

Banham **NEWS**



Something for the whole community

- ◆ Where To Go
- ◆ What To Do
- ◆ Recipe Page
- ◆ Useful Contacts
- ◆ And Much More



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Community
Partner

Lee Watson

Lee Watson
Managing Director



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In Memory

When I first looked into starting the newsletter, I was pointed in the direction of a number of people who were involved in the previous format, and one of those people was Wendy Pontin, who kindly offered me a lot of advice. Since our initial meeting, sadly Wendy has passed away. So in recognition of the work she did previously, we would like to dedicate this first issue in her Memory.

“As the Banham Newsletter launches again since the last edition in April 2021, it felt fitting to send a tribute to Mrs Wendy Pontin who was the editor of The Six Village Newsletter for many years who sadly passed away on 10th December after a short illness. Wendy alongside Mrs Sally McGinn the secretary of The Six Village Newsletter, worked tirelessly together every month for many years, bringing current news, events and adverts to the community with limited resources and it was appreciated greatly across the villages. She was very pleased to hear it was coming back again! “

Shadi Shahdadi

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

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

Distribution 700 copies. Closing date for copy for the April 2025 issue is Friday 7th March.

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

The artwork on the front cover was provided by Mia Keith , aged 15years.

If you want to submit your artwork for future covers, them please send it to:

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Editorial

Welcome to the first edition of Banham News.

I would like to offer many thanks to everyone that helped in supporting us to get this idea off the ground and into your homes, including our many Sponsors and The Friends of Banham Church.

Why did I want to do this, well apart from keeping the little grey cells active, as a newcomer to the village, I found it hard to find out what was happening and where, and it seems, so did many others. So with a bit of encouragement and the help of a dedicated team, here we are with the First Edition. But, as with most new ventures, what we need is your support. So tell us what we are missing, help to fill the pages with information about clubs or activities, or recognise people that go that step beyond, to support the village.

We want this to be fun as well as informative. So, we are asking for support in pictures or drawings to feature on the Front Cover, as well as age old recipes, handed down from generation to generation. Along with small gifts to the featured Picture and Quiz winners, one of our aims is to try and get guest speakers to attend the village, to offer support and guidance, and in time to hopefully, offer small grants to clubs and groups within Banham.

Well enough from me, please read and enjoy this first edition.

If you feel you have would like to contribute to the Newsletter, or, you wish to join the committee, then please get in touch.

info@banhamnews.co.uk / 07775 906546

Alan (Editor)



Your Garden This Month

Fruit and veg

- Avoid carrot root fly by sowing an early crop of carrots under cloches or fleece
- Sow tomatoes, chillies, sweet peppers and aubergines in pots indoors
- Plant Jerusalem artichoke tubers, at a depth of 10-15cm, spaced about 30cm apart
- Buy young herbs to plant in containers near your back door, for handy pickings
- Plant onion and shallot sets, spacing them 10-15cm apart
- Make the first outdoor sowings of hardy veg, such as spinach, covering with cloches or fleece
- Plant early potatoes in trenches on the veg plot, or in large tubs if space is limited
- Sow parsnips as soon as the soil starts to warm up, as they're slow to germinate and need a long growing season
- Feed cabbages and other brassicas with nitrogen-rich fertiliser, such as pelleted chicken manure
- Plant bare-root asparagus crowns in well-drained soil or raised beds, in an open, sunny spot
- Start hoeing veg beds as soon as the weather starts to warm up, as weeds will germinate quickly
- Plant strawberries in a hanging basket to keep the fruits away from slugs
- Give blackcurrant bushes a high-nitrogen feed

Flowers

- Pick off any developing seedheads on daffodils and other spring bulbs, but leave the foliage to die back naturally
- Finish pruning roses early in the month
- Cut dogwoods, willows and paulownia right down to the base to promote vigorous new growth
- Tidy up alpine as they start to flower, removing dead foliage, then mulch with grit to keep the foliage off damp soil
- Plant lilies and other summer-flowering bulbs in pots and borders
- Feed ericaceous shrubs, such as rhododendrons, azaleas and camellias with an ericaceous fertiliser
- Tidy up borders, removing established and newly-germinating weeds
- Mulch borders generously with garden compost
- Plant new roses and other shrubs and climbers
- Check tender new shoots for aphids, and remove before infestations get out of hand
- Continue deadheading spring flowers and any remaining winter bedding so they don't set seed

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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:

07967803655

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Banham Village Community Hub

Our Wednesday Cafe every week offers free Cuppa & Cake 10am 'til Noon throughout the year.



And offers Soup & Roll between Noon and 1pm when the clocks go back

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Free Jigsaw Swap

Community Christmas Meal
Easter Bunny Hunt
Movement for Wellbeing



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Email: banhamvillagehub@gmail.com

Banham Village Community Hub



Funded by National Lottery through Sport England

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We would like to take this opportunity to thank all of our Sponsors for their support.

The Banham Newsletter is a non profit, self funding venture, and without them this publication would not be possible.

Banham News Team

Local Clubs

Banham Baby Toddler Group (0-5yrs)

Community Centre 10:00—12:00 -Monday
March 17th, April 14th, May 19, 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

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>

Beginners Yoga and Relaxation -Monday

Community Centre

Contact : June Roberts

01953 498343 / 07766 108075

juneroberts@googlemail.com

Community Hub-Weekly Warm Space

Community Centre

Every Wednesday @10:00

Free Tea/Coffee, Cakes, Soup

Contact: 07909 505831

banhamvillagehub@gmail.com

First Steps to Movement

Community Centre

Every Tuesday 12:00—13:00

Meet Up Monday—Attleborough

Monday 10th & 24th March 2pm till 4pm

Town Hall , Queens Square , Attleborough

Come along for a chat and a cuppa

Contact :Mervyn Beales 01953454604

Friday Club - At St Mary's Church

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

Contact Steve or Gill Eggleton

01953 887579

Kenninghall Garden Club Plus

Talk on Bats, Thursday 6th March at 19:30 in
Kenninghall Village Hall

Contact:davidmorton132@btinternet.com

Your Community Centre

From the Chair

Greetings from Banham Community Centre Association and welcome to this first reissue of the Banham Newsletter. The last 12 months at the Community Centre have been rather hectic and with the help of the willing volunteers on the new committee, formed in March last year, we have successfully saved the Community Centre from being forced to close the doors. Now with solar panels in place and further improvements in the pipeline, the only way is up! You can see below all of our regular clubs and activities that we have. Additionally, the Community Centre Bar is open from 4pm Wednesday to Friday, 1pm on Saturday and noon till 5pm on Sundays. On Saturday the 29th March we welcome Gary Delaney to the Community Centre for an evening of outrageous comedy. On August 16th we will have our inaugural Banham's Big Bash, a beer/music festival with family entertainment and food vendors! More events are planned and will be updated here over the coming months.

Guy Taylor, BCC Chairman

Banham Community Centre

Regular Diary

| | | |
|-------------------|--------------------------|----------------------|
| Monday: | Yoga | 12:20 - 13:45 |
| | Bowls | 14:00 - 17:00 |
| | Zumba | 18:00-19:30 |
| | Badminton Club | 20:00 –22:00 |
| Tuesday: | Well Being | 11:30 –13:30 |
| | Anglia Karate | 18:00 –21:15 |
| Wednesday: | Fitstep | 09:30 –10:30 |
| | Community Café | 10:00 –12:00 |
| | Private Badminton | 19:30 –21:00 |
| Thursday: | Fitstep | 09:30 –10:30 |
| | Anglia Karate | 17: 30 –20:15 |
| | Badminton Club | 20:00–22:00 |
| Friday: | Private Badminton | 14:00 –16:00 |
| | Zumba Gold | 09:30 - 10:30 |

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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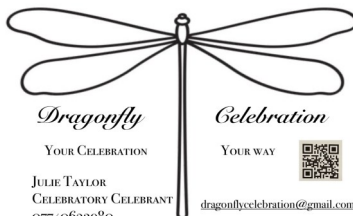
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News From The Pews

Firstly, can I take this opportunity to thank everyone who has been involved in organizing and facilitating Banham news. It is a wonderful initiative to develop links within the community and we as a church are very grateful to be able to contribute to it.

I am Priest in Charge of seven churches which have been grouped together and known as 'The Quidenham Benefice'. St. Mary's at Banham is obviously one of them and the others are: All Saints, Old Buckenham, St. Martins, New Buckenham, St. Mary's, Kenninghall, St. Andrew's, Quidenham, St. Mary's Eccles and All Saints, Wilby.

I do have a busy lifestyle but am very grateful for the support and help of many others who lead services and look after these beautiful ancient churches. It has been very rewarding to be able to facilitate the Summer Club for children/adult carers which has run over the last two years during August for three mornings each week. During the time we had together we have focused on a particular theme. Last year for instance was the theme of 'Community' and we had great fun together through playing games, learning songs and artwork. We are hoping to develop more things like this for children/adult carers and I will certainly let you know more details once they have been confirmed.

When I can I enjoy coming to the social events that have been arranged in the village and I will always be interested to hear from you if you would like to invite me to something. If too you have anything you would like to discuss with me with regard the Christian faith, want to arrange a baptism, wedding, or have any bereavement or other pastoral issues then again please do not hesitate to contact me through email or by telephone. We will be offering short courses too learning more about the Christian faith and I will let you know more details about this once these have been confirmed.

You are all most welcome to come to any of the church services at St. Mary's, Banham and also the joint group services. Below is the list of services for March.

2nd March – 10am Group Holy Communion service at St. Andrew's Quidenham

5th March – 19:00 Ash Wednesday Service of Holy Communion at All Saints, Old Buckenham

9th March – 11am Holy Communion Service at St. Mary's Banham

16th March – 09:30 Morning Prayer at St. Mary's, Banham

23rd March - 10:00 Joint service at St. Martin's, New Buckenham

30th March – 11:00 Service of Holy Communion (Mothering Sunday)

I am really looking forward to being able to read the first edition to the Banham News and am very grateful about the opportunities it will give for people to be able to communicate and relate to one another.

If you would like to contact me then please do give me a ring on 01953 571549 or my email is: revsewalsh967@gmail.com

With my good wishes to you all and God bless

Reverend Sarah Walsh

The Friends of Banham Church

THE BACKGROUND

St. Mary's Church has played a central part in the life of our village for 600 years. Generations of villagers have been baptised, married, buried and have worshipped here.

Its architecture and position make it a unique and distinctive feature at the west end of the Green. Its 125-foot spire is a landmark for many miles around.

The church belongs to us all, as a community, whether churchgoers or not, and we should do our best to pass it on to our successors in good condition, as have those earlier generations who lived here.

THE PROBLEM

The church fabric is in constant need of maintenance and repair and such work is very expensive, for it requires specialist materials and craftsman to provide a standard in keeping with its status as a Grade 1 listed building.

While grants are available for such work, they never meet the whole cost and are increasingly only offered if the community has demonstrated its willingness to help.

The present worshipping community is small and such repair and development are beyond its limited resources without wide help and support.

THE FRIENDS

The Friends of Banham Church aims to involve as wide a representation of the village as possible, independently of the worshipping community, in the maintenance and development of the church building and furnishing,

Throughout the church's history it has been repaired and altered to meet the changing needs of the village. This process continues but the work is expensive and needs the ideas, support and a wide measure of agreement of the community. Through the Friends, all of us, whether regular worshippers or occasional visitors can take an active part in looking after this important feature of our village.

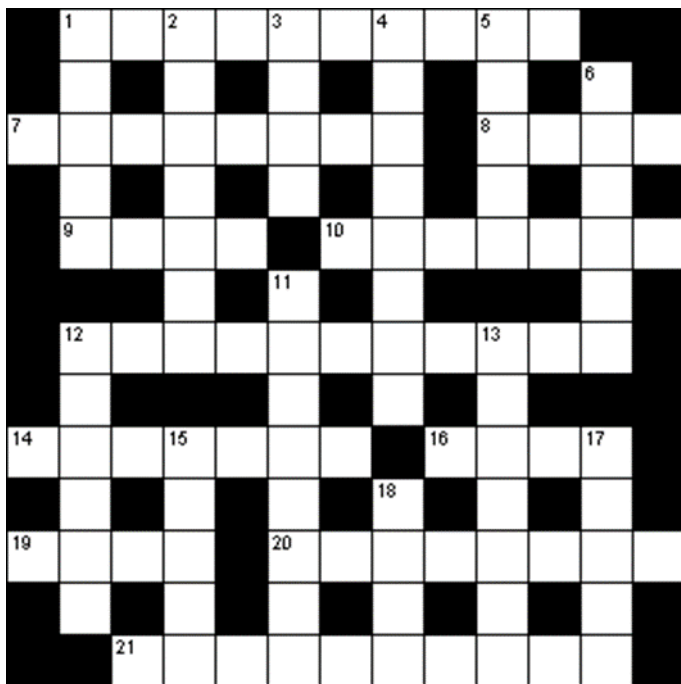
To date the Friends has met the cost of refurbishing the clerestory windows, providing new interior curtains, a notice board for the churchyard, a lectern bible and commemorative plate. Most recently the Friends have given help with the refurbishment of the clock face, a major contribution to the cost of the new glass porch doors and recently agreed to fund heating in the chancel and replacing the path lighting.

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.

IF YOU FEEL INSPIRED WITH THESE AIMS AND OBJECTIVES DO PLEASE JOIN US



To win the monthly prize, please complete the puzzle, insert your name and contact number and take it to the Post Office.

Deadline for entries, 15th March

Across

- 1 Dramatist (10)
- 7 Be compatible and friendly (3,2,3)
- 8 Mature (4)
- 9 Ballet dancer's skirt (4)
- 10 Rectified (7)
- 12 Eternally (11)
- 14 Horse-soldiers (7)
- 16 Fail to include (4)
- 19 Without feeling (4)
- 20 Evaluate (8)
- 21 One not given to travel (4-2-4)

Down

- 1 Sharp or tapered end (5)
- 2 Airman (7)
- 3 Timber (4)
- 4 Notorious (8)
- 5 Long-legged long-necked wading bird (5)
- 6 Rapid (6)
- 11 Shortest month (8)
- 12 Pestilence (6)
- 13 Lower back pain (7)
- 15 Head of a community of monks (5)
- 17 Savour (5)
- 18 Catch sight of (4)

Name.....

Contact.....

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Events

Gary Delaney at Banham Community Centre

29th March 2025 8.45—11.15

Gary Delaney Headlines a Big Comedy Club Night with hilarious pro support acts from Multi Award Winning Comedians Phil Nichol & Matt Richardson and a great MC

Suitable for ages 16+ Under 18's must be with an adult.

Fully Licenced Bar & Food Vendors RUNNING TIME around 2 hours and 15minutes

<https://www.shaftofwit.com/event-details/gary-delaney-banham-big-comedy-club-night>



Movies at St Mary's Church, Banham—Show starts at 7:45. Tickets £5 pre film meal at 7pm at £5

1st March, SLEEPLESS IN SEATTLE—After the death of his wife, Sam Baldwin moves to Seattle with his son Jonah. When Jonah calls in to a talk-radio program to find a new wife for his father.

5th April, FREUD'S LAST SESSION (2023) London, September 3rd, 1939. The world is on the brink of war. In his final days, Sigmund Freud, a recent escapee with his daughter from the Nazi regime, receives a visit from the formidable Oxford Don, C.S.Lewis (The Chronicles of Narnia). On this day, two of the greatest minds of the twentieth century, intimately engage in a monumental session.

Community Centre

May 9th VE Day themed quiz +food from Marley's Pie and Mash

April 4th Rock 'n' Roll Bingo

August 16th Banham's Big Bash! Music, Beer and Fun Fest

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

Village Speedwatch

Banham Community Speed watch

It is over 6 years since a group of Banham residents met with two Police Officers to train as Community Speed watch volunteers. Since then there have been changes to the make-up of the original group as some people have moved away and others have joined us, but we continue to be a regular sight around the village.

Why did I start the Banham group? Yes, I was concerned about the speed of vehicles through the village, and the safety of pedestrians and cyclists on some of our super-narrow pavements, but it was seeing a Speed watch team in Spooner Row that really got me interested.

It was some months later when I saw another team in operation that I thought that this was something Banham could benefit from, contacted the local Police organisers, and the training happened. Since then we have had a great team of between 7 and 12 volunteers who get out and stand by the road in all weathers.

We operate in a group of 3: one to operate the speed gun (known to all as “the hairdryer”), and two others to take down details of speeding vehicles. We are usually at our site for an hour which means the speed gun is used for about 20 mins per team member. We are usually welcomed by passing motorists, many give a thumbs-up or encouraging comments. Obviously a few make less helpful comments, but we always have a phone with us to summon Police back-up.

The team operated throughout COVID as we were able to stick to the social distancing rules. We do not operate in poor light, rain, icy conditions or extreme heat. We can stand for an hour and catch 2 drivers exceeding the limit, or we have caught 18 in an hour in the 20mph limit in Crown Street.

Many times we are asked why we advertise our presence so clearly: about our signage (the yellow boards), our hi-viz jackets and why we don't stand somewhere else. We are visible because our real aim is to make everyone aware of the speed limits and to make drivers aware of the speed they are travelling at. We stand at the sites checked by the police so we are safe and where we can be clearly seen by motorists.

The Banham team has a good relationship with Norfolk Police. I can contact the officer in charge of the scheme whenever necessary and I cannot praise highly enough the administrator who collects all our data and keeps me informed and equipped. We always need more volunteers. If you can spare a couple of hours a month during daylight, please consider it.

D Grffiths

Send your details to: info@banhamnews.co.uk

Health and Wellbeing

What is Feel Good Norfolk?

Want to find a yoga teacher in your area? Need a little extra support from a counsellor or coach? Looking for something to relieve stress, improve sleep or boost immunity? Unsure as to who can help you? Feel Good Norfolk has come up with the answer!

Founded by wellbeing practitioner, Sarah Groves, Feel Good Norfolk is a social enterprise which has developed free and reliable resources for the people of Norfolk to improve their health. These resources include the wellbeing directory where you can easily find trusted products and services right across the county. A podcast, to connect you to a variety of ways you can feel good, and their fully funded Feel Good Community Hub and wellbeing programmes supporting those experiencing health challenges and financial hardship.

Sarah explains “our mission is to make wellbeing more accessible and affordable whilst building an engaged network and community of wellbeing business owners. It is one thing to understand what and how we can improve our health, to then know and trust who can help us is another matter.

Our directory is a platform where health professionals in Norfolk are coming together to build awareness and provide a space where people searching for better wellbeing can easily find what they are looking for. Plus, all of the wellness businesses listed are fully accredited and insured, so you can be confident you’re in safe hands whilst connecting to what feels good.

Norfolk is such a beautiful county abundant with ways to feel good from our fine city of Norwich to our market towns, from the stunning coastline to the 126 miles of Broads and thousands of acres of forests and woodlands. We believe Norfolk is the wellness capital of the UK and we are on a mission to prove it!”

www.feelgoodnorfolk.co.uk

sarah@feelgoodnorfolk.co.uk

07789 077 955

Connecting you to what feels good



First Aid Course. Would you be interested in attending a First Aid Course at the Community Centre, inc Tea, Coffee and Cake. This is a 3 hour course and is limited to a maximum of 12 people. The cost is £24 pp. If you would like to attend please contact the Banham News Secretary at. secretary@banhamnews.co.uk, for more information

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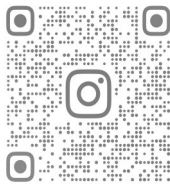
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As we enter the new year, we'd like to take a moment to thank our wonderful local community for your continued support. Whether you're from nearby villages or further afield, your visits help us carry out vital conservation work and ensure the future of endangered species. Every ticket and membership purchased directly supports our efforts to protect wildlife and educate the next generation about the importance of conservation.

This year, we're excited to kick off some incredible projects on site at Banham Zoo, including our Pool Frog Project, which focuses on breeding and releasing these endangered amphibians. In addition, we continue with essential breeding programmes that play a vital role in the preservation of numerous international species across the globe.

At Banham Zoo, education is at the heart of what we do. Last year, we welcomed over 15,000 students from local schools, offering hands-on learning experiences that bring conservation to life. We're proud to be a leading educational destination in the region, inspiring future conservationists and animal lovers. With this strong focus on the next generation, we were excited to announce our Kids Go Free offer for the February half-term.

As we look ahead to the spring and summer season, we can't wait to welcome families back to explore all the zoo has to offer. With warmer days just around the corner, there's no better time to experience the wonders of the zoo!

Thank you once again for your support. We look forward to seeing you at Banham Zoo and continuing to grow together as a place of learning, fun, and meaningful conservation.

Josh Hunter-Harl

Sales and Marketing Director



Can you find all of the hidden words? Make sure to tick them off as you find them!
Words can be read down and across.

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| Y | J | G | M | L | M | R | N | S | T |
| G | B | D | P | E | N | D | P | S | E |
| R | R | L | R | Q | P | L | A | R | A |
| O | X | J | T | V | D | V | B | O | C |
| U | N | I | F | O | R | M | Z | O | H |
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| backpack | <input type="checkbox"/> | pencil | <input type="checkbox"/> |
| classroom | <input type="checkbox"/> | pen | <input type="checkbox"/> |
| assembly | <input type="checkbox"/> | uniform | <input type="checkbox"/> |
| playground | <input type="checkbox"/> | teacher | <input type="checkbox"/> |

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

Parish Council News

Banham Parish Council

January 2025

The January meeting of the Banham Parish Council took place on Thursday 9th January 2025.

Of particular interest to residents, the Parish Council was pleased to receive positive comments with regards to the 2024 Christmas 'tree' on the green. This has been the first year that a real tree wasn't erected, and this was due to considerable consideration over the last 18 months in respect of the cost of a real tree and also the 'labour' time. The Parish Council were of the opinion that the flagpole 'tree' would be far more cost effective, with the time to construct the same being much less. Following many positive comments from various villagers, the Parish Council are very pleased with the new 'tree', and are already considering further ideas to improve this for Christmas 2025.

The Banham Community Hub is going from strength to strength with the 2024 Christmas Meal seeing many villagers in attendance, and also several meals being delivered to those who could not attend. The 'Hub' are during the chilly weather providing 'warm bags' to villagers who may be in need of these, and of course the cafe continues every Wednesday, with a free 'cuppa and cake' from 10:00am to noon. You can also get soup and a roll until March 2025 when the clocks go forwards, and there is also a free book and jigsaw swap. Finally Banham Community Hub are a collection point for the Trussle Trust, and they also offer knitted items donated by the Norfolk Knitters and Stitchers. For more information please go to the Banham Community Hub Facebook page, call 07909 505831 or email:

banhamvillagehub@gmail.com

The Banham Parish Council would like to wish all Banham Residents a very Happy New Year and remind you that our monthly meetings take place on the first Thursday of each month in the small hall of the community centre. For any questions or reports please email Michelle Jones on **banhamclerk@outlook.com**



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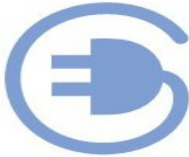
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OPEN TUESDAY TO SUNDAY

Banham Church supports local foodbanks.

Donations for local foodbanks are collected every week by David Griffith (07572549995) (griffida.h@gmail.com) from the porch at Banham Church & from the basket next to the bookshelves in New Buckenham Church; also from King's Stores in New Buckenham and the Wednesday Village Hub in Banham. Other collections come from the school at Harvest and Christmas, and when clearing a house after someone has died. Other residents give David money on a regular basis, in cash or by bank transfer or standing order for David to buy additional food items. Donations include tinned food, biscuits etc or dried food (non perishable), fruit drinks, longlife milk etc. Preloved clothing and pet food are also acceptable, but no sanitary products or alcohol.

Every Monday David takes these donations to Thetford Hub, or Waveney Hub near Diss, where these foodbanks give them out on set days as well as arrange deliveries to other smaller foodbanks like Attleborough. Currently we are also helping an infant school in Norwich where children are missing school when families cannot afford clothing or food. People who use foodbanks exchange vouchers which are available in confidence from a variety of sources. David is authorised by the Trussell Trust Foodbank National Organisation, to give out vouchers if requested by individuals or families or who are referred to him or identified by others as being in need of support.

Your contributions are really appreciated, however small, particularly if you can spare something on a regular basis. Many thanks to all who already contribute & those who decide to do so in response to this notice.

Recipe of the Month

This months recipe has been submitted by Alan, The Editor
“Bread Pudding”

Ingredients

1 hour 30 mins,- 2 hours Gas Mark 4, Electric 180

16 Servings

680g Large mixing bowl of stale broken up bread

850ml of semi skimmed milk

3 eggs

170g of un-salted butter

500g of mixed dried fruit

250g of dark muscovado sugar

2 teaspoons mixed spice (I prefer more)

1 lemon rind grated

Butter for greasing large baking tin



Whats the story:

I was born in 1958, so things were always a little bit scarce, so the idea of using everything you had, and not waste it, was paramount. Especially for my Nan’s generation

My one overriding memory, was to visit my Nan at the weekend, and as soon as you opened the door the waft of freshly baked Bread Pudding filled the air. My Nan was a large lady who came from the East End of London, so there was no fuss or fancy , just, large heart warming portions, that filled you up, Spotted Dick, Treacle Pudding were all staples in her house.

If you have a recipe, **AND**, a story behind it, then let us know. For everyone that is printed, a token of our appreciation will go out to the person who is chosen

Send your recipe and story to info@banhamnews.co.uk or post it in our box at the Post Office

Local Services

Taxi Companies

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

Travel Norfolk Car Scheme

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

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

01760 720906 / 01553 770310

NHS Hospital Car Scheme

03332 404100

Mobile Library (every 4 weeks)

Crown Way 15:20—15:50

Apple Close 15:55—16:35

The Green 16:40—17:05

Mar 12th, April 9th, May 7th, 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.

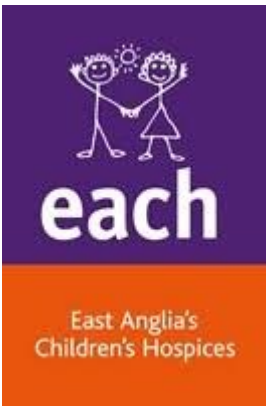
Front Cover. Send us your pictures or drawings for the front cover, depicting life in Banham, and the season, it might end up on the front of the publication.

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



Charity Spotlight

Each Month, we will be highlighting a worthwhile charity organisation, both Local and National.

If you have a Charity, that is fond to your heart, let us know, and we will try to raise awareness for them.

The first has been chosen by the Editor.

“When I lived in Southend , I made a point of trying to support Little Havens Children’s Hospice, so I was pleased to see that a similar Charity existed locally to me, that I could help to promote in some small way”

East Anglia’s Children’s Hospices (EACH) delivers all-encompassing, lifelong care that includes a comprehensive range of services to support both bereaved and non-bereaved families. Our aim is to ensure the best possible quality of life for babies, children and young people. Families want their children to enjoy life and we believe every young person, including those receiving hospice care, needs the same things to thrive – friendship, fun, family time, activities and laughter. Our hospices are happy, homely places for children to be children, and a dependable, supportive and restful space for families to be families.

The Norfolk Marathon Hosted by EPIC Norfolk, this event promises not only a challenging run but also breathtaking views as you approach the finish line overlooking Cromer Pier and the stunning sea. April 13th

Looking for an adrenaline rush? Dive into adventure and experience the thrill of jumping from great heights! Join us on Saturday 26th April 2025 on Beccles Airfield to be part of #TeamEACH and tick a tandem skydive from 10,000ft off your bucket list, all while raising much needed funds for East Anglia’s Children’s Hospices (EACH).

Norwich Bubble Rush 2025 Join us for a day of fun and laughter as you navigate through a colourful, foamy adventure! The course features four bubble stations along the 2.5km route. Each bubble station has a cannon which pumps out coloured foam to create a 4ft deep bubble bath! Every course is family friendly, so you can run, walk, jog, dance or toddle through the foam– the most important thing is that you enjoy your time in the bubbles and finish with a big smile on your face! May 18th

For more information about all fundraising events, and how to support EACH, go to :

www.each.org.uk, or call 01223 800800

Bus Time Table



37A

East Harling Market Place
Kenninghall Post Office
Banham Zoo
Banham Primary School
Old Buckenham Green
New Buckenham Green
Carleton Rode Flaxlands
Bunwell Hall Road
Fornsett End The Jolly Farmers
Tacolneston Primary School
Ashwellthorpe New Road
Wreningham The Bird In Hand
Bracon Ash School Road
Mulbarton Birchfield Lane
Mulbarton Worlds End
Swardeston Bus Shelter
South Tuckswood Robin Hood Road
Norwich City College
Norwich St Stephens St (Stand BC)
Norwich Castle Meadow (Stand CC)

East Harling to Norwich

| | | |
|------|------|------|
| 0642 | 0915 | 1450 |
| 0649 | 0922 | 1457 |
| 0653 | 0926 | 1501 |
| 0653 | 0926 | 1502 |
| 0701 | 0934 | ▼ |
| 0707 | 0940 | 1508 |
| 0711 | 0944 | ▼ |
| 0718 | 0951 | ▼ |
| 0724 | 0957 | 1516 |
| 0726 | 0959 | 1517 |
| 0732 | 1005 | 1517 |
| 0739 | 1012 | 1524 |
| 0742 | 1015 | 1527 |
| 0745 | 1018 | 1529 |
| 0751 | 1024 | 1534 |
| 0754 | 1027 | 1537 |
| 0801 | 1034 | 1543 |
| 0805 | 1038 | 1548 |
| 0810 | 1043 | 1553 |
| 0812 | 1045 | 1555 |

37A

Norwich Castle Meadow (Stand CR)
Norwich St Stephens St (Stand BN)
Norwich City College
South Tuckswood Asda
Swardeston Bus Shelter
Mulbarton Worlds End
Mulbarton Birchfield Lane
Bracon Ash School Road
Wreningham The Bird In Hand
Ashwellthorpe New Road
Tacolneston Primary School
Fornsett End The Jolly Farmers
Bunwell Hall Road
Carleton Rode Bus Shelter
New Buckenham Green
Old Buckenham Green
Banham Primary School
Banham Zoo
Kenninghall Post Office
East Harling Market Place

Norwich to East Harling

| | | | |
|------|------|------|------|
| 0815 | 1315 | 1615 | 1745 |
| 0820 | 1320 | 1620 | 1750 |
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| 0828 | 1328 | 1628 | 1758 |
| 0832 | 1335 | 1635 | 1805 |
| 0835 | 1337 | 1637 | 1807 |
| 0842 | 1340 | 1640 | 1810 |
| 0844 | 1342 | 1642 | 1812 |
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| 0902 | 1424 | 1724 | 1854 |
| 0907 | 1428 | 1728 | 1858 |
| 0912 | 1435 | 1735 | 1905 |

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