

What's On ISSUE 4: JUNE 2025

News

Events





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1 00. Watson

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Hi Everyone, this months editorial is supplied by Guy, one of our committed members, and Chair of Banham Community Centre.

As traction for the Newsletter gathers pace, please don't forget to submit suggestions, ideas, events and anything you think the village should know about.

The Team,



Keep the ideas and suggestions coming!

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 July 2025 issue is Monday 16th June

NB.The inclusion of an advert or article in the publication, does not constitute any endorsement by the Editorial

Info@banhamnews.co.uk





Editorial

Welcome to the June edition of Banham News! I thought I'd tell you about a some less well known history about our wonderful village, in particular, "The Lost Knight of Banham"! The Lord of the Manor of Banham was always a grey area in the early 13th century and this gave rise to "Greys Manor" directly opposite the Community Centre. In the village church of St Mary the Virgin there lies a tomb with no name. It is commonly believed to be that of (Sir) Hugh Bardulf. Born Sir Bardolph Huguenot to a patriarchal barony dating back to the Norman conquest, he was a favoured knight of King Richard the Lionheart during the third crusade. He fled Portugal during the first purge on the Knights Templar by the Catholic Church after the siege of Tomar in 1190, changing his name to Hugh Bardulf and lived as a commoner in his familial Barony manor of Banham until his death in 1203 under King John Lackland. It was essential in the medieval period that every manor had a Knight or Baron to protect the population from oppression, but fearing persecution, Sir Bardulf hid in plain sight and Banham was now lacking. This situation gave rise to the ancient tradition of "Knight for a Year". A yearly event held at the end of harvest where suitors from the village ran a gamot hoping to earn the coveted title. Ever wondered where the BBC got the idea for "It's a Royal Knockout"? Entry was the usual workers tax of either 5 ears of corn or one shilling. The prize? To be the "Knight of the Manor 'til next harvest's end, to include a meagre stipend of one flagon of ale per month" (ref. Magna Carta). It has long been believed that this yearly event was traditionally held on the jousting field behind the old Kings Head Public House, a 14c Ale House. It is our plan at the inaugural "Banham's Big Bash" on August 16th at the Community Centre, to reintroduce this ancient rite of passage and we require a minimum of 10 potential suitors to apply. To enter, please register your interest at the bar in the Community Centre, with your £5 entry fee (Modern equivalent to a medieval shilling). On the day, bring with you your assistant to guide you through (modern equivalent to a serf!). 1st prize: The title of "Knight" for a year, (VIP) front row seat for the evenings musical entertainment and one pint per month in the bar. Last prize: 5 minutes in the village stocks! A "pail o' dwyles" or bucket of beer soaked rags will be provided! Stay tuned for more exciting news on Banham's Big Bash.

Regards

Guy Taylor

Contact details are:

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

Your Garden This Month

In the Garden

- Lift and store tulip bulbs after flowering
- Give wisteria its summer prune, cutting long sideshoots back to 20cm
- Plant up a new tropical display with tender exotics, such as ricinus, coleus, cannas
- Support tall-growing perennials, like hollyhocks and delphiniums
- Continue planting summer bedding and water to help plants establish
- Cut back spring flower perennials such as pulmonaria for fresh foliage
- Tie in stems of climbing roses horizontally to encourage more flowers
- Take cuttings from pinks and carnations, selecting non-flowering shoots
- Pinch-out the tips of fuchsias and bedding plants for bushier growth
- Give container displays and hanging basket a regular liquid feed
- Fill any gaps in borders with pots of tall bulbs, such as fragrant lilies
- Prune late-spring or early-summer shrubs after flowering
- Add marginal plants such as arum, marsh marigolds around your pond

On the Allotment

- Plant out sweetcorn arranging plants in blocks to aid pollination
- Cover developing and ripening fruits with netting to protect them from birds
- Enjoy the last harvests of asparagus then leave the ferny tops to grow
- Put mulch around crops such as beans and courgettes to hold in moisture
- Check for woolly aphids on fruit trees, treat with a soap-based spray
- Water vegetable and fruit in containers regularly in sunny weather
- Go on regular snail hunts on damp evenings, to reduce populations
- Tie in new shoots of raspberries and other cane fruits
- Apply tomato feed regularly to fruiting veg crops
- Plant up an edible hanging basket with trailing tomatoes and herbs
- Rejuvenate chives by cutting the clump down to the base
- Water beans and peas as they start to flower
- Pull out any raspberry canes sprouting up out of their dedicated area

With Thanks to Mel Jay

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Get Involved



OPEN GARDENS 2025

Calling all Banham Gardeners You may have a large garden, or it may be small.

It may be beautifully tidy, or you may be into rewilding.

Whatever your garden is like you may wish to share it and consider it for opening on June 7th or 8th this year following on from the huge success of Open Gardens 2023.

If you are interested or have any questions, please contact:

Banham Village Community Hub 07967803655



Banham Village ^{Community} Hub

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 Arty Crafty Activities Free Book Swap

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





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 isnt 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.

FIRST STEPS TO MOVEMENT FOR WELLBEING

Starting Tuesday September 24th 12 Noon - 1pm

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Local Clubs

Banham Baby Toddler Group (0-5yrs)

June 16, July 21 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: <u>steph@integrateyfc.org.uk</u> Website: integrateyfc.org.uk

Your Community Centre From the Chair

Hello readers, welcome to my last "From The Chair" before handing over to the next incumbent of Banham Community Centre Association. I would like to pass on my thanks to all committee members of the BCCA, both past and present, for their help and hard work in rescuing our wonderful Community Centre from the brink of collapse in February last year. Together we have transformed the Community Centre from an underused and struggling space to a veritable hive of activity in the centre of the Community. With a sustainable energy source and a fair, even and competitive hire rate, the Centre is now future proof and on the up! I will still be involved in the inaugural Banham's Big Bash, but for now, I wish the next Chair and their Committee the very best of luck and look forward to hearing about their activities within these pages

Guy Taylor, BCC Chairman

New BCCA Committee

In light of the resignation of several members of the current committee, at the recent AGM, there are now openings to fill those roles.

If you believe that you have the right skills, dedication and determination to take the Banham Community Centre forward in its journey, then please put your name forward, to the Secretary.

The current positions are:

Chair Person

Vice Chair

Bookings Officer

Committee Members.

Please send your details to

BCCA Secretary Debbie Keith at

debrakeith79@gmail.com

If you have not already done so, please visit our website, where we will be posting even more content and information. So if you have something to say or share then get in touch.

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News From The Pews

A few years ago, I had the great privilege of being part of an international group of people who were attending a pilgrimage. It was wonderful to hear all the different languages spoken although a bit difficult at times to communicate to everyone if they couldn't speak English. The main services were led in different languages, but the Lord's prayer was said all together with people saying it in their own language. It was rather moving to hear this and it gave me an insight into what it may possibly have been like on the first Pentecost Sunday (otherwise known as Whit Sunday) which we will be celebrating this year on June 8th.

Pentecost is the annual feast that closes the Easter season which is celebrated 50 days after Jesus' resurrection on Easter Sunday. As it is recorded in the Bible it was during this time that the Holy Spirit descended on Jesus' followers and as they met together and worshipped God they all spoke in their own native language. People though were able to understand what was being said as there were interpretations of the different messages. No doubt it was a joyful and memorable experience for all those present as people rejoiced in the gift of Jesus being present within them through the outpouring of the Holy Spirit.

I perhaps got a glimpse of what it may have been like during that first Pentecost as I attended that pilgrimage. Pentecost is a significant celebration within the Church's year as we celebrate the birthday of the Church with the gift of the Holy Spirit, and you would be most welcome to come to celebrate it with us.

As Christians of course we also believe that the Holy Spirit is present within the Church today and is present with all God's people wherever they live and whatever language they speak. May God bless you and may you find inspiration, wisdom, encouragement, peace and joy within your own lives too.

All good wishes to you all.

Reverend Sarah Walsh (Priest in charge of the Quidenham group of parishes) Tel. 01953 571549 or <u>revsewalsh967@gmail.com</u>

Services during June

- June 1st 10am Group service at All Saints, Wilby with Bishop Ian (Bishop of Thetford)
- June 8th 09:30 Holy Communion at St. Mary's, Banham
- June 15th 09:30 Morning Prayer at St. Mary's Banham.
- June 22nd 09:30 Holy Communion at St. Mary's, Banham
- June 29th 10am Group service at St. Mary's, Banham



Although the Friends can't promise the amazing weather (too hot for some!) that we had during the Coronation Open Gardens in 2023, we can promise a great weekend this year, with

20 gardens open,

Craft Stalls in the Church on Saturday and Classic Cars around the village on Sunday.

The event is part of Banham's celebration of the anniversary of VE and VJ Days and a display to mark this can be seen in the Church over the 2 days.

There will be 12 Gardens open for the first time this year - plus 8 of the most popular in 2023 which are opening again.

Refreshments and a toilet will be available in the Church throughout, there will be a plant stall on The Green and some of the gardens will also offer refreshments.

Programmes are £6 for adults, under-12s free. Available from the Church and the plant stall, and also, all the gardens will have a few.

Please note: the programmes are valid for both days.

The programme will show a map of the village with all the gardens marked - and a brief description of each garden. Some gardens are very central, others are further from the centre. There is some parking at or near those that are furthest out.



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 to-gether and to raise funds for the Friends of Banham Church.

Flower Quiz

-%

Can you work out the Flowers, from the clues below.

1.	Mrs Bucket	A1
2.	A Chocolate Treat	A2
3.	Popeye's Offspring	A3
4.	She'll Look After Your Hands	A4
5.	Hand Warmers For Reynard	A5
6.	A Chain For The Explorer	A6
7.	Edward VII's Jersey Mistress	A7
8.	Milk That's Condensed	A8
9.	Put That In Your Pipe And Smoke It	A9
10.	Sky Coloured Peelers	A10
11.	Lent Lily	A11
12.	Harlequins Partner	A12
13.	What The Japanese Throne Is Called	A13
14.	She's Close To Her Pupil	A14
4 5	•	
15.	It's Always The Best Policy	A15
15. 16.	·	A15 A16
-	It's Always The Best Policy	
16.	It's Always The Best Policy He Fell In Love With His Own Reflection	A16
16. 17.	It's Always The Best Policy He Fell In Love With His Own Reflection Cilla In The Garden	A16 A17

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	Deadline for
	entries, 12th
Contact	June



Website: www.banhamnews.co.uk

Community Centre

August 16th Banham's Big Bash! Music, Beer and Fun Fest. Look out for more info

Events



FREE ART EVENT: 7-8th and 14-15th JUNE 2025

FREE ART TRAIL CELEBRATES A CREATIVE CORNER OF SOUTH NORFOLK

Artists open their studios to visitors across eight villages in South Breckland

Eleven visual artists living in South Breckland are uniting to showcase their work as part of a free art trail in June. Visitors are invited to meet the artists in their studios whilst enjoying the beautiful local landscape.

The trail includes printmaking, painting, pottery and sculpture, with artists displaying finished works for sale. It also offers a rare glimpse of the artists' busy working environment as they share works in progress.

The trail takes place across Old Buckenham, Banham, East Harling, Garboldisham, North Lopham, South Lopham, Fersfield and Bressingham. ALL ENQUIRIES TO: lorastimson@gmail.com



Gemgray Dog Training Fun Dog Show % of the profits to SANDS Saturday 5th July @ The Barrel in Banham (NR16 2HE) Entries from 11am first class 12pm Stalls, bouncy castle and more



Stillbirth & neonatal death charity

Have a go rings Inc Agility and Hoopers NO BANNED BREEDS ALLOWED



... with Breckland Classic & Retros

8 June 2025

Enjoy some classic and retro cars around the village while you enjoy the Open Garden event. Refreshments will be available throughout the village and the day Volumitary Entry fee of £5/10 per car. All funds raised to support The Friends of Banham Church. FoBC support the fabric of the building and ensure it remains a hub of activity for the whole village. Instagram: @southbrecklandartists



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

Breckland Classic and Retros

An Article From Our Resident Celebrant

Hello my Name is Julie Taylor and I am an Inclusive Independent Celebratory Celebrant. I live in Banham and have done so for over twelve years and feel a sense of community, like no other village I have lived in before. I have had the pleasure of delivering Wedding Ceremonies at both Venues in our great village, Applewood Hall with it's gorgeous ceremony room and our very own Community Centre with it's Main Hall that can be transformed into a beautiful venue with it's ceiling swags. Applewood Hall have regular Wedding Fairs, where you can find many local suppliers, for example, florists, cake makers and vehicle hire companies. Banham Community Centre in the heart of the Village has two halls with kitchens, a public bar open regularly and a private bar for hire in the larger of the two halls. I trained at The International College of Professional Celebrants, a week in North Yorkshire on a residential training course and a year completing a level 3 Qualification remotely in Civil Celebrancy. What I love about being a Celebratory Celebrant is that there are no limits to the Celebration we can create together, no restrictions and anything goes! I have experience in many different roles, having learnt so much from and about people, with all our differences. We all want to be loved, included, accepted and respected for all our choices, which makes us all beautiful and unique in our own way. I am a compassionate, sympathetic, passionate and empathetic person, which will reflect in the Celebrant led Celebration I write and create for everyone I meet, their unique Ceremony will be bespoke and personal to them. I chose to call myself Dragonfly Celebration as Dragonflies mean so much to me in my life, their transparent wings reflect and refract light producing rainbows, as in life nothing is black and white but full of colour. In almost every part of the world, the Dragonfly symbolises change, transformation, adaptability and self realisation. The change that is often referred to has its source in mental and emotional maturity and understanding the deeper meaning of life, in all of us. When Creating the perfect Ceremony for couples I ask them to tell me their love story and together we make it a special celebration tailored to reflect their personalities! Your

Celebration Your Way, with your beliefs, needs and personality at the forefront. At the moment Celebrants can not complete the legal paperwork but that is hopefully changing in the near future with the marriage reform law being reviewed. Once the legal document has been

purchased a Celebrant can conduct a personalised Ceremony anywhere of the couples choosing and have any content they wish. As well as Wedding Ceremonies with your chosen content i.e symbolic rituals etc, a Celebrant can also write, create and deliver Celebrations of Life, Vow Renewals, Baby Naming Ceremonies and any milestone you wish to celebrate, anywhere and with any content of the families choosing.



Feel free to contact me on

dragonflycelebration@gmail.com to discuss your celebration with no obligation.

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









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Dear Friends,

It's been a busy month! With over 800 runners joining us at our annual Run for Wildlife event and a busy May half-term period, it really feels like the summer season has truly arrived at Banham Zoo!

As we look ahead, we're especially excited to invite you to one of the biggest events on our summer calendar – Zoo Do, taking place on Saturday, 14th June.

Join us from 5 – 9pm for a special evening at the zoo, and experience an unforgettable night filled with live music, mouthwatering food from local vendors, and unique animal encounters. It's the perfect way to spend time with family and friends while celebrating wildlife and supporting conservation.

Even better – we're giving you the chance to win tickets to our sell-out Zoo Do event! To enter:

Follow us on Facebook or Instagram @zseabanhamzoo

Send us a message with the words "Banham Community Prize Entry"

The competition closes on June 10th, so don't miss your chance to join us at this amazing event!

With the sun shining and the zoo full of life, now is the perfect time to visit Banham Zoo and experience all we have to offer.

Our playful maned wolf pups are growing fast and keeping both their parents – and our visitors – on their toes! Our penguins are also making a splash in their newly renovated habitat.

Every visit, ticket, and donation helps us care for our animals and continue our important conservation work. Whether you're planning to join us at Zoo Do or just popping in to see our incredible animals this summer, we can't wait to welcome you for another season of unforgettable memories at Banham Zoo.

Josh Hunter-Harl

Sales and Marketing Director



SCHOOL SUPPLIES WORD SEARCH 🍅

Find and circle the words in the puzzle below. Use the word bank at the bottom of the page to help you.



1.1

ROLBRLXQHJCRAYONSSBJD DSCISSORSHZVIHBPYGMTA M | F U D B D E U P G U H K A Z A R L V | ADORSHARPENERWCVGPUUX R M L D U B J B I N D E R H K R I H E D E K W D U X L G T V C W Z B H P N V Y R R E EGEFYYEDVIEDLLAQSZUBR RIRZEUHROLUIHTCWLDCEA SZHIGHLIGHTERSKHIMTNS O V B D L B W Q S T A P L E R T A X D O E PAPERCLIPSKVBOELHMTDR S D Y R C D V Z O D N O T E B O O K H D V

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Parish Council News

The April meeting of the Banham Parish Council took place on Thursday 3rd April 2025.

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

The Parish Council were very sad to hear about the vandalism which occurred at the Banham Primary Forest School, particularly when considering the amount of funds, and time and effort which had been put into this by both the school team and children alike. The Chairman proposed making a £300.00 donation to assist with the 'reinstatement' of the forest school, and this was approved by the Parish Council.

The cleaning of the War Memorial was discussed when considering the approach of V.E Day in May. It was acknowledged that quotes for the cleaning of the war memorial were in the region of £4000.00 to £5000.00, and given the rather excessive amount, and in order to save funds for Banham residents, it was decided that the Parish Council members would look to hire the necessary equipment to allow a 'delicate' clean of the memorial. Unfortunately, the clean will not take place before V.E Day however, efforts would be made to do this within the next month or so, and regular reviews of the memorial will take place going forwards.

The Banham Community Hub continues to be a social place for the residents of Banham. The previous course of 'Wellbeing Classes' had come to an end, and funding was already being sought for the next round of sessions due to the great success and attendance to date. It was agreed that if funding could not be put in place in time, then Banham Parish Council would help to fund the further sessions given it's success to date. Loneliness awareness week takes place between the 9th to the 15th June, and the Hub will be taking part in this. Plans are also in place for a further CPR Class in 2025. Finally, the Parish Council are proud that Banham will now become one of Breckland's 'Mindful Villages'. This means that Banham offers a place for people to attend a comfortable and safe space where they can have an open conversation about their mental health and talk with locally trained individuals offering support. The Parish Council would like to thank the whole team at The Banham Community Hub, who give their time selflessly every week, and provides such an invaluable service to the residents of Banham. For more information on the Community Hub, please go to the Banham Community Hub Facebook page, call 07909 505831 or email banhamvillagehub@gmail.com.

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 street lights or potholes, please email Michelle Jones on **banhamclerk@outlook.com**.





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venture, and without them this publication would not be possible.

Banham News Team

Recipe of the Month

Norfolk Plough Pudding

Ingredients

- 2 tsp butter for greasing
- 225 g self-raising flour, plus extra for dusting
- 1 pinch salt
- 85 g light shredded vegetable suet
- 400 g good-quality pork sausagemeat
- 8 rashers streaky bacon, chopped
- 1 onion, chopped
- 8 fresh sage leaves, chopped
- 1 tbsp light brown soft sugar



Method

- Generously grease a 1-litre pudding basin. Sift the flour and salt into a large bowl, add the suet and mix together. Gradually add about 7 tbsp cold water to make a soft but not sticky dough.
- Roll into a ball, tip onto a lightly floured surface and knead briefly. Cut off a third, wrap in clingfilm and set aside. Roll out the remaining two-thirds of the dough to a thickness of 1cm and use to line the pudding basin.
- In another large bowl, mix together the sausagemeat, bacon, onion, sage and sugar.
 Season with salt and freshly ground black pepper. Place in the lined pudding basin and add enough stock to cover the meat filling.
- Roll out the reserved pastry. Cut out a circle the same size as the top of the pudding basin, then place it on top of the pie, pressing the edges together to seal. Cover with a circle of lightly buttered, pleated baking parchment and top with a large sheet of pleated kitchen foil. Secure with kitchen string, making a loop for easy removal.
- Place an inverted heatproof plate in a large pan and put the basin on it.
- Pour in enough boiling water to come two-thirds of the way up the sides of the basin.
 Cover and steam for 3 hours, topping up the water regularly.
- Carefully remove from the saucepan and leave to cool for 10 minutes.

Norfolk Plough Pud, was historically baked for the field workers of Norfolk to come home to from a long day in the fields, traditionally made in a bowl like a steak and kidney pudding completely surrounded by suet pastry. For those of you slightly wary of suet pastry, believe me it is in fact the easiest pastry to make, not least because of the little nuggets of suet we now have courtesy of Atora which saves much 'rubbing' in of flour to fat, suet pastry is literally simply stirred together.

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



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NHS Hospital Car Scheme 03332 404100

Crown Way 15:20—15:50 Apple Close 15:55—16:35 The Green 16:40—17:05 June 4th, 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 01953 887327

Breckland Council 01362 656870

Registrars Office 0344 8008020

E. Harling & Kenninghall Surgery 01953887208

Norfolk & Norwich Hospital 01603 286286

Citizens Advice Bureau 03444 111444

Anglian Water 08457 145145

Eastern Electricity 08007 838838

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

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

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

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

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

Contact us at info@banhamnews.co.uk

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

ATHE CINNAMO

Charity Spotlight

The national charity for older people, the terminally ill and their pets

For the love of pets

You may have heard about **The Cinnamon Trust**, but if not, we're proud to share we're the only national charity helping older people, the terminally ill and their pets.

With the help of thousands of volunteers nationwide, we offer hands-on assistance whenever pet care becomes a struggle. From walking dogs, brushing cats to driving pets to the vets, our volunteers lend a caring hand to ensure beloved companions get the love and care they deserve.

Our compassionate volunteers also provide temporary foster care for pets when their owners are in hospital, offering a safe and loving home until they can be reunited.

Besides the day-to-day practical support, we also provide forever homes for pets whose owners have made prior arrangements with us before moving into a nursing home or, sadly, passing away.

This process is called Pet Profiling and gives owners the peace of mind that their companion will always be loved and looked after.

We never rely on kennels or catteries

All Cinnamon Pets are cared for with the utmost dedication, either by carefully choosing a new forever foster home that suits their needs or, if more appropriate, by welcoming them into one of our two home-from-home sanctuaries.

This year, we're celebrating our 40th anniversary, a milestone that continues to celebrate the deep, precious bonds we share with our pets and the power of community to help preserve these connections for as long as possible.

> For more information or support: cinnamon.org.uk 01736 757 900



DID YOU KNOW?

Our supporters and volunteers can also become Forever Fosterers. Forever Fosterers provide a permanent loving home for pets entrusted to us by owners who Profiled their pets.

For all our Forever Fosterers, we cover vet bills, provide holiday care for their pets, and offer 24/7 support. We also have two homefrom-home sanctuaries, one in Cornwall and one in Devon.



History Lesson - Banham's Pub's

The Kings Head

The Kings Head was situated on Kenninghall Road, and opened from c1861 to 1985. The original building is very old and thought to date back until 1380. It was grade II* listed in 1984 and restored in 1999 by Norfolk Historic Buildings Trust. The details can be found here: <u>https:// historicengland.org.uk/listing/the-list/list-</u> <u>entry/1342453.</u> The adjacent photo shows the building (right) before restoration. You can see it as it stands now immediately to the right of Banham Community Centre (BCC).

The business moved to 'new' premises in the early 1900s (see adjacent photo). The pool team was still in action in March 1985 and the darts team relocated to the Cider House (Garden House) for the season commencing 12th April 1985. The 'newer' premises where demolished to make way for BCC. By this time both buildings were in a state of decline as can be seen in the upper photo.

Beer sales in 1961 were given as 115 barrels. Breweries were Youngs, Crawshay and Youngs, Bullards, Watney Mann.

The Horse and Harness

The Horse and Harness bar was situated in the Appleyard, where the Trawlers Catch fish and chip shop is today. It was open between 1993 and was still open in 1997. The business comprised a bar and restaurant.

The first licensee was Sue Joslin. Eve and Dave Charles took it over in 2007. There are no records of when it closed.





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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