In the meantime, the Hub continues to work on several projects, including Rag Rugs.

"Newcomers to the village Dave and Pat Gardiner pointed out that the acoustics in the hall were challenging, especially for the hard of hearing. They came up with the idea of creating rugs to go on the wall to help absorb sound. We received a donation of wool and we were lucky enough to get £200 from Breckland Council to buy the canvas, hooks and some additional wool. Now people are learning a new skill – tufting."

"Pam is very creative and also very good with volunteers," says Dave. "It's about using people's skills and personalities," Pam explains. "Different people can do different things. When your children are small, you meet a lot of people. Then you go out of the village to go to work. When you're old, you could be in a village, where you're isolated but, in Banham, the older generation are coming together, mostly through the Hub. Some younger people are starting to come in too: People who are home-learning their children and people with nursery age children, so we're connecting the old and the young. Because of the way we live these days, grandparents can be miles away and young people may not have links to the older generation. It's nice to bring them together. We're hoping that some of the knitters from the Hub might go into the school and teach the kids to knit. We always hope the projects will make people more neighbourly, and now people are beginning to take ownership and come up with more ideas. But mostly the Hub is a place to be warm and comfortable. We hope more people of all ages will come along. The Hub is a place for everybody."

Hub activities are advertised on the Banham Community Facebook page and posters are displayed on notice boards in the post office and in the One Stop shop opposite the zoo.



**With Thanks to Heather Bateman**

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**Windows**







As the year comes to a close, things are anything but quiet at Banham Zoo. While many of us are slowing down for winter, our animals seem to have decided it's the perfect time for new arrivals, big milestones and a few surprises along the way. We'd like to share a warm thank-you to our local community for being part of our year, your visits, smiles and stories make the zoo feel alive in every season.

Some of the most charming news comes from our penguin colony, where two delightful new hatchlings have arrived, Pumpkin and Spice. They may be small, fluffy and slightly wobbly on their feet, but they're already capturing hearts with their determined little chirps and rapidly growing appetites. Over in the treetops of the tropical house, our Coppery Titi monkeys have welcomed a new baby of their own. The youngster is tiny, curious and completely inseparable from its parents, creating one of the sweetest sights in the zoo.

Meanwhile, our majestic snow leopard Aurora has had a rather important trip to the veterinary theatre. After undergoing eye surgery to remove a cataract, we're pleased to say recovery is going brilliantly. With vision improving day by day, we're excited to see this magnificent cat rediscover the world with sharper clarity and perhaps enjoy a bit more confidence on her favourite high ledges.

Adding even more excitement to the season, we've launched a set of brand-new adoption packs featuring some of our most iconic residents: the snow leopard, red panda, penguin, and tiger. Each pack has been freshly designed and is full of thoughtful extras for animal lovers. Whether you're treating yourself or wrapping up a gift for someone special, adopting a favourite species is a wonderful way to feel closer to the animals while helping us care for them.

With so much happening around the zoo, the New Year is the perfect time to pop in more often and follow the stories as they unfold. For those who love keeping up with the animals through all four seasons, a Banham Zoo membership offers the chance to drop in whenever the mood strikes and see how everyone is growing, playing and occasionally causing mischief.

Looking a little further ahead, the BZ 5K Race returns this May 2026 and we can't wait! Whether you run like a cheetah or prefer the gentle pace of a tortoise, starting your training now gives you plenty of time to build up to a fun, feel-good challenge. It's one of our favourite community events of the year and we hope you'll join us on the starting line.

As we welcome 2026, we hope you'll join us for another year of adventure, discovery, and unforgettable moments. Whether you're here to meet the newest arrivals, adopt a special animal, train for the BZ 5K, or simply enjoy a wander among your wild neighbours, we're excited to see you. From our keepers, staff, volunteers and every furry, feathered and scaly resident at the zoo, we wish you a joyful festive season and a New Year filled with wild and amazing things.

*Rosie Hiskey*

*PR & Marketing Executive*

## Young Voices

This page for the next 6 months at least, is dedicated to the younger section of the community, which although having ideas and opinions, do not have a platform to share them

Hi, my name is Edie and, along with Rosina, I will be putting an article in the Newsletter for the next 6 months. I am taking part in the Duke of Edinburgh scheme, and that requires me to volunteer for a 6 month period. Alongside three months of sports and learning a new skill, this will go towards an overnight expedition at the end of the six months which then earns me the award itself. The Duke of Edinburgh award is highly commemorated and, if completing the first one, will then lead on to 2 higher, bigger and more difficult levels of the award itself.

I hope that what we publish between us will have an impact on other young people, and provide inspiration for them to consider volunteering, starting a new sport or learning a new skill, starting a fund raising event for a special cause, or even taking part in the award themselves.

What will I be doing? Well, firstly, this introductory page is to let you know what I will be up to. Secondly, I'll help deliver the newsletter around the village. And thirdly, to try and bring a bit of youth culture to both the newsletter and the community. Both Rosina and myself want to make the newsletter the most inclusive it can be, to give you something a little bit different to read over your morning cup of coffee, or tea, and to really get involved with all the people that live in Banham.

As part of a younger generation, we have much to offer- but sometimes we just need to know where to go, or just a nudge in the right direction.

You can start sending information in straight away, it could be the latest tech, music or fashion. It might be something you are doing to help a charity. You might even be a budding "Hack". Let us know on our dedicated email address, you could get a mention in the newsletter, or your content could go on the website.

Thank you,

Edie.

*Rosina and Edie*

Email: [youngvoices@banhamnews.co.uk](mailto:youngvoices@banhamnews.co.uk)

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

# **Parish Council News**

The December meeting of the Banham Parish Council took place on Thursday 4<sup>th</sup> December 2025.

## **Community Hub News**

As part of the Mindful Village Initiative, The Banham Community Hub is now a distribution point for Breckland Council's warm packs. The Hub has also been invited to join a new steering group supporting Breckland Council's application to join the national UK Network of Age Friendly Communities. This network aims to ensure the voices of older residents are heard while promoting proactive solutions that support healthy and active ageing.

The Christmas meal was fully booked, with 100 people attending and four home deliveries arranged. Transport was organised for those who would otherwise have been unable to make the event.

The Christmas Tree has been constructed in the church with help from many villagers and Hub members.

The Movement for Wellbeing Classes are going from strength to strength, and two funding applications have been submitted to help support their ongoing success.

## **Banham Christmas Fair – Sunday 30<sup>th</sup> November 2025**

The Christmas Fair went exceptionally well – possibly the best one since the event first began. Santa's Grotto was a wonderful highlight, with many children delighted to meet the 'Big Man', and receive their Christmas gift. The atmosphere throughout the event was warm and festive, and everyone left feeling truly uplifted by the spirit of Christmas, assisted also possibly by the mulled wine.

## **Village Christmas Tree**

The Banham Christmas Tree has now been erected on the Green and is proudly sporting a brand new star this year. A big thank you to Jeff and Keith for their hard work in getting the tree in place.

The Banham Parish Council would like to wish all Banham Residents a very Merry Christmas and a happy, healthy and prosperous 2026.



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

A warming Turkey Curry, to use up your Christmas leftovers.



## Ingredients

- 20g/¾oz fresh coriander, stalks and leaves
- 2 tbsp butter
- 1 tbsp coconut oil or olive oil
- 1 onion, chopped
- 2 garlic cloves, finely chopped
- 20g/¾oz ginger, peeled and finely chopped
- 2 tsp ground cumin
- 1 tsp ground turmeric
- 1 tsp ground coriander
- ½ tsp ground cinnamon
- ½–1 red chilli, finely chopped (to taste)
- 400g tin chopped tomatoes
- 100ml/3½fl oz turkey or chicken stock
- 350–400g/12–14oz cooked leftover turkey meat, cut into cubes or shredded
- 125g/4½oz baby spinach
- 100g/3½oz natural yoghurt
- salt and freshly ground black pepper

## Method

1. Finely chop the coriander stalks and roughly chop the leaves. Place in two separate piles.
2. In a saucepan over a medium heat, warm the butter and oil and then fry the onion, garlic and ginger. Cook for around 15 minutes, stirring often, until the onion is soft and beginning to turn golden brown.
3. Add the cumin, turmeric, coriander, cinnamon, coriander stalks and chilli. Fry for a few minutes longer before adding the tinned tomatoes and stock. Season with salt and pepper, bring to a simmer and cook for 20 minutes, or until the sauce begins to thicken and the flavours have mingled.
4. Stir in the turkey and bring back to a simmer. Finally mix in the spinach, allow to wilt, then turn off the heat and stir through the yoghurt and most of the coriander leaves.
5. Serve the turkey curry hot with the reserved coriander leaves scattered on top.

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DKH/Attleborough	07492 189158
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### NHS Hospital Car Scheme

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### Travel Norfolk Car Scheme

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### Mobile Library (every 4 weeks)

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Apple Close 15:55—16:35

The Green 16:40—17:05

Nov 19th

## Important Contacts

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**Breckland Council** 01362 656870

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## YOUR BEAT MANAGERS

*Your safer neighbourhood team*

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### Your Beat Manager



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## Charity Spotlight

### WorldHorseWelfare

#### **Miracle foal is thriving at World Horse Welfare's Hall Farm Rescue and Re-homing Centre at Snetterton.**

In December 2024, World Horse Welfare took in a group of 20 horses who were rescued from a lorry at Dover port as they were being smuggled out of the country in awful conditions. Amongst that group was nine-year-old mare Amy, who was found to be pregnant and, against all the odds, gave birth to a healthy filly foal in May. The charity's supporters named the foal Joy and today she's blossoming in the care of the Hall Farm team.

Amy's story was nearly a tragedy but instead has a happy ending – and little Joy will only ever know kindness, having been born in safety at Hall Farm. The charity aims to rehabilitate and re-home every horse, pony, donkey and mule it rescues, so Joy is learning vital handling skills to prepare her for finding a loving new home when she's old enough. For now, she's thriving simply being a young foal playing in the paddock with her friends.

Lorraine Holmes, a yard supervisor at Hall Farm, has cared for Joy since she was born and says, "I can't believe someone could have loaded a pregnant mare onto a lorry and sent her off to an uncertain fate. Thank goodness that lorry was stopped at Dover and the 'Trafficked 20,' as they became known, came into our care, so that Joy was born here. She's been a real character from day one – she's so bold and a very quick learner. Whoever re-homes her is going to be very lucky!" Due to the nature of the charity's work, sometimes horses and ponies arrive at one of its four rescue and re-homing centres carrying infectious diseases. In the case of the Trafficked 20, one of the group proved to have a highly contagious equine disease called strangles. This led to an outbreak which closed the farm to visitors for months, reopening just in time for the school holidays in July. Now, Hall Farm is back to its normal opening hours and welcoming visitors as usual.

Hall Farm is open 11am-4pm every Saturday and Sunday and on Wednesdays in the school holidays, so do take the opportunity to come and explore the farm and meet the horses and ponies currently being rehabilitated. There are a variety of walkways to enjoy, which are wheelchair/pushchair friendly. The coffee shop offers drinks, snacks and cakes for refreshment after your walk. You can book your visit at [worldhorsewelfare.org/visit-us/hall-farm](https://worldhorsewelfare.org/visit-us/hall-farm) Having been founded nearly 100 years ago, today World Horse Welfare strives to strengthen horse-human relationships in the UK and around the world through care, education, research and influence, putting the horse at the centre of everything the charity does and encouraging others to do the same.



# **Banham Speedwatch**

How many times have you seen the Banham Speedwatchers out around the village, in their Hi-Viz jackets, holding their clipboards and the speed gun?  
And what has been your reaction if you are driving or walking past?

Most drivers are aware of their speed and, if it is a little over the limit when they see us they slow down. That is exactly why we are there - to raise the awareness of drivers as they come through Banham in the hope that this will make our community a safer place for all of us. We do get a positive reaction from many of you. Drivers often give us a thumbs up and pedestrians coming past us often say they appreciate what we are doing.

BUT - we are also often told that we are standing in the wrong place, or perhaps we could come back either much earlier (or much later) when we would catch more speeders.

Where the team is allowed to stand is negotiated with the Norfolk Police. We are volunteering to support their road safety work - and they will only allow us to stand in places where we can be seen easily by motorists. This is because we are covered by insurance from the police should we be involved in any accident.

One of our most important sites for Speedwatching is Crown Street where there is a 20mph limit. Because this is a narrow street with a school in the middle, we were allocated a place to stand at the entrance to the school car park. To ensure our safety and that of everyone else, we have only been able to carry out any Speedwatching when the school is closed. However after several years of asking for more flexibility, we may - just possibly - be able to add at least one more site in Crown Street in the New Year.

As for the times of day when we carry out our sessions - we are limited by the fact that the speed gun only operates in daylight - and our team members have to be able to read the number plates and identify the make and model of each vehicle travelling over the speed limit.

We have caught 106 cars in total exceeding the speed limit during 2025. This was during a total of 16 sessions over 4 watch sites. Most of these vehicles have received a letter from Norfolk Police telling them they have been seen driving over the speed limit. About one driver in eight will receive a second letter if they have been caught again - anywhere in Norfolk - and they will be called to do a Speed Awareness course.

We also report bad driving behaviour and this is noted by the police. We have had one or two incidents during 2025 when drivers have stopped and been abusive - or have deliberately revved and swerved as they pass.

Our volunteers do a fantastic job. We would welcome anyone who wanted to join us. Please come and give us your contact details if you see us - it is the best way to find out what we are doing. Our team members do as many or as few sessions as they like - and we don't go out if it is very wet - the speed gun finds it difficult to focus!

Daphne Griffith,  
Banham Speedwatch Coordinator.



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