

Banham NEWS



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Artwork provided by Heather, Old Rectory

Events

What's On

News

ISSUE 5: July 2025

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Banham Community Centre reward scheme
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Community
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Hi Everyone,

The ideas and suggestions keep coming, but we need more, so, let us know of any events and offer up your suggestions. Your input very welcome and helps to keep the newsletter relevant.

The Team, Keep the ideas and suggestions coming!

May Quiz Answers

- | | |
|----------------------|-------------------|
| 1. Hyacinth | 11. Daffodil |
| 2. Rose | 12. Columbine |
| 3. Sweet Pea | 13. Chrysanthemum |
| 4. Marigold | 14. Iris |
| 5. Foxglove | 15. Honesty |
| 6. Livingstone Daisy | 16. Narcissus |
| 7. Lily | 17. Lilac |
| 8. Carnation | 18. Wallflower |
| 9. Nicotiana | 19. Phlox |
| 10. Bluebells | 20. Forget-me-Not |

The winner for May is William Speer, Congratulations.

Newsletter Notes:- Items to the Editor, info@banhamnews.co.uk

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

Distribution 750 copies. Closing date for copy for the August 2025 issue is Monday 14th July

NB.The inclusion of an advert or article in the publication, does not constitute any endorsement by the Editorial Committee, of the views expressed on a product or service

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Editorial

Hi

my name is Karen Manser, and I moved up to Banham in October 2024 with my husband and son. I wanted to find out more about the local area, places to go to and clubs to join. Then I saw Alan's Face Book message about resurrecting the Banham Newsletter. I thought I'd come along and find out what it was all about. Here we are now on issue 5 and, I have to say, that I love finding out what's going on.

We would love to hear from more clubs, be them in Banham or the surrounding area. It's great for everyone to find out what events are coming up. We can advertise them for free in the Newsletter.

I know I was pleased to see that there was a Gardening Club in Kenninghall, which I wouldn't have known about if they hadn't advertised in the Banham Newsletter.

Hopefully, there's lots more clubs out there that need more members, so drop us a quick email to info@banhamnews.co.uk. We would love to hear from you all.

Remember to send your recipes in too. It's one of my favourite pages.

In the meantime, have a great summer!

Karen

Treasurer

Contact details are:

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



Your Garden This Month

In the Garden

- Cut lavender for drying, choosing newly opened flowers for the best fragrance
- Give dahlias liquid feed, keep them well watered and tie the shoots of tall varieties to sturdy stakes as they grow
- Hoe and hand-weed borders often, so weeds don't have time to set seed
- Water and feed sweet peas regularly, pick the flowers every few days
- Plant autumn bulbs including nerines, colchicums and sternbergia
- Feed, water and deadhead summer bedding in borders and baskets
- Cut back early summer perennials after flowering for a second flush
- Take softwood cuttings from shrubs, pyracantha, hydrangeas and spiraea
- Feed and deadhead roses to keep them flowering strongly
- Keep watch for pests such as lily beetles, snails, aphids and vine weevils
- Pick off flowers on coleus plants to maintain their colourful leaves
- Sow biennials such as foxgloves, forget-me-nots and wallflowers
- Cut back geraniums and other summer perennials

At the Allotment

- Check crops such as runner beans regularly for aphids, and remove them
- Water thirsty plants such as celery, legumes, pumpkins and tomatoes
- Pick the last of the rhubarb and remove any flower spikes at the base
- Thin out crops of apples, pears and plums, remove undersized fruits
- Prune plum trees in dry weather, to avoid silver leaf fungal disease
- Sow a batch of peas and dwarf beans before mid-July for an autumn crop
- Shorten side shoots growing from the framework of trained fruit trees
- Water fruit trees and bushes, then lay a thick mulch of compost
- Peg down strawberry runners into pots of compost to root new plants
- Pick courgettes regularly so they don't turn into marrows
- Sow frequent small batches of fast-maturing salad leaves and radishes
- Cut down broad beans after harvesting, but leave the roots in the soil to release nitrogen as they decompose
- Protect brassicas from cabbage white butterflies with fine netting
- Continue pinching out any side shoots growing from the leaf joints of tomatoes

With Thanks to Mel Jay

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Get Involved

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can you help to fill it with
news about events, clubs
etc.

Info@banhamnews.co.uk



Wednesday Cafe 

Banham Village Hub
hosts a free Wednesday Cafe every week
between 10am and Noon in the Banham
Community Centre small hall.
The cafe offers a FREE Cuppa & Cake, chatter
and companionship, and also offers free
breakfast for kids during school holiday.

By the Community for the Community

- Free Mini Raffle
- Free Book Swap
- Arty Crafty Activities
- Free Jigsaw Swap
- Collection point for Trussell Trust Food Bank

And other events to look out for through the year:
Community Christmas Meal
Easter Bunny Hunt
Movement for Wellbeing
Phone: 07909 505 831
Email: banhamvillagehub@gmail.com
Supported by Banham Parish Council



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 **Knit and Natter, Crochet
and Chatter**

We are a friendly group of
like-minded people who love to knit, stitch
and natter whilst sharing ideas and
skills. Come along to learn something new,
share your ideas or just chat. This isn't just for
knitting or crochet, bring your favourite (non
messy) crafts. Come along to enjoy the
company of others and catch up over a drink.
The group is held once a month in the
Banham Community Centre and Bar on a
Wednesday from 7:30pm. The dates are
published on the Post Office Noticeboard. If
you would like any further information, or to
join our Facebook page pop in to the Post
Office and see Marise.

Local Clubs

Banham Baby Toddler Group (0-5yrs)

July 21

[Facebook.com/banhamtoddlers](https://www.facebook.com/banhamtoddlers)

Banham Short Mat Bowls Club - Monday

Community Centre

Contact: Ron 07925 063553

Ronald.553butler@btinternet.com

FitSteps - Wednesday & Thursday

Community Centre

Contact: Tracy Jenkins 07772 481232

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

Air Training Corps - Tuesday & Thursday

Cadet Centre, Sunnyside, Diss

Email oc.1070@rafac.mod.gov.uk

Army Cadets

Attleborough Primary School

18-20 Besthorpe Rd, Attleborough,
01362694515, Tue 7pm

Navy/Marine Cadets

Army Reserve Centre, Aylsham Rd,
NR3 2AB

Mon & Thur 7pm

Police Cadets

<https://vpc.police.uk>

Well Being

Community Centre

Every Tuesday 11:45—13:15

Beginners Yoga and Relaxation - Monday

Community Centre

Contact : June Roberts

01953 498343 / 07766 108075

junemroberts@googlemail.com

Community Hub-Weekly Warm Space

Community Centre

Every Wednesday @10:00

Free Tea/Coffee, Cakes, Soup

Contact: 07909 505831

banhamvillagehub@gmail.com

Friday Club - Rowancroft, Kenninghall Road

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

Contact Steve or Gill Eggleton

01953 887579

Knit & Natter Crochet & Chatter

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

Kenninghall Garden Club Plus

Contact: davidmorton132@btinternet.com

Banham Youth Cafe - At St Mary's Church

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

For those in school years 7-13

Table tennis, pool, table football, consoles,
craft and activities

Contact: steph@integrateyfc.org.uk

Website: integrateyfc.org.uk

Your Community Centre



At the time of this edition going to print, there has been an AGM and an EGM, in order to elect a new committee to administer the work on behalf of the Community Centre.

At the AGM, several members of the Committee stood down, including the Chair and Assistant Chair, to whom we offer our thanks for the work they did. However in true tradition, the show must go on, so we have some newly elected individuals, but we could do with more like minded individuals to help shape the future of the Community Centre, and guide it forward, and make it something that the village can be proud of.

We are very lucky to have the Centre, and all that it offers, but it needs people to run it, people just like you, and the energy that you can bring.

Currently as it stands these are the positions that have been filled:

Chair:	Mr Erik Clarke
Asst Chair:	Mrs Sylvie Maney
Secretary:	Mrs Debra Keith (debrakeith79@gmail.com)
Treasurer:	Mr Ron Butler
Bookings Officer:	Vacant
Members:	Mr J Maney, Mr A Keith

If you think you can spare some time to join the committee or indeed take up the post as Bookings Officer , then please get in touch with the Secretary, or speak to one of us, you would be most welcome

The Committee. BCCA

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News From The Pews

I can't believe that the summer is now upon us. I am writing this just after the very successful Open Gardens in Banham which despite the weather raised a large amount of money for the Friends of Banham Church which is wonderful. Thank you to everyone who was involved in the organizing of this and especially those who opened their gardens to the public for this very enjoyable community event.

Mid-summer is a season that brings with it many outside social events. It is a time too for many to be able to relax from the hum drum of life and look forward to going away visiting friends and family or going on holiday. However, on the other hand for many others it is of course one of the busiest times working on the land and harvesting the crops. Whether you can relax more or have to work though it is good to be able to enjoy the longer summer evenings and see the beautiful nature of the countryside all around us.

The children I am sure are looking forward to their long summer holidays and this year we will be providing a couple mornings at St. Mary's Banham especially catered for children accompanied by their parents/grandparents or adult carers. Please then do come along and join us on either Tuesday 12th August and or Tuesday 19th August where there will be a café, craft stalls and plenty of toys to play with as well as time to socialize with others.

I hope that you are enjoying your summer. If you would like to meet me then please do get in contact through email revsewalsh967@gmail.com or give me a call on 01953 571549. You will also be most welcome to come to any of the services and the list of what is happening is below.

With all good wishes

Reverend Sarah

July 6th – 10am Holy Communion Service at St. Mary's, Eccles

July 13th – 09:30 Holy Communion Service at St. Mary's, Banham

July 20th – 09:30 Morning Prayer service at St. Mary's, Banham

July 27th – 09:30 Holy Communion Service at St. Mary's, Banham



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The Friends of Banham Church

I hope our many visitors enjoyed the Open Gardens this year, organised by the Friends of Banham Church (FOBC). You may be wondering who FOBC are and what they do.

FOBC was set up in 1998 “to support the fabric of St Mary’s Church”. This means making sure the Church is a building in good repair and with the amenities to make it a usable community space.

If you have come to the Saturday Cafe, Craft Fairs , Community Carol Concerts or Film Nights you will have benefitted from the funds raised by FOBC - as well as contributing to them.

Since 1998, FOBC has raised nearly £43,000. How has this money been used?

During this time there has been nearly £9,000 paid directly to support interior and exterior lighting and heating costs; major projects such as the £5,000 to the restoration fund in 2000; £2,514.50 for repairs to the clock in 2005; £6,000 for the glass doors in 2007; £3,730 for the projector and screen in 2016; as well as many smaller projects such as regilding the weather vane (£405); coffee-making equipment (£430.66) and a table tennis table for the Friday Club (£599).

People attend St Mary’s for worship, weddings, funerals, a quiet place to sit and think, and for social events and entertainment. The local volunteers from FOBC who put time and effort into raising money to keep the building well-maintained and up-to-date (yes, even Wi-Fi is available!), as well as those who regularly clean, arrange the flowers and create other displays hope it will continue to be used and valued by the community for years to come.

The Society is registered as a Charitable Trust, thus ensuring its future and safeguarding its object, which is defined as: -

“To maintain, repair, restore, preserve, improve, beautify and reconstruct for the benefit of the public the fabric of the Church of St. Mary Virgin, Banham, its monuments, fixtures, fittings, furniture, stained glass, ornaments and other chattels.”

Membership is open to anyone who supports the aims of the Society. The annual subscription, at present £10 a year, entitles the members to join in the running of the Society. An annual newsletter is published to keep members informed of its activities. At present, in addition to the annual general meeting, there are regular film evenings, bi-annual Open Gardens and the Community Choir, organised to bring members together and to raise funds for the Friends of Banham Church.

Coffee Break Quiz



This months we have 2 Word Scramble puzzles. The one on the left is all about Summer, whilst the column on the right is about the World of Dance.

Good Luck!

Summer

1. ecabh A.
2. niigvd A.
3. mesdsus A.
4. aenrgindg A.
5. usnny A.
6. nisaigl A.
7. oruosdto A.
8. igkinh A.
9. umsmre A.
10. entudhr A.

Dance

1. deanc A.
2. ivje A.
3. cosid A.
4. lyebI A.
5. ugrjibett A.
6. neil A.
7. blleta A.
8. twalz A.
9. Ntail A.
10. eickpqstu A.

To win the monthly prize, please complete the puzzles, insert your name and contact number and take it to the Post Office and pop it into the Banham News Drop Box

Name.....

Contact.....

Deadline for
entries, 12th
June

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Events

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The Mill is now regularly maintained by highly skilled volunteers and has been producing flour since 2015

For more information, go to thelnethamwindmill.org.uk

To help or volunteer, go to thelnetham.windmill@gmail.com

Open Days, 11am till 4pm*, 3rd & 25th August, 28th September

Guided Tours: Adults £5, 15's and under free if accompanied by a responsible adult (children under 5 not allowed in Mill)

*Last tours commence at 3pm

Free event: All welcome

A guide on protection against scams

Banham Community Centre
Small Hall
15th July 2025
At 10am

When can you trust the person on the phone?
How to handle links in emails and unknown websites

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

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

More information can be found on their website:

www.southbrecklandartists.co.uk and Instagram:

@southbrecklandartists

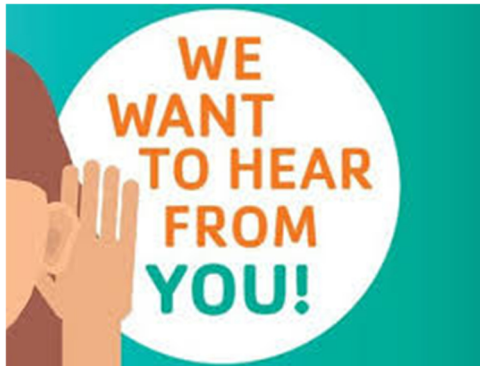


Free CPR and Defibrillator Training

You never know when you might need it.
Prepare yourself, for free.

Drop in: 6pm – 8pm
Tuesday 15th July
Small Hall
Banham Community Center

Suitable for all ages



As a small editorial team, we have lots of ideas, but not enough. We really want to include information that is relevant and current, so, we ask that if you have any suggestions, ideas, or articles then please send them to us, we can't guarantee to publish everything, but we will try.

We also need the following:

- * Front Cover Pictures
- * Recipe's
- * Events
- * Club's
- * Quiz's and Puzzles (with answers)

And much more.

As always, you can contact us either by,

Email: info@banhamnew.co.uk

Website: www.banhamnews.co.uk

Dropbox: Located at the Post Office

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




About
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Josh Hunter-Harl

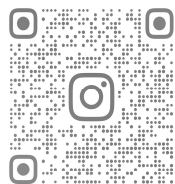
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Would you like to win free entry for a family of 4. If so answer the following question, and drop the answer in the box at the Post Office or email the answer to :info@banhamnews.co.uk.

Q. How many people visited the Zoo in 2024?



May 2025

The May meeting of the Banham Parish Council took place on Thursday 15th May 2025. This included the annual meeting followed by the general meeting.

In attendance at the meeting was Mr Jeff Burrell (Chairman), Mr Brendan Sparks, Mrs Pam Spicer, Dr Jo Dalton, and Michelle Jones (Parish Clerk).

The Parish Council discussed the speed limit on Grove Road following concerns raised by a resident. Upon receiving the concerns the Parish Council contacted Highways to see if the speed limit could be reduced when considering the addition of new houses located there in recent years. Unfortunately Highways advised that Grove Road does not meet the necessary criteria to warrant a speed limit reduction, and so the Parish Council are now looking into ways that it may be able to fund speed reductions strategies themselves. This will be discussed again at the next meeting, with a further update to follow.

We are proud to have been able to assist with the funding of a residential school trip for the Banham Primary School, along with giving a donation towards the Forest School area following the recent vandalism.

The Banham Community Hub were pleased to see an excellent 'turn out' for the Bunny Hunt in April, with 57 families taking part. Funding for the 'Fitness for Wellbeing' sessions is still being sought, but they are hopeful they will receive the necessary grant for this. The Hub recently had a visit from Breckland Council. The purpose was to video the Community Hub and its 'members' to find out all about the activities and the services provided to the residents of Banham and also to document Banham becoming a 'Mindful Village'. Arrangements are already being put in place for the Christmas meal, and a recent bake sale on the green saw the Hub raising £177.50. Thanks to all those who bought cakes and helped to raise these funds. For more information on the Community Hub, please go to the Banham Community Hub Facebook page, call 07909 505831 or email banhamvillagehub@gmail.com.

Finally, the Parish Council hope to shortly make the necessary arrangement for the cleaning of the war memorial.

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

Pavlova

Ingredients for the meringue:-

3 egg whites
60z (175g) caster sugar
1 teaspoon cornflour
¼ teaspoon vanilla essence
1 teaspoon lemon juice

Ingredients for the topping:-

½ pint whipping or double cream
any fruit you like. I like a selection of
berries – strawberries, raspberries
and blueberries

Cooking time 1 to 1 ¼ hrs at 150 Celsius or gas mark 2

Instructions:-

Cover a baking tray in greaseproof or parchment paper. Whisk the egg whites until very stiff and dry. Whisk in half the sugar and continue whisking until the mixture is stiff and shiny. Sieve the remaining sugar with the cornflour and fold into the mixture with the vanilla essence and lemon juice.

Spread the meringue onto the greaseproof/parchment paper in the shape of a circle. Bake in the centre of a low oven for 1 to 1 ¼ hrs until firm and delicately coloured. Turn off the oven and put a wooden spoon in the oven door to let the oven cool slowly with the Pavlova still inside which should help prevent cracking.

Once cooled remove greaseproof/parchment paper off of the back of the Pavlova. Place on a plate. Whip the cream and cover the top of the Pavlova with the cream and then decorate with fresh fruit.

This is a wonderful summer pudding. Enjoyed by everyone that tastes it. It's been a speciality of mine for many years. I make it for birthdays and parties. It's a great recipe to have when getting together with family and friends as you can make the meringue in advance and just add the cream and fruit shortly before serving. Try it and enjoy it!

Karen Manser



If you have a recipe, **AND**, a story behind it, then let us know.

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Mobile Library (every 4 weeks)

Crown Way 15:20—15:50
Apple Close 15:55—16:35
The Green 16:40—17:05
July 2nd, July 30th,
Aug 27th, Sept 24th, Oct 22nd, Nov 19th

Important Contacts

Police 999 (Non Urgent 101)

Fire and Ambulance 999 (Non Urgent 111)

Power Cut 105

Parish Council 07309 358357

Breckland Council 01362 656870

Registrars Office 0344 8008020

E. Harling & Kenninghall Surgery
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Norfolk & Norwich Hospital
01603 286286

Citizens Advice Bureau 03444
111444

Anglian Water 08457 145145

Eastern Electricity 08007 838838

Each month we want to encourage you to submit items to the newsletter, not just news items and suggestions, but also event and advertising content.

Feedback. We really appreciate any feedback and suggestions, so don't be shy. Let us know what you think.

Front Cover. Send us your pictures or drawings for the front cover, depicting life in Banham, and the season, it might end up on the front of the publication.

Recipe. Send us your favourite recipe, and a description of why, you might not be the only one that will enjoy it!!

Quiz Page. Enjoy the puzzle, then leave completed entries at the Post Office, for a chance to win a prize

Contact us at info@banhamnews.co.uk

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

Charity Spotlight

Feline Care - A Hidden Haven for Cats in Need

Tucked away at the far end of a local industrial estate lies a peaceful retreat that most people wouldn't expect. A quiet gem devoted to the care and welfare of cats. Our unique sanctuary, set within nearly four acres of secure, natural habitat, is a true haven for cats. Whether they're waiting patiently for a loving home or living freely as part of our resident feral colony, every cat here is given the dignity, care, and second chance they deserve.

Feline Care may be off the beaten path, but we play a vital role in the local community. At our heart is a deep commitment to helping cats who might otherwise fall through the cracks, those who are elderly, ill, or living with behavioural issues that make living with people more difficult. Our team believes that every cat, regardless of their circumstances, deserves love, respect, and a safe place to call home.

Our site itself is a peaceful refuge. Purpose-built pens offer temporary accommodation to cats awaiting adoption, providing them with comfort and security during what can be a stressful transition. In addition to these rehoming areas, the sanctuary is also home to cats who prefer the freedom of outdoor life. These residents roam the grounds year-round, living in harmony with nature within the boundaries that keep them safe from harm.

Feline Care does more than just house cats, we actively work to prevent suffering in the wider feline population. Through our Trap-Neuter-Release (TNR) programme, the team humanely traps unneutered feral or stray cats, has them spayed or castrated and microchipped, and then returns them to their familiar territory. This approach not only helps to control the population of unwanted litters but also improves the quality of life for community cats. We are also able to offer neutering for domestic cats, please have a look at our website for more details.

Adoption is a central pillar of our work. Each cat is thoroughly assessed to find the most suitable home, and the adoption process is designed to match pets and people perfectly. As many of the cats in our care have had difficult backgrounds or have already been through multiple homes, finding their forever home is our highest priority. The team is always eager to speak with prospective adopters and share the unique stories and personalities of the cats in our care.

In addition to rescue and rehoming efforts, the sanctuary also offers subsidised microchipping services for just £5, a small fee for peace of mind. Microchipping greatly increases the chance of a lost cat being reunited with its family, and we encourage all pet owners to take advantage of this vital service.

Whether you're looking to adopt, support the TNR programme, or simply learn more about the work we do, please get in contact via the details below. The sanctuary may not shout about its existence, but our team's quiet dedication makes a loud impact on the lives of the cats it serves.

For more information or to support our work, get in touch and discover how you can help make a difference — one paw at a time.

Charlotte, Centre Manager

www.felinecare.org.uk

info@felinecare.org.uk

07943 776682



History Lesson - Banham's Pub's

Episode 3 – The Brickmakers Arms (Queens Head)

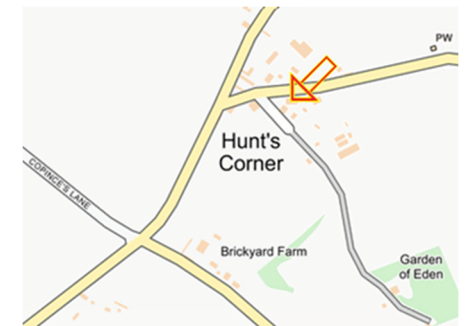
There was a pub situated at Hunts Corner from c1851 to 1951. It was known as the **Queens Head** until c1877 and thereafter the **Brickmakers Arms**. It is now a private residence called Kiln House. One of the licensees was Jonathon Hunt, a brickmaker, and this business gave Hunts Corner its name.

All licensees were very industrious, holding a second trad, George Holl was a watchmaker, Roger Nudds was a carpenter, Thomas Gibson was a farmer, George Robinson just relied on his earnings as a publican for 34 years until he died, still in harness at age 81.

Mrs Robinson sold the household furniture and outdoor effects by auction, Saturday 7th April 1951. Breweries: Youngs, Crawshay and Youngs.



Coroners' inquests were often held in local pubs. There is a record that in 1943 the inquest into the death of Alfred Clare Smith (55), horseman of Overcroft, Banham, was held here. Mr. Smith was involved in a collision with a lorry whilst cycling on the afternoon of Monday 18th October 1943.



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



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