Banham NEWS



Something for the whole community



Artwork provided by Holly Manser

Events

What's On ISSUE 3: May 2025

News

LOCAL FIRM



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Lee Watson Managing Director



















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Hi Everyone, as you will see this month the editorial has been submitted by our Secretary, Mel. This is very much a team effort, and it feels only right that everyone on the committee receives the credit they deserve.

It takes a lot of time and dedication from everyone on the team to put the newsletter together, so if there is something that you could contribute, then why not submit ideas and information, and a big thank you to those that already have.

The Team,

Keep the ideas and suggestions coming!

April Quiz Answers

1. Nine 2. Mondays child 3. London 4. Eskimos 5. F. Scott Fitzgerald 6. Channel Tunnel 7. Leonardo Da Vinci 8. George Washington 9. Cobalt 10. Brazil

The winner of the Quiz prize for April is, Joan Beales Congratulations.

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

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

Distribution 750 copies. Closing date for copy for the June 2025 issue is Monday 12th May

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

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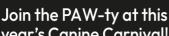


- Fun Dog Show with nine entry categories
- Street food





All proceeds go to charity



Sausage catching competition

Face Painting with 'All That Glitters'

Applewőőd Countryside Park





Hello readers. It's amazing how the time flies, it is May already and we have delivered our third edition. It feels like only yesterday that I saw the advertisement for the revival of the newsletter in the Post Office window and the team met to start planning.

It's been great fun getting involved with the content of the newsletter, I've learnt so much about Banham in the process and met some great people. I wasn't aware that we had such a depth and variety of businesses in and around Banham. Then, when it's time to deliver the latest edition, it's lovely walking around the village on a beautiful spring morning and getting some exercise in the process.

This newsletter is for our readers and about our readers so please do get in touch if there is content that you would like to see or if you have an event or business to advertise.

We promote a local charity each month, so if you have a suggestion for a worthy cause, please let us know.

Finally, remember to submit your cover photo or drawing suggestions and recipes.

Contact details are:

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

Mel Jay (Secretary of Banham News)



Your Garden This Month

Allotment

- Earth up potatoes, covering as they appear
- Sow sweetcorn in deep pots, so the young plants ready to transplant in June
- Reduce snail populations by regular evening hunts, especially during damp weather
- Start sowing dwarf and climbing French and runner beans, in warm weather
- Pick rhubarb stems apply a feed
- Start hardening off tender young plants, such as tomatoes and courgettes
- Sow batches of salad leaves and pick continuously
- Hang pheromone traps to control pests
- Thin out seedlings, like carrots

Garden

- Scoop out, blanketweed and algae from ponds and water features
- Put soft tops on the tips of all canes, in borders, veg plots, pots and greenhouses, to prevent injury to eyes
- Apply wood treatment to wooden garden furniture to condition it for summer
- Set up an extra compost bin or a worm bin, so you can recycle more green waste from your kitchen and garden
- Apply nitrogen-rich summer lawn feed to encourage leafy growth
- Mow grass pathways through wildflower areas to walk among the flowers
- Hoe bare soil and hand-weed beds weekly
- Put supports in place for clumps of perennials that are prone to flopping, such as top-heavy peonies or phlox

With Thanks to Mel Jay

JB's Gardening and Mole

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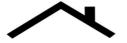
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Knit and Natter, Crochet and Chatter

We are a friendly group of like-minded people who love to knit, stitch and natter whilst sharing ideas and skills. Come along to learn something new, share your ideas or just chat. This 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.

Fosal Glups

Banham Baby Toddler Group (0-5yrs)

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 & 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

Talk on growing Dahlias, Thurs 1st May Kenninghall Village Hall at 7:30pm

Contact: davidmorton132@btinternet.com

Banham Youth Cafe - At St Mary's Church

Every Friday during term time, 7:30pm-

9:00pm

For those in school years 7-13

Table tennis, pool, table football, consoles,

craft and activities

Contact: steph@integrateyfc.org.uk

Website: integrateyfc.org.uk

Your Community Centre

From the Chair

I, Guy Taylor, Chair of Banham Community Centre Association (BCCA), hereby declare that this years BCCA AGM will be held at Banham Community Centre in the small hall. The meeting will take place on Tuesday, May 13th 2025 at 7:30 pm This meeting will be open to the public. All are welcome to attend.

Did you know that the Community Centre can host your special occasion or regular club meeting. We have 2 Halls, the larger one being equipped with a bar, and the smaller one having access to a kitchen.

They can be hired by the hour, or in the case of a party or wedding, for the whiole day. To find out more please contact us on **01953 888628**, or pop in to talk to us.

Guy Taylor, BCC Chairman

	Banha	Banham Community Centr		
		Regular Diary		
Monday:	Yoga	12:30- 13:45		
	Bowls	14:00 - 17:00		
	Zumba	18:30 -19:30		
	Badminton Club	20:00 -22:00		
Tuesday:	Well Being	11:45 -13:15		
	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 –19:30		
	Badminton Club	20:30-22:30		
Friday:	Zumba Gold	09:30 - 10:30		
	Private Badminton	14:00 -16:00		

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

The month of May always reminds me of my dear late Mother whose middle name was May. I always couldn't really understand why she really did not like the name especially when it is associated with the early summer with lovely light evenings and hopefully sunny days!

Last month in the Church we celebrated Easter and rejoiced that how through Jesus' resurrection there is always hope from reconciliation, forgiveness, and new beginnings. In this beautiful month of May nature reminds us particularly of new life it is as all around us with new growth and blossom, young animals and start of new crops, which is uplifting.

The Easter season within the church lasts 7 weeks and during this time there are many accounts in the Bible of how the risen Lord Jesus came and visited his friends and disciples. It was of course an important period as it gave those first disciples the reassurance and comfort that they needed to see that Jesus' resurrection was true. They then had the courage to be witnesses and spread the Christian Gospel which spread all throughout the world which is miraculous.

I hope that during May you will all be able to enjoy this early summer period. As you experience the wonder of the new birth of nature all around, I hope too that you will be inspired by the message of the Christian Gospel which through the life, death and resurrection of Jesus Christ gives hope, peace, and joy.

Please do contact me if you would like to know more about the Christian faith. My email is: revsewalsh967@gmail.com and phone is 01953 571549

Services during May

May 4^{th} - 10am Group Holy Communion at St. Mary's, Kenninghall

May 11th - 09:30 Holy Communion at St. Mary's, Banham

May 18th - 09:30 Morning Prayer at St. Mary's Banham

May 25th - 09:30 Holy Communion at St. Mary's, Banham

Easter Bunny Hunt

At Easter we held our family Bunny Hunt with bunnies to be found lurking in gardens around the village, while in the Community Centre refreshments, crafting and other fun activities for all the family were on offer. There were plenty of Easter eggs prizes too thanks to the generosity of Next Move Estate and Letting Agents who donated them to the Banham Village Hub. Thank you Martin!

The Banham Village Hub offers a weekly cafe and other activities at the Banham Community Centre but is an independently constituted group run by volunteers. For more information or to volunteer, please follow our Facebook page, email: banhamvillagehub@gmail.com, or phone 07909 505 831.







Are You A Budding Journalist

We are looking to find the next budding journalist's to help with adding to the Banham News.

Are you below the age of 18 and have aspirations to join the ranks of the 'Hacks of Fleet Street'. If so , then send us your editorial, it must be around 500 words and may include pictures if space prevails.

Your content needs to reflect the views of young people, but must not contain any content of an inflammatory nature, or likely to cause offense. If you have a story to sub-

mit, then please send it to

info@banhamnews.co.uk



Easy



6	7	2	3	5		9		
	3					2		5
		9			7	6	3	1
			9	4	6	8	2	3
	9	6		2	8			
					3	1		
	1		6	9	2			7
7		3		1	5			
	2				4			6

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

Deadline for entries, 10th May

Hard

6			5					
8	3			9			5	
5		9		7		6		
		5	9					
	6		1			4		9
9	2			4		5	6	
							3	2
					1	7		
		4			5			6

Name.....

Contact.....

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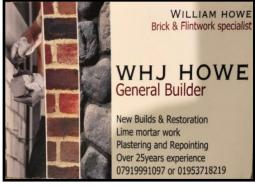
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Community Centre

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

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



Applewőőd Countryside Park

Canine Carnival 11AM-4PM SATURDAY 31ST MAY

Join the PAW-ty at this year's Canine Carnival!



Please purchase an Activity Entry Ticket if you wish for your dog to take part in the activities with the ticket fee donated to Hearing Dogs for Deaf People.





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:

<u>www.southbrecklandartists.co.uk</u> and Instagram: @southbrecklandartists

Thelnetham Windmill Open Day LOHP and Art at the Mill Sunday 25th May 11am - 4pm

The opening of **TheInetham Windmill** over the late May Bank Holiday weekend is a great opportunity to see the Windmill working, find out about the **LOHP**, visit **Art at the Mill** by the **Creative Fen Group**, and enjoy Cream Teas and refreshments.

TheInetham Windmill was built in 1819 for William Button and lovingly and faithfully restored to working order in the 1980s. In 2013 ownership was transferred to Historic Suffolk. It is now maintained by a small skilled group of volunteers and still produces flour occasionally. You can learn about the history of the mill and have a guided tour to see how it actually works, watch a video of the restoration and if the weather is suitable the sails will be turning. For more information see **theInethamwindmill.org.uk**. The postcode is **IP22 1JS.**

The Little Ouse Headwaters Project (LOHP) is a local charity dedicated to the restoration, conservation and promotion of enjoyment of the wildlife and landscape of the Little Ouse valley on the Norfolk/Suffolk border, for the benefit of wildlife, people, and the climate. We will have our stall outside the granary with nature table, leaflets, new rubbing guide and tombola, along with volunteers at hand to tell you all about what we do and how you can get involved. Why not join us on a guided circular 2.8 mile (4.5km) Fenland Walk at 1pm around the fens, exploring the landscape and wildlife of the Little Ouse Valley. Wellies recommended. No need to book, just turn up. Well behaved doges on leads welcome. Meeting/Parking on Parkers Piece, Mill Road, Thelnetham, Suffolk (IP22 1JU) Next to Thelnetham Windmill. Suggested donation for walk £4 non-members www.lohp.org.uk

The Creative Fen Group is a small art group whose members are attracted and inspired by the varied landscape of the Fens and their flora and fauna, as well as the history of the area. All art mediums are used, painting, drawing, printing, weaving, embroidery, dyeing of fabric, photography, working with willow and jewellery making. We meet monthly - in most weathers - to walk and work on the Fen in our chosen medium, and we hold exhibitions twice a year. Whilst most of our members are inspired by the landscape there is a great deal to discover on the Fens. The varied plant life and increasing numbers of wildflowers and orchids, coupled with the presence of farm animals, ensures that there is a healthy insect population, including the Fen Raft Spider at Redgrave and Lopham Fen. The insect population ensures the presence of many birds, including the Little Egret, Bittern, Marsh Harriers, Kite, Kingfishers and Linnets. There is an abundance of toads, frogs and grass snakes due to the wet nature of the fens, and there are stone loach, bullhead and sticklebacks in the river, as well as water voles. All these aspects of the Fen inspire our work.

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







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Windows



ZSEA BANHAM ZOOLOGICAL GARDENS



Dear Friends,

It was great to see so many happy families at Banham Zoo this Easter, and once again, we are so grateful for the support of the local community.

Our endangered maned wolf pups are growing quickly! Their playful and curious personalities have captured the hearts of our visitors, and it's been a delight to watch them explore their new home alongside their parents. Native to South America, these fascinating creatures offer a rare chance to see the early stages of their lives up close, and we're thrilled to share this special moment with all of you. As the May half-term approaches, we're thrilled to invite you back to Banham Zoo, for the ultimate family day out! To make it even better, we're offering an Early Bird Special — book your tickets before 18th May and enjoy big savings! It's the perfect opportunity to create unforgettable memories with your loved ones. This half-term, we're bringing even more excitement to your zoo visit; with our World Food Festival. Indulge in mouthwatering cuisine from a variety of food stalls and trucks, enjoy sizzling live cooking demos, and be entertained by an exciting stage show. Plus, head over to Keeper's Corner to discover what's on the menu for

Looking ahead to the summer, we're excited to invite everyone to take part in two major fundraising events that bring our community together. First, our Run for Wildlife 5K Race in May is a wonderful opportunity to get involved, whether by running, walking, or simply cheering on your friends and family. By taking part, you'll be supporting our conservation efforts and helping fund the care of animals both at the zoo and in the wild.

our animals and learn more about their daily care.

Our "Zoo Do" evening event is another summer highlight, bringing the community together for a fun and lively evening. With live music, delicious food, and a vibrant atmosphere, this after-dark event is a fantastic way to enjoy time with loved ones while supporting the zoo's vital conservation projects.

We can't wait to see you at Banham Zoo again soon and are incredibly grateful for the ongoing support of our community. Thank you for helping us continue our important work in animal care and conservation.

Josh Hunter-Harl

Sales and Marketing Director



Banham Primary School Vandalism

We were deeply saddened by the acts of vandalism that took place in our Forest School area the weekend of $15^{th}/16^{th}$ March. In the last issue of Banham News, we had so proudly showed the work that had gone into this space by our staff, volunteers and children, and how special it was to us all...



We have been incredibly overwhelmed by the number of people who have contacted us with support and donations regarding the damage. We decided to go public with the information as we wished this to be a deterrent to others in the future. There is no place for mindless vandalism in our society.

We are so grateful for everything that we have received and look forward to not only fixing/clearing

what was left behind, but enhancing it further with your kind donations. We are really proud that the local community has rallied around the school and this is what makes Banham, and the wider community so important. We are incredibly humbled by your support and generosity.

There has been much improvement made already in the space, the children have been working hard cleaning it up and last week Mr Mark Cocks donated and planted all these lovely hedges! They are going to look incredible!

Banham News were delighted to be able to donate £50 towards the re-building scheme.

Parish Council News

FOOTPATH RULES

One of the best of things about Banham is our lovely countryside, and with Spring and Summer fast approaching, we want to let you know how to enjoy your walks, and also keep our lovely, hard working farmers happy.

Whether you're out exploring and looking for new walks, taking your 4 legged friend on their regular daily walk, or training for your next 5k, here are a few rules that you might want to consider:

- 1. A public footpath is, as you might expect, a path that can be used only by walkers and runners. Walkers and runners should always keep to the path and avoid leaving the track and entering onto crops/fields. This also applies to your furry friends. Avoid taking shortcuts, and remember, for the vast majority of the time, footpaths are rights of way, across land that is privately owned.
- Dogs should be kept under control at all times, and if there is concern that your 4 legged friend may leave the permitted path, please ensure they are kept on a lead. Furthermore, if the footpath runs alongside livestock, please keep your dog on a lead at all times so as not to cause distress to other animals and birds.
- 3. Always pick up dog poop, and ensure that the bags are disposed of in the designated bins distributed around Banham, or in your own bin at home.
- If livestock is present, never feed or interact with the animals. All livestock have specific diets, and feeding by anyone but their 'keepers' could cause illness and distress.
- 5. Do not leave/drop litter on the path. Always make sure you take your rubbish home with you.
- 6. Always close gates behind you.
- If stiles are available, always use these for access/exits, as climbing over fences and gates could cause damage.

The most important things to remember are "leave no trace", whether this be by way of littering, or leaving footprints outside of the designated path. Oh, and also, respect everyone you meet.

Us 'Banham'ites' are a lovely bunch, and always ready to say 'hello', or stop and have a chat.

For more info and to see a larger map, go to: osm.mathmos.net/prow/progress/norfolk/breckland/banham/





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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

Recipe of the Month

APPLE AND ALMOND CAKE

Ingredients:

5oz soft margarine

2 Large eggs

8oz caster sugar

1tsp almond essence

8oz S.R flour

1-1/2tsp baking powder

12oz prepared cooking apples

almonds for decoration

Method:

Mix together margarine, eggs, sugar and essence, add the flour and baking powder. Spread half the mixture over the base of an 8" loose-bottom cake tin. Cover with apple slices, then put "blobs" of the remaining mixture over the apples and sprinkle with almonds.

Bake for 1-1/2 hors at 160 degrees C, or 320 degrees F

This is a special recipe that has been enjoyed by my family for 5 generations. It is very easy to make and fairly foolproof. As a child, we had a huge mature apple trees in our meadow in the Suffolk countryside. The trees used to yield very large Bramley apples.

It was always a challenge to find ways of using up the apples (before the days of freezers) and this was one of our go to recipes.

This cake can also be served warm with ice cream, cream or lashings of creamy custard.

It is equally delicious made with rhubarb, pears or plums.

This recipe was provided by Mrs Pam Spicer



In addition we would like to congratulate Pam and Dave, on the recent celebration of 50 years of marriage



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

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 Harling Taxi
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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

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





Around one in three people in the UK are deaf, have hearing loss or tinnitus. For 1.2 million of those people, this hearing loss is so severe they would not be able to hear most conversational speech. Being deaf can greatly impact a person's quality of life, making it incredibly difficult for them to communicate with others and leaving them unable to take part in conversations — even with friends and family. This can cause them to withdraw from social situations and experience overwhelming feelings of isolation, often resulting in anxiety, depression and loneliness.

Vulnerable and unsafe

In addition, the fear of missing important and often life-saving sounds, such as smoke and fire alarms, intruder alarms, the alarm clock and even baby monitors, can leave deaf people feeling incredibly vulnerable and unsafe.

Hearing Dogs for Deaf People is a national charity that rebuilds deaf people's confidence, companionship, and their connection to the world around them.

Life-changing

We train dogs to alert deaf people to vital sounds they might otherwise miss. Our dogs also provide love, companionship and emotional support, and this combination of practical support and lifelong friendship can be completely life-changing.

Hearing Dogs wear burgundy jackets when out in public, which brings a visibility to a largely invisible disability. This can often spark conversation, helping deaf people reconnect with people and their communities.

It costs around £40,000 to fully train and support a hearing dog for the duration of its life and our ability to continue our life-changing work is reliant on donations from our supporters.

We breed the majority of our dogs ourselves so we can be sure that their health and temperament is ideal for their role as a hearing dog. We work with Labradors, Cocker Spaniels, Miniature Poodles and Cockapoos, as these breeds respond well to sound, are eager to learn, are motivated by treats and love being around people.

While our puppies are being trained, they live in the homes of our dedicated volunteers, who care for and train them with the full support of experienced Hearing Dogs staff.

Expert lived-experience support

There are currently over 1,100 hearing dog partnerships across the UK. And while dogs are at the heart of what we do, our long-term partnerships with our recipients mean we are uniquely placed to offer expert lived-experience practical and emotional support to anyone experiencing difficulties with their hearing.

We are currently helping thousands of people through our other face-to-face and digital services. We also catalyse change in hearing loss practice and policy by sharing our lived-experience insights with key professional organisations, industry partners and other charities in the hearing loss field.

If you would like more information

Then please contact us at: 01844 348100 www.hearingdogs.org.uk



Reader Contributions

I am really pleased to say, that as the Newsletter gathers pace, more people are coming forward with ideas, suggestions and content, so please keep it coming. What we cannot fit into the newsletter, will get onto the website: www.banhamnews.co.uk

This month we have some pencil drawings given to us by Brian Harper, which were done by his late father.





Pubs of Banham

We are also going to feature a regular article on the pubs that used to thrive in the village, so if you can help our researcher with any information or pictures, please send them to Mel at secretary@banhamnews.co.uk

It would appear that at least ten public houses were in existence in the 1800s with many different owners and surviving for a century or more in some cases. Often the buildings have survived and are now private houses. Nowadays only two pubs remain open, but compared to some, often larger, towns and villages this is a high number.



The old Crown Pub

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