



Banham NEWS



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Art work by Tina Edwards

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What's On

News

Issue 16: June 2026

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Its always a pleasure when people send us information about events, groups or community updates. This past week or so has seen a Charity approach us to see if they could be featured, and only this week I bumped into a small charity whilst out shopping, they will be highlighted in a future publication. We also received an updated list for the Mobile Library Service, which hopefully will prove useful to many.

It very much feels like a turning point, where people can see the benefit of the newsletter, and really want to start contributing, and don't forget, the more you send us, the more people know, and of course it helps us to fill the column inches!!

So don't forget, send us your stories, news etc and keep everyone aware.

www.banhamnews.co.uk.

We hope you enjoy this edition

The Editorial Team



If you have a smart phone, you can now access all back issues, simply using this QR code

Newsletter Notes:- Items to the Editor, info@banhamnews.co.uk
To place an advertisement, or content, please contact info@banhamnews.co.uk
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Editorial

Welcome to the June edition of Banham News! June is of course the sixth month of the year in the Gregorian calendar. It signifies the start of summer in the Northern Hemisphere and is historically named after the Roman goddess Juno, symbolizing marriage, youth, and fertility.

As I write this, we have just had a heavy downpour of rain and hailstones but looking out into my garden I can see youth and fertility as plants and flowers are burgeoning into life. Birds can be seen with insects and food for their young and our local cuckoo is out calling to attract a mate.

The talk by Jo from Phoenix Birds of Prey last month was amazing, and one thing really stayed with me. Many birds of prey are hit by cars when feeding on roadkill, and on many occasions, that roadkill was attracted to the road because of food discarded by people. Similarly, when you see a bird of prey hovering by a major road it is often looking for rodents that are attracted to food on the roadside. This has never struck me before, but it makes sense.

Walking around I have seen many lambs and even calves and a foal. She was so beautiful as she gambolled around on her long legs. Please remember to keep dogs on leads and remember that cows are very protective of their young and can kill dogs and even humans.

Last month I ran the Banham Zoo 5k, it was a lovely route through the zoo to see some animals (those which would not be bothered by 200 runners thundering by). It was a warm day but there was lots of shade, so I got a good time (for me). It reminded me how lucky we are to have the zoo in our village which in turn brings visitors to other businesses.

Well, I'll sign off now. I hope you all have a great summer and enjoy all that our area has to offer.

Remember, we are always on the lookout for events to advertise so if you are an organiser, please add 'tell Banham News' to your event checklist.

Mel Jay - Secretary



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

Flora and Fauna

What to Look for in June

Famed for its small lakes, known as 'meres', East Wretham is one of the last areas of Breckland heath. The water levels of the meres change drastically as they are fed from groundwater in the chalk below. The meres attract wildfowl when full, and passage waders at lower levels when the muddy edges are exposed. **Please keep your dog on a short lead to protect ground-nesting birds.**

Key Plant Species to Spot:

- **Heathland/Grassland Flowers:** Viper's bugloss (striking blue flowers), Harebell, Dwarf milkwort, Perforate St John's-wort, and Common bird's-foot-trefoil
- **Orchids & Specialised Plants:** Southern marsh orchid, Pyramidal orchid, Betony, and Heath bedstraw
- **Rare/Breckland Specialists:** Early forget-me-not, Mossy stonecrop, Wall bedstraw, and Smooth rupturewort
- **Around the Meres (Langmere & Ringmere):** Reed canary grass, Amphibious bistort, and other water-tolerant species

Key Birds to Spot

- **Stone-curlew:** A key Breckland breeding species
- **Woodlark & Tree pipit:** Often found singing in the woodland edges
- **Willow warbler & Wheatear:** Active in the heathland areas
- **Waterfowl:** Keep an eye on Langmere for Little Grebe, Shoveler, Gadwall, and Teal

Key Mammals & Reptiles to Spot


- **Rabbits:** Abundant across the site
- **Stoats:** Often seen hunting rabbits on the open grassland
- **Deer:** Roe and Muntjac deer are frequently spotted
- **Reptiles:** Adder, Grass snake, and Common lizard can be seen in sunny areas

Insects & Flora to spot

- **Butterflies:** Species such as the Essex skipper
- **Dragonflies/Damselflies:** Look for Keeled Skimmers and Norfolk Hawkers

You will also see Exmoor Ponies and cattle who graze the site to maintain the habitat

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Banham Blog

Early Banham, Tudor times and Kenninghall Place Part 2

Further outside the village stands Banham Hall which dates back to late 14th century so possibly built during the reign of Elizabeth the First. The Guildhall next to The Green (now two residential cottages) also dates back to that period. The quaint old buildings now surrounding the Green may have been built to replace earlier, even older buildings. The church itself may also sit on a site which has been used as a place of worship for well over a thousand years. The geography of the site, being slightly raised up above the surrounding flat area, would certainly suggest this. Moreover, County records show that Mesolithic, early Neolithic and Bronze Age blades, flints and spearheads have been found in and around the village.

Banham, Kenninghall and the surrounding area was an important location during the reign of King Henry VIII. The original meaning of Kenninghall is 'King's House' historically thought to refer to the royal seat of Queen Boudicca and East Anglian Kings. Along with other theories, it is believed that Viking's Mound in Quidenham could possibly be the burial site of the Iceni Queen herself!

Approximately two miles as the crow flies from Banham, across the fields, between Banham and Kenninghall, lies the site of Kenninghall Place. This was once a grand house and the country seat of Thomas Howard, Third Duke of Norfolk. He was the uncle of Anne Boleyn and Catherine Howard, second and fifth wives of Henry VIII. Fans of Dame Hilary Mantel's novels will know that he was one of the most powerful noblemen in Tudor England and was instrumental in the downfall of Cardinal Wolsey and Thomas Cromwell. Moreover, he also presided over the trial of his niece, Anne Boleyn. It is not inconceivable to imagine that King Henry himself might have visited Kenninghall Place for a weekend of deer hunting with the added attraction of the company of the Duke's young nieces!

After falling from The King's favour in 1546, The Duke was stripped of his Dukedom and he and his son (who was later executed) were imprisoned in the Tower of London. His home at Kenninghall was seized and a detailed inventory of the house and its possessions was recorded. The house was then given to The King's daughter, Mary. Fortunately for the Duke, The King died the day before he was due to be executed!

After a short reign, Mary Tudor's young half-brother Edward VI died and 'Bloody Mary' (as she was named by her protestant opponents) declared herself to be Queen from Kenninghall and ascended to the throne.

Continued on Page 27

Get Involved

Community Wednesday Cafe

Banham Village Hub

BETWEEN 10AM AND NOON
IN THE SMALL HALL
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CUPPA AND CAKE
Enjoy a welcoming free cup of tea, coffee or hot chocolate and freshly baked homemade cakes.

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Flyer with map available at various local venues
or download from our website southbrecklandartists.co.uk



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

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 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

Mobile Library

Crown Way Apples Close The Green
15:20 15:55 16:40

June 3, July 1, July 29, Aug 26, Sept 23
Oct 21, Nov 18, Dec 16

Knit & Natter Crochet & Chatter

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

Well Being

Community Centre
Every Tuesday 11:45—13:15

Rise Fitness

Monday 18.00-19.00 - Circl Mobility - Banham Barrel
Tuesday 18.15-19.15 - Bootcamp - Banham Barrel
Thursday 08.30-09.30 - Circl Mobility - Banham Barrel
Thursday 20.00-20.50 - Bootcamp - Online
Saturday 0900-10:00 - Bootcamp - Banham Barrel
Pre booking is a must.
07928 223962

Friday Club - Rowancroft, Kenninghall Road

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

Kenninghall Garden Club Plus

Talk from the Suffolk Owl Trust (no live birds)
Thursday 5th March in Kenninghall Village Hall at 7.30pm
Contact: davidmorton132@btinternet.com

Banham Pickleball Club

5:30pm-7pm Fridays.
events@banhamcommunitycentre.co.uk

Banham Badminton Club

8pm-10pm Mondays and Thursdays.
Contact Adam 01953660281
adam@adampower.co.uk

Banham Toddlers Group 10 till 12

Friendly group for 0-5 year olds £3 per family inc snacks, 18th May, 29th June, 20th July, 17th Aug, 14th Sept, 12th Oct, 9th Nov, 7th Dec.
banhambtg@gmail.com

Local News



Banham Village Hub

SUNDAY 7TH JUNE
12NOON - 2PM

BANHAM
VILLAGE GREEN

As part of the Eden Project, we are bringing a Big Lunch to Banham. Bring a chair or a blanket, bring food to share, and bring your family. Cakes and beverages will be available for which we will invite donations.

WHAT'S HAPPENING

Banham Parish Council's Community Award presentation 12:45
Morris Dancing between 1 and 2pm



Bringing the Community together for freindship, fun and food

Thank you to the Friends of Banham Church for supporting us

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Banham Village Hub

WOMENS SELF DEFENCE

SATURDAY 30TH MAY
BANHAM COMMUNITY CENTRE
10 - 11AM

Protecting yourself starts with knowledge. Learning to identify and avoid potential threats – and knowing how to defend yourself when necessary – can give you the confidence to feel safe in your every day life.

Poppy will be leading the workshop. It is free to attend but donations are welcome.

Spaces are limited so booking is essential. Contact us to book via email or mobile – see bottom of poster.



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News From The Pews

There are some people who achieve remarkable milestones within their lives. One recent person of course is Sir David Attenborough who has not only reached an amazing age of 100 years but over seven decades documenting the natural world with great energy and enthusiasm. He revolutionised wildlife film-making through series like Life on Earth and Planet Earth and has evolved from being a pioneering explorer into a prominent advocate for environmental conservation and climate action. It was wonderful to watch the celebrations of his 100th birthday from the Royal Albert Hall and it is very clear that he is very widely considered a national treasure in the UK although he apparently does not embrace the term.

Sir David Attenborough's life is not only historic in what he has done but reaching the age of 100 is also an incredible milestone, especially when one considers all the things that he has lived through.

Within the Bible there are many references with regard creation which begins in Genesis with the wonderful passage that states how when he had finished creating the world he saw it all and it was very good. (Genesis 1:31). Later in the Bible we hear the words: O Lord, how manifold are your works! In wisdom you have made them all: the earth is full of your creatures (Psalm 104:24).

The legacy of Sir David Attenborough has brought these words found within scripture real and relevant to us in the 20th and 21st Centuries. All around our villages there are some beautiful countryside, and one has to marvel sometimes at the wonder of its creation. Sir David Attenborough though has given a whole new insight into the wonders of the created world. It was then a real joy to see many people within the nation to show their appreciation and thanks for him on his 100th birthday. I am sure his discovery and research will live on in the years to come to help everyone care and love this planet. Let us thank God for this beautiful world.

Here is the list of services for June. You are most welcome to come to any of these if you would like to. If you want to contact me or another member of the ministry team about anything pastoral then my contact details are: Reverend Sarah Walsh Tel. 01953 571549 or revsewalsh967@gmail.com

Services during June

June 7th – 10am Group service at All Saints, Wilby

June 14th – 09:30 Holy Communion at St. Mary's, Banham

June 21st – 09:30 Morning Prayer at St. Mary's, Banham

June 28th - 09:30 Holy Communion at St. Mary's, Banham

Get Involved at The BCC

BLOOD, SWEAT AND FEARS

A gripping evening in the company of Mary Newton, a retired Forensic Scientist. Listen, while she tells of how criminals are caught using DNA, and some of the high profile cases she has worked.



JUNE 6TH AT 8:00PM

BANHAM COMMUNITY CENTRE

TICKETS £8



Book online to avoid missing out. Tickets also available at Banham Post Office. All funds raised are to help Banham Community Centre
<https://www.zeffy.com/en-GB/ticketing/blood-sweat-and-fears-with-mary-newton>



<https://www.zeffy.com/en-GB/ticketing/jive-night-with-hi-definition>,
at the Post Office or pay on the night.

Please help to support these events, in order to raise much needed funds for your Community Centre, and also have a great time meeting up with friends, old and new. The last dance night was very well attended, so don't miss out.

Our Forensic talk on the 6th June is selling really well, so get your tickets now, and avoid being disappointed.

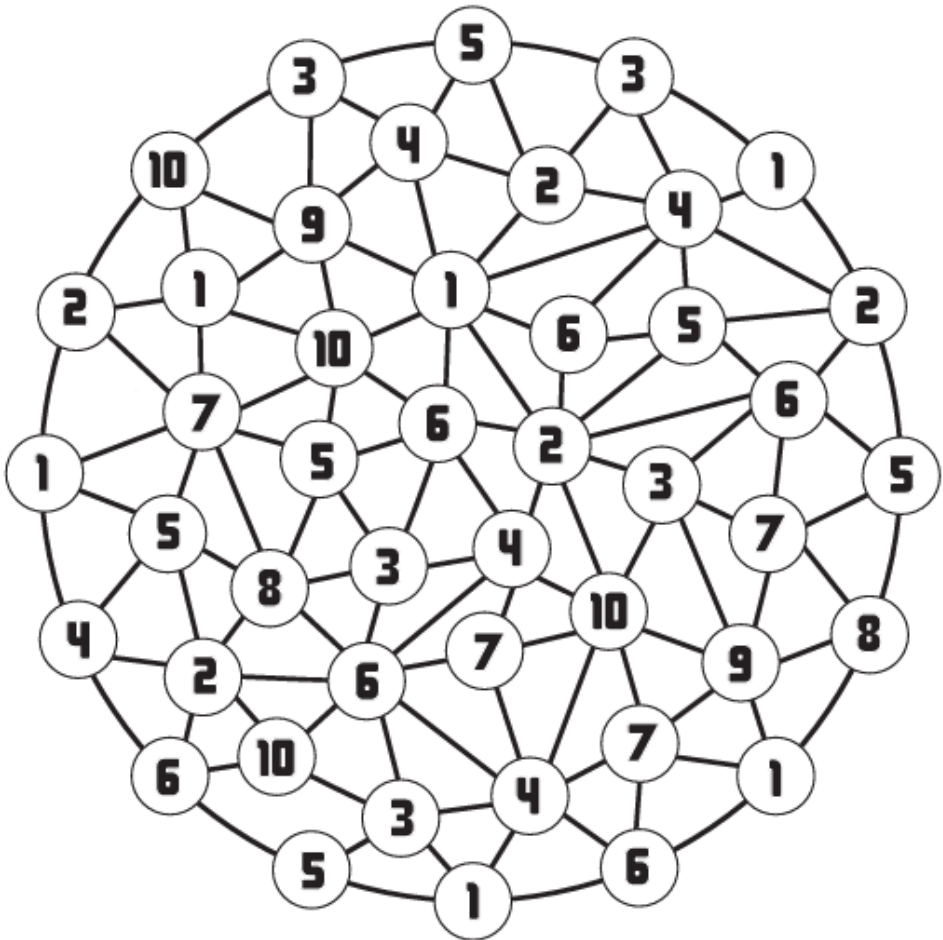
We want to hear from you, about what you want to see, already we have had a request to hold a 70's/80's night and a Psychic Medium talk, so, watch this space for more details.

Let us know what else we can do by emailing us:

events@banhamcommunitycentre.co.uk, dropping your suggestion in the Banham News box at the Post Office, or by talking to a committee member.

Coffee Break Quiz

CAN YOU CONNECT THE NUMBERS 1 TO 10?



*Make a direct path of numbers from 1-10
Find the answer on page 33*

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Upcoming sessions:

- 18th of May Nature celebration
- 29th of June Father's Day
- 20th of July Summer holiday
- 17th of August Summer holiday
- 14th of September - Autumn
- 12th of October- Halloween
- 9th of November - bonfire night
- 7th of December - Christmas

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A Day In The Life

VEIRA STUDIOS

Local Photographer and Musician James Veira

I wonder how many people know there is a photo studio in Banham? The back room of the Barrel is home to Veira Studios when it is not being used for music events!

As well as head-shots, portraits, working with musicians & models and creative pet projects, I also run workshops and group shoots. There is a growing community of photographers of differing experience and skill levels who come along to my group shoots, taking it in turn to work with a subject, experimenting with different lighting, angles, and colours to improve their skills, network, and get some fabulous photos into the bargain. Group shoots happen about once a month and I usually have 3 or 4 photographers attend, one even coming from as far as Leicester for an evening shoot! The subject is usually a local model but we have been known to host a large water tank and shoot with mermaids!

The last group shoot we had was with Kaci, a local makeup artist turned model, and we were experimenting with Mylar film for some cool lighting effects. Usually reserved for use in the greenhouse for its thermal and reflective properties, Mylar is great in the studio. It's brilliant for laying on the floor and bouncing light onto the subject and the background creating ripples of light, giving the effect of light bouncing off a lake or swimming pool.

We took it in turns to try different angles and coloured gels in the lights to get the effects we were after and the results were pretty impressive all round!

Running group shoots is very rewarding and fun. I love how everyone mucks in and helps each other out whether it's moving lights around, offering advice or operating the smoke machine for someone else's shot. No matter what your experience level is as a photographer there is always something to learn and a group shoot is a great place to learn new things. If you have ever wanted to get into portrait photography or learn how to use studio equipment then a group shoot is a relaxed fun environment to level up your people photography.

If you would like to find out more about group shoots, workshops or if you need any portraits, head-shots or product photography send an email to james@veirastudios.com for info and prices

Also I will be running some open days at the studio again in the warmer weather, an opportunity to get a free 20 min portrait session and photos for just £10 each.

James



Your Community Centre

Having missed my deadline for March/April, I'm playing catch-up here and will just refer back on events that affected the Centre back then (seems like ages ago already!). Like many households and businesses all over the country, we fell victims to the 'situation' of world events. Some of our hirers suffered from a lack of heating as our Trustees worked hard to secure fuel at a time when it became scarce and prices soared. We are grateful for the patience and understanding of those who were affected at that time. Going forward, we would ask all our hirers, current and future, to please ensure they pay particular attention to turning off any unnecessary lighting when using the premises. All bills are rising, and ours is no exception, so every little bit helps, as they say.

Thank goodness the warmer weather is just around the corner, with all the beauty of spring unravelling around us. Although as I write this, the weather has been very changeable, swinging from warm sunshine to freezing cold with hailstones and showers all day.

On April 1st our new booking system went live. So, now, if you want to hire either the small or main hall for your events, we ask you to go to our website www.banhamcommunitycentre.co.uk click on the bookings tab and fill in the online form. A password will be generated and linked to your email address. You will be able to check availability and input all your requirements. Once saved, your booking will automatically show up in the calendar/schedule as 'requested'. The Admin Team will receive notification of your request. They will check through the form, and if everything is in order, they will change the status to 'confirmed' and you can look forward to your event. You will be able to log in, any time, to check on your booking and edit it, if necessary, which again, will be confirmed by our Admin, if everything is in order. We are still adjusting to the new system, and apart from a few teething problems, it should save time and give our hirers much more control over their bookings, particularly our regular hirers.

Why have we installed this system? Basically, we are a very small committee of volunteers, and, although one member kindly stepped up to take over bookings, this amounts to a very time-consuming and specialised job. When that person is away on holiday or for any other reason, it is difficult for others to step in, gain access to the system, and understand how to use it. Which is the situation we found ourselves in. This new system allows a few members to have access and be able to confirm bookings, at any time when another member isn't available. We do understand that some people may not be familiar with the technological world we now live in, and, for this reason, there is a contact number on our website and here (07927452741) that can be used if you are not able to use our online booking system. Thanks to our committee member, Alan, for all his hard work getting the system up and running.

Meanwhile, we are now looking forward to our second jive dance-night on Saturday May 30th at 7.30pm. Our band is 'Hi Definition'. Look out for posters in the centre, around the village and in the post office.

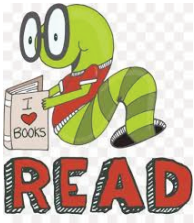
Tickets can be bought for £7.50 online, at the post office and some availability on the door on the night. We also have a food truck, CJ's, offering a variety of hot food such as burgers, hot dogs, Doner kebabs, veggie kebabs, fries, halloumi fries, bacon/sausage/egg rolls. All meat is sourced fresh from butchers and bread fresh from bakery. We are planning to provide other dance 'eras' from the 70's and 80's, and 'tea dances' has been suggested, so watch this space for more on that!

Our next event follows on 6th June when we host a riveting evening with retired forensic scientist Mary Newton as she guides us through different aspects of her career and some of the cases she's been involved in. A bit of 'Silent Witness' right on your doorstep! Tickets online at £8.00. There might be some limited availability of tickets on the night.

That's all for now. Look forward to sunny days ahead, and do come and see what the Centre has to offer you. We are trying to organise a free event on June 27th where you can come and meet with some of our sports hirers who can show you, and maybe let you 'have a go' at the sport/fitness basics they teach at the BCCA. More on that next time. There's a lot going on, but if there's something missing, then let us know and we'll look to see if we can get it on the schedule.

All the best

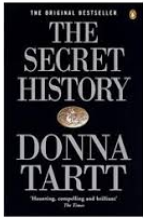
Sylvie Maney (Acting chairperson) – we're still looking for someone to fulfil this position, by the way!



Monthly Book Review

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

The Secret History by Donna Tartt



The Secret History is a highly immersive and atmospheric book about an obsessive, cult-like group of Classics students studying at the prestigious Hampden College in Vermont. It is written as an "inverted detective story" such that that many of the facts are known early on and you almost literally hold your breath as you can see what is coming. This review is written after my second reading, and it is so beautifully written and endlessly fascinating that I will no doubt read it a third time.

Thanks to Mel Jay

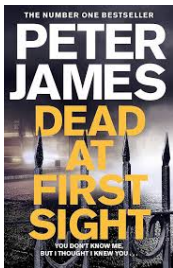
Hail Mary by Andy Weir



This inspired the movie of the same name. Stuck in space for years in order to find a solution to the end of the world, our hero chances upon alien life and together they form a bond over a common goal. Hard to believe that a book and a film that involve just 2 characters, can be so intriguing. Its a telling story of people working together to create a better outcome.

Thanks to Alan Keith

Dead at First Sight by Peter James



I bought the book at a charity shop, having read the back cover and thinking, "that sounds quite good". What I didn't know is that apparently Detective Superintendent Roy Grace is actually a television series with John Simm playing DS Roy Grace. Now I just need to watch the series!

Anyway, back to the book. It was an apt story line all about online dating and people being conned out of money. It was a very believable story with part of it set in Brighton. The same story line was also happening in Germany as well as the USA. All these different angles came together to make a very spectacular ending. I would happily read another DS Roy Grace book.

Thanks to Karen Manser

Don't forget to submit your book reviews info@banhamnews.co.uk

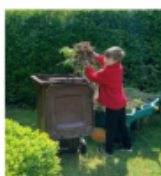


Gardening Club at Banham Primary School

Our main goal is to whip the garden back into shape & combat all of the weeds, especially bindweed (the school garden nemesis!!)

This may be a record year for finding countless baby walnut trees sprouting up in our garden as the resident squirrels stash them away in our vegetable & flower beds!

We have accomplished covering our largest vegetable bed with weed control & look forward to planting squash & pumpkins in this.



The children have enjoyed a vast variety of jobs in the garden such as pruning, trimming, weeding, getting planters filled with fresh compost, moving plants, planting out peas and endless watering over this dry spell, with most water being on themselves!

We have seeds still to sow such a lettuce, peas, radish, carrots & beetroot plus several plants to plant out in the garden.

One major job we have on our hands is trimming back the ivy around our greenhouse and shed to allow more light onto our growing areas.

As you can see our small shed has been very well used and loved over the years but we would welcome any donations to support a new one!



This Is Your Life

Growing up in Banham in the 1950s

In the 1950s, Crown Street was a thriving thoroughfare with two general stores, a bakery, two butchers, a post office, a petrol station, a hardware store, a fish and chip shop, a barber's and a hairdresser's, a school and five pubs. This was when Brian Harper was a young boy.

I was born in 1945 and lived on Heath Road, and I went to Banham School. On the first day, I got a clip of the ear because I wouldn't play with other children. I was so shy. The school was for every child in the village. You didn't go to the next village and the next village didn't come this way. Young children had a small classroom, and there was a large classroom for 30 to 50 children aged 5 – 11, split in three rows. Classes were mixed - boys and girls - but there was a brick wall between the girls and boys playgrounds.

Aged 11, you'd bike to Old Buckenham School until you were 15. After that I had a five year apprenticeship in carpentry and joinery. I did carpentry all my life, mostly site building work. I worked every night and every weekend. When I was an apprentice, we worked Saturday mornings. Then we did our own work. We'd go anywhere to work.

One morning, when I was walking to school – it was after the war when the military was still about - there was a massive tank come down Crown Street. It come round the corner and, I don't know how, but the brakes locked and it come right across the road and knocked the bay of the bake house right down. I was four or five and I stood there and watched it.

Next door to the bake house was Hazelwood's Bicycle Shop and Petrol Pumps. They sold hardware and paraffin. You had rationing books then; petrol rationing went on until 1950, food rationing until 1954.

We had a paraffin stove at home and we used to sit round it, with the kettle on top. And we had a little black paraffin oven with two tiers and two long burners. Mum used to fill them with paraffin to do the cooking. You could fry things on top, too. We never had electricity in the house.

We had an outside toilet in a shed in the garden - a wooden seat with a bucket. Once a week, the "honey cart" came to empty the bucket. You'd hear it being carried sloshing down the path and thrown into the cart.

Peter Barber took over Hazelwood's store in the late 50s or early 60s. Before that he used to be on the Sunshine Bread wagon, delivering bread three times a week around the villages. When he took over Hazelwood's, he sold newspapers, and he added adult magazines to the top shelf.

The Post Office was in a bungalow next to Lucy's shop, and the village postman did two deliveries a day on his bike, come wind, rain or snow. He delivered to all the houses right up to the village boundary at Dambrigg

There were two butchers in Crown Street: Maynard's Bush's shop was next to the Red Lion Pub and Pilgrim's, who had the slaughterhouse on the Moor, also had a shop next to Lucy's. It later moved to the top of the street before being knocked down for housing.

In summertime, from the age of about 10, we were all out picking fruit for Gaymer's Cider Works, that was here in the village. Later Mr. Foulger, who lived in the Crown Pub and owned Banham Poultry, bought the cider works and built a new chicken factory, where Scrumpy Way is now.

My mother did fruit-picking part-time and, after school, I'd go help her. Anything I earned, I saved. I'd also pick blackberries off the hedges and sell them to a Miss Dalton. Everybody used to take their blackberries to her. A lorry came and collected them once a week and they'd go off to a factory to make jam.

The Queen's Coronation Party in 1953 was on a meadow before the zoo, and I remember it well. Our new policeman, PC Wilson, had just arrived in the village. I'd already met him once, when he caught me down the bottom of the hill from the Garden House at a pit called the Dump Pit. Everyone dumped everything there. It filled up with rubbish and no-one emptied it. We went there looking for scrap metal, bits and pieces for our bikes. He see us, chased us on his bike, and give us a clip of the ear. He was always on his bike. All the policemen were on bikes.

At the Coronation Party, he was on the slippery pole - a big round pole like a telegraph pole, about 6ft off the ground, that they used to grease up. They'd got him on there with his policeman's hat on his head, and you had to climb up and knock it off. Young George Saunders got on the pole and, first off, he had Wilson's hat. I was seven and I remember that, plain as can be. I laughed so much.

PC Wilson was also on the door at the Pavilion dance hall. He was a big, tall cop, and he hid inside the hall so people didn't see him. If someone started causing trouble, he'd get hold of them and throw them in the ditch outside. He was always on his own. He didn't want no one with him. Some well-known bands played at the Pavilion, like the Ivy Benson Band and The Baron Knights pop group, that used to be on television. The Pavilion was so popular, busloads of Air-force men used to arrive. There was a small bar but most people drank tea and coffee; my wife's mother was the tea lady there. The Pavilion burnt down at the finish.

As a teenager, I didn't go out much but sometimes I'd go to The Walnut Tree Pub to play darts and a game called Ring the Bull. That was a string, attached to a wooden beam, with a metal ring on the end and a metal hook on the wall. You'd throw the ring to try and get it onto the hook.

And back when I was young, the winters were so cold, the pond in Wash Lane would freeze over and we'd race to slide over the ice. That was always the thrill of the year.

Heather Bateman in conversation with Brian Harper



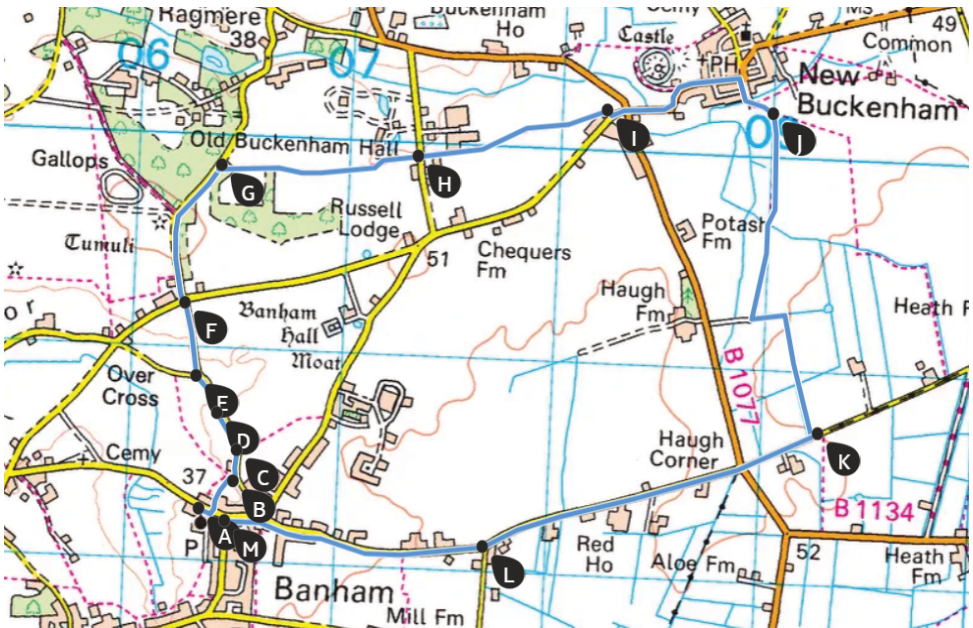
A Walk On The Not Quite Wild Side

Banham Church to New Buckenham circular

5.9 miles easy walking

- This is a lovely, easy walk, which you could easily do as an out and return if you prefer. It's interesting to see the new tree plantations as you approach Heath Road, and there are usually deer or hares to spot.
- There is a good coffee/lunch/tea stop at the Castle Cafe, where Mark is very welcoming and friendly. Check their website for opening times.

If you don't want to walk as far as New Buckenham, follow the route to about the first 'I' of Old Buckenham Hall, where you cross a footbridge. You'll see the buildings of Old Buckenham Country Park ahead and just follow your nose to the left of the pond and you'll come to their nice cafe.



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It's been a busy month here at Banham Zoo, and we've got some exciting updates to share with you.

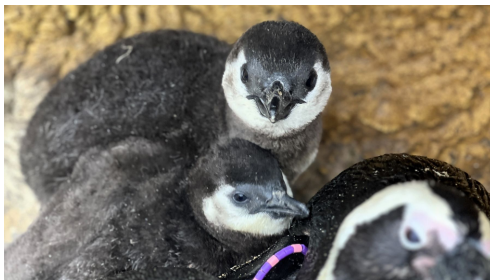
First up, work is officially underway on our penguin habitat expansion! We're really excited about this project, it's all about giving our penguins even more space to swim, explore and nest, while also making it easier for visitors to enjoy watching them do what they do best. We'll be sharing more as things progress, so keep an eye out!

And speaking of penguins... we've had not one, but two new arrivals! Our black-footed penguin chicks, Twix and Twirl, have recently hatched and are doing brilliantly behind the scenes. They're being carefully looked after by our keepers while they grow, and we can't wait until they're big enough to peek out and say hello.

It's moments like these that really highlight the important conservation work happening here every day, and we love being able to share it with you.

We've also been making the most of the recent sunshine, and it's safe to say the animals have been loving it too! Mishka the tiger has been spotted stretching out and soaking up the warmth, while our resident Meerkats, Grub, Goose and Gollum have been enjoying plenty of sunbathing moments, keeping watch while basking in the heat. It's always a joy to see them so relaxed and making the most of the warmer days.

We're now counting down to the summer holidays and can't wait to welcome you all for some sunny days (fingers crossed!), great memories, and maybe even a glimpse of our newest little Penguins.



Rosie Hiskey

PR & Marketing Executive

The Zoological Society of East Anglia Ltd

E: rosie.hiskey@zsea.org

T: 01502744121 **Ext:** 262

Banham Blog

Early Banham, Tudor times and Kenninghall Place Part 2

The Duke was released, pardoned and had his Dukedom restored. He eventually returned to Kenninghall and died there in 1554. He was buried alongside his wife at The Church of St Michael the Archangel, Framlingham, Suffolk where his ornate tomb can be found.

The Kenninghall Inventory suggests that The Duke's grand house was laid out in the shape of the letter H and had a moat and fish ponds. It was surrounded by a seven-hundred-acre deer park and woodland. The house as it was, unfortunately no longer exists. On the site, a private farmhouse now stands, with only one original gable end remaining. It can be seen from a distance by following public footpaths. The family seat of The Howards, Dukes of Norfolk is now Arundel Castle in West Sussex. The current Duke of Norfolk is the 18th Duke, Edward William Fitzalan-Howard. He is responsible for organising major royal events which have recently included Queen Elizabeth II funeral and our current King Charles III coronation.



Henry VIII



Thomas Howard, Duke of Norfolk

Thanks Sarah Howard

Parish Council News

Banham Village Community Hub:

The Wednesday Cafe continues to welcome a steady number of visitors each week. Recently, one of the Hub's regular attendees gave birth to a beautiful baby girl – a lovely sister for her brother, who has been attending the Wednesday Cafe with his Mum for the past few years. There have certainly been plenty of cuddles shared during recent sessions.

The beautiful handmade rugs are now proudly displayed during the sessions, with more currently being created. They have helped to improve the acoustics of the room while also adding a wonderful splash of colour to the walls.

The Movement for Wellbeing classes continue to grow, with new members joining regularly. Some weeks we welcome as many as 20 participants, and we have recently purchased additional equipment in the form of Pilates rings to support the sessions.

The new Banham Hub Knit and Stitch Group is now up and running. Sessions take place on the second Friday of every month at the Banham Barrel from 2:00pm to 4:00pm. Our first session welcomed 17 people, and we are already planning some very creative installations for Banham.

Looking ahead, the Community Hub will be holding a Women's Self Defence Class on Saturday 30th May from 10:00am to 11:00am. Spaces are limited, so booking is essential.

Finally, Banham's Big Lunch will take place on Sunday 7th June from 12:00pm to 2:00pm, with Morris Dancers performing from 1:00pm.

Local Elections:

Banham Parish Council would like to congratulate Cllr Jacob Robert Allen on his election as Councillor for the Guiltcross Division of Norfolk County Council. Stephen Askew will also continue as the Councillor for Breckland.

Banham Community Award:

Nominations for the Banham Community Award closed on the 30th April, and we would like to thank all those villagers who took time to submit their nominations. A Winner has now been chosen by an independent judging panel however, the result will remain 'under wraps' until the formal presentation of the award at the Big Lunch, which will take place on the village green on Sunday 7th June. We look forward to seeing you all there.

Grove Road:

Grove Road will be closed on 26th and 27th May to allow for verge maintenance works to be carried out by Highways and to assist with passing places on the road to allow for better accessibility for motorists.

Clerks Email:

The email address for the Clerk has now changed to clerk@banhamparishcouncil.gov.uk

The Banham Parish Council usually hold its meetings on the first Thursday of each month in the small hall of the Banham Community Centre. For any changes to meeting dates, please refer to the Parish Council website or the notice board located on the wall of the Banham Post Office & Stores. If you have any queries in respect of allotments, street lights, potholes or any other matters, please contact the Clerk, Michelle Jones, at clerk@banhamparishcouncil.gov.uk



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Recipe Of The Month

Ricotta, Broccoli & New Potato Frittata

Serve this quick and healthy frittata with a bean salad in 30 minutes flat. There is enough for two with leftovers for your lunchbox the next day.

100g new potatoes
200g long stem broccoli
200g green beans trimmed and halved
400g can mixed beans (drained)
3tbsp rapeseed oil
2 garlic cloves crushed
Pinch chilli flakes, cumin or fennel seeds
4 large eggs
50g ricotta
1tsp sherry or balsamic vinegar
½ small bunch of basil roughly chopped (Optional)

- Boil the new potatoes until tender and add the broccoli for 2 minutes at the end
- Simmer the green beans with the mixed beans until tender. Drain and leave to steam dry
- Pre-heat the grill. Heat 2 tsp of the oil in a medium nonstick pan and fry the garlic for 1 minute, then add the chilli flakes, cumin or fennel seeds and cook for a further minute. Add the potatoes, broccoli and seasoning and toss to coat in the flavoured oil
- Beat the eggs in a jug, season and pour over the potato mix. Cook over a medium heat for 2 minutes or until the base is set. Drop teaspoons of the ricotta on top, then grill for 4-5 minutes until cooked through
- Meanwhile, drizzle another 1tsp oil over the bean mixture with the vinegar. Stir in the basil if using.
- Serve with the bean salad on the side.

Thanks Mel Jay



Local Services

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Road Line/Attleborough	07751 995144
DKH/Attleborough	07492 189158
Able/Diss	01379 640900
John's Taxi's	01379 640000
Harling Taxi	07950 189260

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

01760 720906 / 01553 770310

NHS Hospital Car Scheme

03332 404100

Travel Norfolk Car Scheme

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

Mobile Library (every 4 weeks)

Crown Way 15:20—15:50

Apple Close 15:55—16:35

The Green 16:40—17:05

Nov 19th

Important Contacts

Police 999 (Non Urgent 101)

Fire and Ambulance 999 (Non Urgent 111)

Power Cut 105

Parish Council 07309 358357

Breckland Council 01362 656870

Registrars Office 0344 8008020

E. Harling & Kenninghall Surgery

01953887208

Norfolk & Norwich Hospital

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Citizens Advice Bureau

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YOUR BEAT MANAGERS

Your safer neighbourhood team

What is a Beat Manager?

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

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

Email us at SNTAttleborough@norfolk.police.uk

Your Beat Manager



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

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




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Charity Spotlight



No young person should feel alone in the world. At local charity **Break**, they make sure they don't.

You may know Break from their much-loved GoGo art trails, which have brightened Norwich and Norfolk's streets over recent years. But behind the sculptures is a charity doing life-changing work with children and young people every single day. Working across East Anglia, Break walks alongside children and young people in, around and leaving care when they're needed most. Through fostering, residential homes, family support, mentoring and their leaving care service, they help children and young people build their confidence, create strong relationships and experience new opportunities.

What do Break do?

Break runs a total of 12 children's homes across Norfolk, Suffolk and Cambridgeshire, including a short break home that provides a safe, warm, stable and thoughtful environment for young people with disabilities and complex needs, while giving their families some respite for what can often be intense and stressful situations. Beyond the homes, Break have a number of different support services for all young people in their care, leaving their care or who have left their care. They offer emotional Well-being support to help young people understand their emotions and develop healthy coping strategies, and friendly one-to-one support from volunteer mentors, offering guidance, encouragement and a listening ear when it's needed. They support those leaving their care with life skills, participation activities, tenancy support and work experience opportunities – and young people can continue to access experiences like creating podcasts, volunteering and going on wilderness retreats for as long as they like, through the charity's lifelong opportunities team. Break also runs its own fostering agency. As it's not-for-profit, they reinvest every penny into giving foster carers the guidance, training and support they need to create the best opportunities for them and the young people they care for. If you're interested in fostering or are already a foster carer who might like to transfer to Break, their friendly team are there to answer any questions you may have. You can get in touch by calling **07741730298** or by using the contact form on the fostering page of their website at **www.break-charity.org**.

How can I get involved?

There are many ways you can make a real difference with Break – and have fun doing it! Whether you're donating, volunteering, fundraising, joining an event, or hunting for treasures in one of their charity shops, you can help Break to care differently. The nearest Break charity shops to Banham are in Attleborough and Wymondham. Coming up locally, Break is partnering with ZSEA Banham Zoo for a truly memorable fundraising event – The Big Zoo Snooze. Brave supporters will spend a night sleeping out under the stars, surrounded by the sights and sounds of the zoo after dark, all while raising vital funds. The Big Zoo Snooze will take place on 6 -7 November and registrations are open now!

To sign up or to learn more about Break and the other ways you can get involved, visit **www.break-charity.org**.



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