



# Banham NEWS



*Something for the whole community*



Thanks to Birds of Prey Rescue for coming along and giving a talk about these amazing creatures.

In conjunction with Banham News and Lottery Community Fund

Events

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News

Issue15: May 2026

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## Birds of Prey!!!!

Banham News in conjunction with Community Lottery, hosted a meet Phoenix Birds of Prey Rescue Centre. Over 70 people turned up to listen to Jo give a talk on these magnificent creatures. There were lots of interested children, who had a host of questions. As our spotlight Charity this month, I urge you to visit their website and make a donation to help bring injured birds back to full health so that they can be released back into the wild.

We also had a request for a creative corner, where local artists, musicians, writers etc, can explain how and what inspires them to write, paint or create music.

We start off this month with a look at local resident and Community Centre Chairperson, Sylvie Maney. So don't be shy, send us your bio, help to inspire others.

If you have any suggestions or ideas, then please get in touch through the usual channels.

info@banhamnews.co.uk or call Alan on 07775 906546.



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  
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# Editorial

Once again, welcome to the next edition of Banham News. Every month we strive to bring you news, and information that helps everyone in the village, and while we get to fill the newsletter each month, we would still like more input and suggestions as to what you would like to see and read. We cannot always fit everything in immediately, but we will give it a good try. We are a very small team of volunteers that produce this newsletter, and my thanks go to Karen, Mel and Rosina for all their help and support, along with our regular and guest writers. We don't always get it right, sometimes the grammar or spelling may be a bit awry (personally I blame Spell Checker)

Another thing that helps to keep the editorial ticking over is our Sponsors. Advertising is what helps to pay the printing costs each month, so if you have or know anybody that has a small business that needs to promote themselves, then a small ad is the way to do it. You will be reaching every house in Banham, and from what I am told, it is reaching neighbouring villages as well, the Dr's Surgery at Kenninghall always keep a few!

One thing that did get raised a few times was whether we could re print the bus timetables, whilst that seems like a good idea, it does take up a lot of space, and I wonder how many people cut them out. So, I contacted the bus company and they sent across 350 of the new timetables which you will be able to pick up from the Post Office, Community Centre and the Church.

There seem to be lots of things happening every month in the village and it seems that not everyone hears about them. To help spread the word make sure we know, so that we can publish them and help increase awareness and attendance.

In April, we funded a 'Meet Birds of Prey' event which was attended by over 70 people, so perhaps we will try to do more of these events, suggestions on a "Post Card Please", now that's one for the youngsters!!

With my other hat on, as a committee member at the Community Centre, I am actively trying to put on new events to attract people to attend. As you are probably aware the BCC takes a lot of time, effort and money to keep it running, so holding events helps enormously with the up-keep of the Centre. So my ask is, let us know what you want to see, and try to support the events that take place. The email address to use is [events@banhamcommunitycentre.co.uk](mailto:events@banhamcommunitycentre.co.uk)

I hope you enjoy this edition, and don't forget to pass it on when you have read it, or recycle it

All the best  
Alan



**[info@banhamnews.co.uk](mailto:info@banhamnews.co.uk) / 07775 906546 or use the Dropbox at the Post Office**

## Creative Corner

I'm Sylvie Maney. I moved to Norfolk, from Essex, with my husband, John, in 2018. We were keen to escape the increasing over development and heavy traffic of Thurrock, our hometown, for the greener and slower pace of life in Norfolk, within reasonable reach of our family and friends in Essex. Originally moving into a converted 16<sup>th</sup> century pub, 'Swan House', in Garboldisham, then downsizing to a new House in Banham in 2022. We decided to go along to an AGM of the Community Centre after a leaflet came through the door. Neither of us had any intention of getting involved with the committee. We were just interested in what was happening with the centre. It became apparent, very quickly, that it was in dire need of help, both financially and from a need of volunteers to form a committee, as there were just two trustees present for that meeting! The upshot from that night was the scheduling of an EGM (Emergency General Meeting) and from that, a new Chairman stepped up and a small handful of people on the new committee. We were still not involved at that point, but I had started teaching a few art classes at the centre. Not so long after, the Chairman stood down, along with other members of the committee, and another EGM was called. Another Chairman stepped up and we became untitled committee members, only intending to help out where needed. The committee, as a whole, worked reasonably well for the next year, then that Chairman, along with the Vice Chairman and Secretary suddenly stood down at an AGM. A recent newcomer to the village and committee decided to step into the vacant role of Chairman. A week or two later, I decided to support him by becoming Vice Chairperson and a new Secretary came forward. A few months on from that, the Chairman stood down and I found myself in the position of acting Chairperson. Not a role I desired or had the capacity for, alongside my personal commitments and my art practice, I was thrown into the deep end. The daily problems and challenges seemed endless. Both John and I were close to walking away so many times. But I had given the few loyal members of the committee 3 months notice of commitment and stayed on, mainly for their sake, and all the work everyone had put in and plans we had made. We are still looking for the right person to take up the post of Chairperson. I regularly mention this in my column in the newsletter and have flyers in the foyer of the main hall.

My passion is my art. It is not a good 'bedfellow' with my current responsibilities as Vice Chairperson. Any creative person will tell you that they need to practice their craft every day, in order to grow, learn and ultimately create from the heart. That hasn't happened on a regular basis since being in the position I'm currently in. I've always been a creative since a child. Unfortunately, when choosing a career, my parents didn't feel that art was going to provide me with a salary. So I was steered towards a scientific journey, having shown some promise in that area. Much to my art teacher's disappointment, and mine. I went on to work in the petrochemical industry as a chemist, then as a chemist/surveyor (a first for a young woman in a man's world, back then, in this country). But, eventually, years later, and a young family at school, I started attending art classes at an adult education college. From there, I found myself with a teaching qualification and a number of art classes across three campuses in the college I started as a student in (roughly 35 years ago). I get a real 'buzz' from helping others feel the enjoyment of bringing a piece of artwork into the world that they have created and feel proud of. I love that they notice things around them more than before, and laugh when they tell me that they bore their partners when pointing out the subtle changes of the colours of the sky and so much more! The sky is a big inspiration for me; that and light generally. I always seek out the light in my landscapes and seascapes. Norfolk, the county of big skies is perfect for me. I'm what's known as a mixed media artist. I'm happy working in watercolours, acrylics, gouache, pastels, inks; sometimes in their individual capacities, but often using two or more mediums in one artwork. I rarely work from a specific reference point or photo. I used to, but these days I get easily bored and produce unsatisfactory work if I try to work that way. So I scribble, splash and generally mess around on the surface substrate until it starts to suggest what it wants to be; quite often it's not what I originally had in mind at all (if, indeed, I start out with any intention), and sometimes it's a variation of what I might have had in mind, if the thought had been there in the first place! I'm more expressive and sometimes more abstract in my approach now. I love happy accidents and embrace the serendipity of things happening or coming together on canvas, in a way that I couldn't possibly have planned but totally appreciate when they happen. (This can often produce squeals of delight!)

Continued on page 9

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# **Banham Blog**

## **Early Banham, Tudor times and Kenninghall Place Part 1**

There is evidence that Banham as a settlement existed as far back as Roman times. Recent excavations on a field at Greyhound Lane, un-earthed materials that suggest the existence of a high-status Roman residence or bath house.

The Domesday book of 1086 records the presence of a church in Banham (though St Mary's as we know it now is believed to date back to the fourteenth Century.) The book also records that our village was in 'The Hundred of Guiltcross' and had a large population of 79 households. Taxation totals suggest it was a reasonably prosperous village for the time.

The Lord of The Hundred was appointed by the Sovereign and would have overseen local justice and taxation a form of early local government. The Hundred was divided into Manors with Banham having three Marshall, Beckhall and Grey's. Marshall was the head Manor and is believed to have been partly owned by The Bishop of Ely. Today, 'Grey's Manor' is the name of a small housing estate opposite our current community centre.

In The Domesday Book, Banham was spelt Benham. In the Anglo- Saxon language, Ben meant prayer so Benham possibly meant 'place of prayer' which could explain why until recently Banham was known as Holy Banham. At that time there was a tradition that people sent the bones of their relatives to rest in holy places. This could explain why human remains have been found buried outside of the church yard. During excavations many years ago, several human skeletons were found in a pipe trench in Old Rectory Drive. They were laid out on top of each other facing upwards which would suggest an organised burial.

We can imagine what Banham would have looked like in Tudor times (1485-1603). We know that our church would have been in existence though probably not as it is today. In addition, Kings Head Cottage (next to the community centre) would also have existed, as it dates back to the fourteenth century. Records suggest that originally it was an open hall house with a central fire for warmth. It would probably have been lived in by a wealthy family (possibly merchants or farmers?) The family and their servants would have lived communally in the central hall.

During the time of King Henry VIII, our church may have been surrounded by a few grand merchant's homes (including the current timber- framed guildhall?) with several one -to- two room timber framed/wattle and daub thatched cottages on the outskirts, which would have been lived in by ordinary 'peasants '(poor working people) as they were known at that time. During the winter, their animals would also be brought inside the home for shelter and warmth. Water would have been collected from a communal well.

Thanks Sarah Howard

# Get Involved

## Wednesday Cafe

Between 10am and 12:30pm

In the Banham Community Centre small hall

A welcoming warm space for all ages, from the youngest to the eldest, to spend in the company of friends and neighbours



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### Kenninghall Garden Club Plus

Thursday **7th May** in Kenninghall Church  
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Talk on Organic Gardening by Paul Lucus

Saturday **9th May** at Kenninghall Church  
Kenninghall Garden Club Plant Sale at  
10am to 12 noon followed by  
Kenninghall Open Gardens £5 including  
refreshments

Friends of Banham Church

## Waveney Choir Spring Concert

May 13th, 7.30pm  
St Mary's Church  
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## 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

### **Beavers, Cubs, Scouts**

Kenninghall, Attleborough, Harling, Old Buckenham.  
www.scouts.org.uk, 0345 300 1818

### **Rainbows, Brownies, Guides.**

www.girlguidingnorfolk.org.uk

### **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 Quiet and Calm for Baby Group Monday's**

Designed for parents and babies, £3 per session, Jan, March, May

### **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

### **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](mailto:events@banhamcommunitycentre.co.uk)

### **Banham Badminton Club**

8pm-10pm Mondays and Thursdays.  
Contact Adam 01953660281  
[adam@adampower.co.uk](mailto:adam@adampower.co.uk)

### **Knit & Natter Crochet & Chatter**

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

### **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](mailto:banhambtg@gmail.com)

# Flora and Fauna

## What to Look for in May

May is a vibrant spring month characterised by blossoming flowers, increasing warmth, and historical celebrations of fertility, such as May Day. It is named after the goddess Maia, signifying growth. We are focusing on local two Norfolk Wildlife Trust reserves.

**NEW BUCKENHAM COMMON:** Recommended during May to enjoy the peak of birdsong and wildflower bloom.

**Green-winged Orchid (*Anacamptis morio*):** This is the main highlight of the common in May, which hosts an astonishingly large colony that creates a spectacular display of purple and pink.

**Yellow Flag Iris (*Iris pseudacorus*):** Found near the marshy areas and ponds, often starting to flower from mid-to-late May.

**Common Nightingale (*Luscinia megarhynchos*):** Its beautiful song is often heard in scrub.

**Sparrowhawk (*Accipiter nisus*):** Most striking with its brilliant yellow eyes and long yellow talons.

**Common Cockchafer (*Melolontha melolontha*):** these large, brownish beetles are known for their loud, buzzing flight at dusk.

**Great Crested Newt (*Triturus cristatus*):** Found in Spittle Mere pool.

**Bright Orange-tip (*Anthocharis cardamines*),** this unusual butterfly is often found near Lady's Smock (Cuckoo-flower).

**SWANGY FEN:** A species-rich wetland

**Milk Parsley (*Thyselium palustre*):** A rare species found at the reserve, critical for local wildlife.

**Southern Marsh-orchid (*Dactylorhiza praetermissa*):** Features pink or purple flowers and thrives in damp fen environments.

**Cetti's Warbler (*Cettia cetti*):** Its loud explosive song is often heard at dawn.

**Hobbies (*Falco subbuteo*):** See them catching dragonflies over the water.

**Norfolk Hawker (*Aeshna isocetes*):** Rare and highly associated with Norfolk fens and grazing marshes.

**Swallowtail (*Papilio machaon*):** Look for these in late May, especially near milk parsley plants, as they start their first brood

**Brimstone (*Gonepteryx rhamni*):** One of the first butterflies to emerge, often seen near buckthorn.

Thanks Mel.

## Creative Corner cont.

When living in Garboldisham, we created a gallery on one end of the house. Through this, I got to meet many of the local artists. From this association and friendship, a handful of us got together to form a collective called 'South Breckland Artists', there is another member of this group living in Banham, Tina Edwards. We all worked together to create the South Breckland art trail, which has now become South Breckland open studios over the past three years. People interested in seeing our work can pick up leaflets with a map and information that leads them from one artist's studio on the trail to another, in this and surrounding villages. They can visit as many as they choose, to view our work, and will always be met with a warm welcome and the occasional demonstration of how we work and maybe even have a go themselves. This year's open studios takes place over the two weekends of 6<sup>th</sup>/7<sup>th</sup> & 13<sup>th</sup>/14<sup>th</sup> June. Look out for posters and leaflets in various venues, cafés notice boards in Banham and surrounding villages and newsletters. With this in mind; last year we created our first 'Art Fest' with marquees in one of our members wild flower meadow (after the flowers were gone) in South Lopham. Each of us had tables and art materials to demonstrate what we do and encouraged visitors to 'have a go'. There were cakes and refreshments available. The event was a great success and beyond our expectations. We will be repeating the event again this year on Saturday 5<sup>th</sup> September. So look out for all the publicity on this near the time and make a date in your diary if you want to come along.

I took a break from most of my teaching last year, concentrating more on my art practise. But this year I'm committing to putting on classes in the Banham Community Centre again. The first course has been all about working from observations made on a local walk we had during a free session near the centre. I've been gently introducing techniques working with acrylics and inks that require no previous experience, but build on confidence with handling the different mediums. My latest course of five weeks started on Wednesday April 8<sup>th</sup> and will go through to May 6<sup>th</sup> from 1.30 – 3.30pm where we will build on that confidence and new skill set. You can contact me on 07927452741 or Email: [sylviamaney@gmail.com](mailto:sylviamaney@gmail.com) if you want more details of the classes or my work.

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# News From The Pews

I have been really amazed and fascinated by the successful launch and return of Artemis II mission trip around the moon. Every day on the news it was wonderful to hear the news from the four very brave astronauts on board and to see some of the stunning photos of the earth and the moon from out of space. There will I am sure be more information about this mission in the months to come and the advance of more space travel in the future.

The whole mission was an incredible one and one recognizes how small the earth looks in comparison to the vastness and awesomeness of the universe. Artemis II mission was an incredible human achievement which highlights the depths and mystery of the universe. As Christians of course we believe that the earth and the whole universe is created and looked after by the loving sustaining power of God as the following Psalm states:

*When I look at your heavens, the work of your fingers,  
the moon and the stars that you have established;  
what are human beings that you are mindful of them,  
mortals that you care for them?*

*Yet you have made them a little lower than God,  
and crowned them with glory and honour.*

*You have given them dominion over the works of your hands;  
you have put all things under their feet, (Psalm 8:3-6)*

Within this world and into the depths of space and the universe there is much that remains mystery which is quite awesome. Despite this the Christian belief is one that not only acknowledges that God is the creator of the whole universe but one who is immanently involved within people's lives on earth through His sustaining love which was expressed most fully of course through life, death, and resurrection of Jesus Christ. The advance of space travel is a massive achievement and let us thank God for human initiative and intelligence and for the bravery of those four astronauts on Artemis II. I personally am looking forward to hearing more about the mission and the ones that are planned to come, although I don't think that I would ever be brave enough to be one of the astronauts!

## Church services during May 2026

May 3<sup>rd</sup> - 10am Group service of Holy Communion at St. Mary's, Eccles

May 10<sup>th</sup> – 09:30 Service of Holy Communion at St. Mary's, Banham

May 17<sup>th</sup> – 09:30 Morning Prayer at St. Mary's, Banham

May 24<sup>th</sup> – 10am Group service of Holy Communion for Pentecost at St. Mary's, Banham

May 31<sup>st</sup> – 09:30 Service of 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 6<sup>th</sup> 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.

The Banham Community Centre is at the heart of the Village, and we want to hold events and gatherings that everyone can attend.

Recently we had a Jive Dance Night, which was attended by over 160 people, and on the back of that we are holding more events of a similar nature, including a Christmas Party Night on the 5<sup>th</sup> December, and a Forensic Talk on the 6<sup>th</sup> of June

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 at [events@banhamcommunitycentre.co.uk](mailto:events@banhamcommunitycentre.co.uk), dropping your suggestion in the

## Coffee Break Quiz

The following list consists of pairs of words which are in some sense 'opposites' - and an odd word out. What are the pairs and which is the odd word out?

BOXING	DOWN	ERGO	GROG
HISS	HOME	MAIL	OGRE
OPPO	RATTLE	REFORM	SILENT
SITES	TILT	TOMTOM	WASH
UP			

### Last Months Answers

- |                                    |                               |
|------------------------------------|-------------------------------|
| 1      Crying over spilt milk      | 7      A foot in the door     |
| 2      Accident Prone              | 8      Hitting below the belt |
| 3      Moving in the right circles | 9      Horseback riding       |
| 4      Splitting headache          | 10     Westside story         |
| 5      Vitamin A deficiency        | 11     Heat wave              |
| 6      Forgive and Forget          | 12     More often than not    |

To win the monthly prize, Banham News Digital Clock, please complete the puzzle, insert your name and contact number and put it in the Drop Box at the Post Office



NAME.....

Contact Number.....

**Deadline for entries  
14<sup>th</sup> May**

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**Banham toddler and baby group**

Stay and play sessions for ages 0-5  
 £3 per family up to 3 children,  
 50p for extra child

Includes snacks, drinks and crafts

- 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

Contact Anique : [banhambtg@gmail.com](mailto:banhambtg@gmail.com)

# A Walk on the Not Quite Wild Side

## Walk from Banham to Old Buckenham and back

Starting from and returning to Church Green.

5 miles circular

We walk to the Old Bookshop for refreshments, it's a lovely environment and a browse in the wonderful bookshop, which also sells lots of gifts, cards and jigsaws, many of which are locally made. A great place for presents and meeting friends.

Just a couple of things about the route:

- After walking up the footpath from Blacksmiths Cottage at the end of Blackslough Lane, the map shows the path going straight on, but you turn right then almost immediately left after the hedge.
- Go straight on over the track, then along a field edge till you get to the horses, then make your way onto Sandy Lane.

Look out for:

- Hares in the fields
- The lovely tree houses and figures at the top of Sandy Lane
- Old Buckenham windmill (look at their Facebook page for open days – the tour and refreshments are really good)
- Beautiful thatched church at Old Buckenham



Thanks to Pat Gardiner

# Countryside code

As more and more people are moving to rural locations from larger towns and cities, its important to know how things work, and what is expected of you. So here are a few tips on how to mix in and get along.

## **Be considerate to those living, working and enjoying the countryside**

- Don't block access to gateways or driveways when parking. Always leave access for emergency vehicles
- Be nice, say hello, share the space
- Follow local signs and keep to marked paths. **Do not** walk across fields unless a footpath is signposted

## **Farming, livestock and wild animals**

- Leave gates and property as you find them or follow instructions on signs.
- Give wild animals, livestock and horses plenty of space. Their behaviour can be unpredictable, especially when they are with their young
- Keep dogs on leads. A farmer may legally shoot a dog that risks livestock or animals may attack it to protect their young
- Do not feed livestock, horses or wild animals as it can cause them harm

## **Travel in the countryside**

- Face oncoming traffic when you walk on a road without a pavement
- Cyclists must give way to walkers and horse riders on bridleways

## **Protect the environment**

- Take your litter home - leave no trace of your visit
- Do not light fires and only have BBQs where signs say you can
- Bag dog poo and bin it in any public waste bin. It can cause illness
- Take care not to disturb wildlife including birds that nest on the ground

## **Check your route and local conditions**

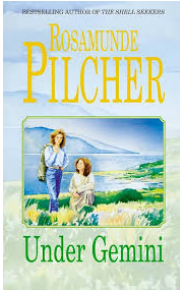
- Make sure you know your route and have the maps you need
- Check weather, tide and water conditions. Be prepared to change plans if conditions are unfavourable
- Tell someone else where you are going and when you expect to be back  
In rural areas you may not see anyone for hours and phone signals are unreliable in many places
- You are responsible for the safety of yourself, and others in your care  
Make sure you have the skills and knowledge you need for your activity

**Thanks to Mel Jay**



## Monthly Book Review

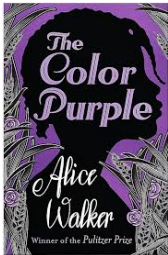
A quick overview of the books that you are reading.  
What's good and what's really good.



### **Under Gemini by Rosamunde Pilcher,**

Under Gemini, published in 1976, tells the story of two identical twin sisters, Flora and Rose, who were separated at birth and grew up not knowing of each others existence. Soon after meeting for the first time, Flora ends up taking Rose's place on a trip to the Scottish Highlands, on which she has to pretend to be her twin sister, whom she barely knows, and her life is changed forever. Under Gemini is a beautiful, easily read book, and would be best enjoyed in the garden on a summer afternoon. Rosamunde Pilcher had an incredible gift for descriptive language that really shines in this book, completely immersing you in its location.

**Reviewed by Rosina Butcher**

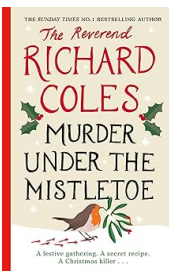


### **The Color Purple by Alice Walker**

This Pulitzer Prize-winning novel, is a story of resilience and self-discovery set in the Southern US in the early 20th-century, and written in a letter-writing (epistolary) format.

Although it explores themes of abuse, race and gender the focus on Celie's journey from being in an abusive, bleak situation to finding her own voice and independence is heartwarming and hopeful. I read it for book-club and didn't want to, but I'm glad that did.

**Reviewed by Mel Jay**



### **Murder Under the Mistletoe by The Reverend Richard Coles**

Well I got Reverend Richard Coles new book for Christmas, "A Death on Location". However, the last book I read was "Murder at the Monastery" and it was a cliff hanger at the end and you wanted to know what was going to happen in Daniel Clement's life. Therefore, I thought better read the book which was in between. Unfortunately, I was rather disappointed. It is a small book and is based on just a few days around Christmas. There was no real update from the previous book, which was disappointing. You could guess the story line and what was going to happen. There was a little tweak which you wouldn't have known which was due to the reason why it happened. I'm glad I read it. At least I know I haven't missed anything. Hopefully the next book will be more interesting.

**Reviewed by Karen Manser**

**Don't forget to submit your book reviews [info@banhamnews.co.uk](mailto:info@banhamnews.co.uk)**

## Banham Primary School



### Movement and Play

We learn so much through play and not just in our early years.

Play is crucial for supporting cognitive, physical, social and emotional development. It promotes resilience, reduces stress, enhances complex social skills, and encourages physical fitness. As children grow and develop, play transitions from imaginative to structured, helping them build confidence, navigate relationships, and develop important skills such as critical thinking and creativity.



Climbing and using our core is crucial for children as it fosters comprehensive physical, mental, and social development. It encourages essential gross motor skills, strength, and coordination while boosting confidence, problem-solving abilities, and stress relief. But it doesn't stop there! It promotes spatial awareness, resilience, and healthy risk-taking in a controlled environment.

It is never just playing!



# **This Is Your Life**

## **War and more in Park Common Lane**

Way down Park Common Lane - a narrow lane off Kenninghall Road - lies the boundary between Banham and Kenninghall. Just beyond the boundary, there's a memorial plaque for 12 airmen from Old Buckenham Airfield, who died when their plane came down in 1944. Tony Dunning, who lived at Park Common Farm, says the plaque is in the wrong place: "I was four-year old when the plane crashed. If that plane would have dropped where the plaque is, the cottage we see there wouldn't exist. The plaque should be 15m further up the lane.

The plane crashed Saturday night and on Sunday morning they wouldn't let us get close. There was a bank with three or four small pear trees between two fields, and the plane sat there, with a silver tarpaulin over it. A fire engine had already been and took the bodies away. After they cleared up, a horseman on the farm found a flying man's jacket, full of fur. He wore it in winter working with the horses on the land. It kept him so warm.

My father was manager at Park Common Farm, and we lived there for free. In the massive garden, everything was grown: vegetables – the lot - and apple trees, currant bushes, raspberries, gooseberries. When the planes went over, we used to dive behind the massive gooseberry bushes.

An evacuee from Romford, five year-old Tony Castleton, came to live with us. My father went with a pony and trap to pick him up from Eccles Road Station, and we children slept four in a bed. When everything was over, they sent Tony back to his parents in Romford. After that, he used to bike up here every summer. Sometimes his father and brother came, too. His mother was totally blind. We're still in contact to this day.

On the farm, we had 30 milking cows and a bull, and the milk was delivered to people in Banham. To start with, a fella from a couple of villages away, used to come with a pony and trap. A massive churn stood in the back of his cart, and he'd go down the lane to Banham to deliver the milk. The churn had a tap. He'd turn it on and people would bring their jugs out for a pint or so of milk. Later, Ronnie Dunning, who was like a brother and lived with us, took over the milk round. He had a van with bottles and crates.

In summertime, we used to go fruit picking on the fields, where the zoo is now, that were filled with blackcurrant bushes. We earned money to go to the seaside on a coach that went out to Great Yarmouth and back. I didn't swim. You went to stroll around the arcades, and just to be somewhere else.

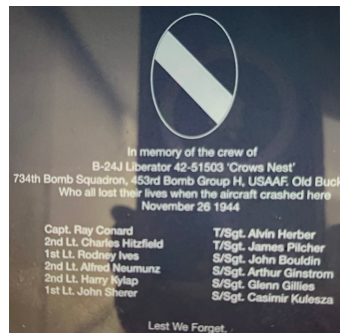
I went to school in Kenninghall and I left when I was 15 and worked on the farm. I was even working there when I was at school, in the barn, mixing food for the pigs and baby calves.

In 1947, when I was seven, there was the worst winter I can remember. We were completely cut off. The ice on the pond, where all the water ran down from the hills and the cows in the meadow went to drink, froze. The ice must have been about six inches deep. Men were sawing down trees by hand - no chainsaws in them days - but they couldn't get the trees down. They dropped them on the ice. Then they had to get two horses with chains to pull them off the ice to cut them up.

I never done anything after school until I was 14, and a sports teacher got things moving with after school cross country and football. My father disagreed totally, because he wanted me to work helping him out so he could get indoors for his supper. I was 21 or 22, when I escaped from the farm and went to work with Burwood Gooderham, on the land and occasionally catching chickens in the broiler huts. There were about 20,000 chickens in each hut. After three years, I started work at Hayhoe Land Drainage in Norwich, digging trenches for pipes, then back-fill. Later, I went into construction. 1963 was another bad winter. My parents had a landline - one of the first - and Sunday morning, my father said, "Gooderham just rang up. He want you up there to move the snow." The London coach, bringing people from London to Norwich each day, got to North Lopham and couldn't get no further. The road was completely blocked. The Council couldn't cope so they got the nearest farmers to deal with it. I must have walked through deep snow to get there.

Sometimes, I'd cycle to the Red Lion in Banham, where there was a juke box and I'd go to the Pavilion dance-hall, with its sprung floor. That was marvellous. Then my brother, who joined the Army, left me his Ford Prefect car so I could drive around. I met my wife Ann in Carleton Rode and we married in 1967.

Once a year, while I was still at school, the Banham butcher, used to come and kill one of our pigs. At that time, we had a massive steel chest in the house to sterilise the empty milk bottles, that were returned each day. There was a separate boiler outside with a fire, heating the water. We'd place the dead pig in a big wooden tub in the dairy, where the cows were milked. Then we'd get hot water from off the fire outside and me and my brother would scald the pig and scrape all the hair off with scrapers. The butcher would come back to cut the pig up. The legs were put in a net and smoked, and hung on hooks in the pantry. The fore legs and the rest was put in big solid earthenware pots and salted down. That's how they were kept. There weren't no fridges so you salted everything down but the legs were hung up and used for slicing bacon. That was a life of luxury really for us, because we had all we wanted.



Heather Bateman in conversation with Tony Dunning

## Other News

### Friends of Banham Church

2026 promises to be a very full year for the Friends of Banham Church (FOBC) Plenty of you have already asked whether there will be Open Gardens this year. The answer is “No” because this happens every 2 years, but there will be a lot of other events during 2026 for you to enjoy.

Here is a list of what is planned so far (some events are still at the planning stage and dates may change).

**Waveney Choir Concert:** “Songs from the Shows.” May 13th at 7:30pm in the Church. Not to be missed! Tickets will be £7.00 for adults, under-14s free. Refreshments and raffle.

Look out for posters for details.

**Yard Sale** - planned for July 4th. Date to be confirmed. Watch this space.

**Bat Night: planned for August 27th.**

Many of you will remember the very successful Bat Night which took place in the Church ten years ago. This was a really interesting evening which attracted a good number of people, including many who were definitely not bat-lovers! The Norfolk and Norwich Bat Group have been invited to visit Banham with their equipment to help us hear and see the bats that live in the Church. Much more detail will be available over the next months.

**Community Choir** - rehearsals from October 1st

The Community Choir will rehearse weekly until their concert just before Christmas. This really is a choir for everyone - details to follow.

**Arts and Crafts Christmas Fair** at Saturday Cafe, 5th December. Stalls, food, hot drinks and good company.

All the above events will be advertised throughout the year in Banham News and posters around the village.

**FELINE CARE**   
rescue sanctuary advice rehoming

**Pop Up Shop**

**Saturday 2nd May 10am - 1pm**

**NR16 2QN**

**Introducing crafters corner:**  
**Tables full of items for your crafty creations**

We will also have, bric a brac, books, clothes, games, jigsaws & furniture plus our tombola and yummy cakes



- 2-4 May Bressingham Heritage Steam Gala
- 10 May Candle-making Workshop and Alpaca Experience are Events at Mill House
- 16 May OB Porsche Meet Event
- 23 May Farmers Market Lopham
- 27 May Knit and Natter, Crochet and Chatter BCC bar
- 13 June Diss Craft Festival at The Corn Hall, Diss

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Banham Zoo is looking forward to a busy and exciting May, with plenty happening from new arrivals to renovations across the park.

It has been a great few weeks here at the zoo. With bird flu restrictions now lifted, our Chilean flamingos are back outside and enjoying their habitat again. It has been lovely to see them return to their usual routines and just in time for visitors to enjoy them outdoors once more, soaking up the sunshine.

Looking ahead, there is lots to be excited about. We are currently preparing for some updates to our penguin habitat, including new arrivals and renovations, which will create an even better space for both the penguins and our visitors. Keep your eyes on our social media for ongoing updates and to get behind-the-scenes access to all the goings on. The brand-new Capybara house, part of the South American paddock previously mentioned in last month's edition, is well underway in construction, with Norwich college students working on the build as part of their studies.

May Half-term is set to be a highlight for us as our New Zookeeper club welcomes you to step into the shoes of working at a zoo for the day! It's a hands-on family experience packed with animal encounters, Junior Ranger fun and exciting activities, all included with zoo entry.

We are also getting ready for the return of Zoo Do, our popular after-hours event. Taking place on Saturday 23rd and Sunday 24th May, it is a chance to enjoy the zoo in a more relaxed evening setting, with live entertainment, food, and plenty for the whole family. As always, thank you to our local community for your continued support, and we look forward to seeing you at the zoo over the summer soon.

**Rosie Hiskey**

**PR & Marketing Executive**

*The Zoological Society of East Anglia Ltd*

**E:** [rosie.hiskey@zsea.org](mailto:rosie.hiskey@zsea.org)

**T:** 01502744121 **Ext:** 262



Capybara

# Young Voices

Let me take you back to July 1969, I was 11 years old and I remember my mum waking me up to watch a grainy black and white image of a man walking on the moon. How many other people recall that event, and the wonder and amazement it brought. Now travel forward some 60 years and here we are on the threshold of man doing it all again, but how do today's kids feel about.

Pretty much every child who has a "Smart Phone", has more processing power in their hands than the Astronauts of Apollo had to guide them to the moon and back, that makes the epic voyage even more incredulous!



## The Artemis II Mission

Many people may just think that Artemis II was just like any other mission to space, like Apollo 11 or 13- when in fact it is so much more.

The crew consisted of Commander Reid Wiseman, Pilot Victor Glover, and two mission specialists Christina Koch and Jeremy Hansen. Christina Koch was the first woman to travel the moon, and Victor Glover will be the first black astronaut to go on a lunar mission. The exploration lasted 10 days, and they travelled an incredible 1,100,000km! They used the Orion Spacecraft, a spacecraft built for deep-space missions beyond simple earth orbit with life support systems for 4 astronauts. It has a heat shield (i.e. the amount of heat it can withstand without combusting ) of more than 2,800°C. The launch system itself, e.g. the iconic rocket part of the craft that is used, can produce more than 8.8 million pounds of thrust, pushing the rocket up into the sky, and is taller than the statue of liberty- standing tall at 98 metres.

The Artemis II mission is hugely important to the development of space travel, testing life support, and communication with astronauts on-board. It acts as a critical test before actually landing on the moon, something that Artemis III is set to do. And, most importantly, it helps prepare for future mars missions- something that humanity has only dreamt of before the Artemis programme.

So, next time you hear of an Artemis rocket going into space, or a NASA space station exploring new parts of our galaxy, think of Artemis II- the gateway to discovering more.

Eddie aged 14

# Parish Council News

## **Banham Village Community Hub:**

The Banham Community Hub is delighted to report that this year's Bunny Hunt was a great success. With a simpler route and even more bunnies to find, the event was thoroughly enjoyed by all who took part. Entertainment was provided by Andy the Clown, who kept families smiling, while a dedicated craft table offered a range of Easter themed activities for the children to enjoy. 100 Easter eggs were donated this year, and any remaining eggs will be passed to the Banham Toddler Group, and families in need in Norwich.

Nomination forms and envelopes for the Banham Community Award are available at the Wednesday Cafe. If you would like to make a nomination, please complete the form, place it in the provided envelope, and deposit it into the allocated box.

Plans are progressing well for this year's Big Lunch. The Hub has received permission to use the Village Green for the event. Further details will follow shortly.

We are delighted to share that Monica's Sponsored Swim raised an impressive £535.00. In addition, the Wymondham and Attleborough Darts League nominated The Hub to receive a donation, and we were pleased to accept a cheque for £600.00 from the Banham Community Bar Darts Team. These generous donations will go towards the Community Christmas Meal in 2026, for which, the hall and caterer have already been booked.

The Hub laptop is now up and running and available for Community Use. A volunteer will be on hand to assist anyone wishing to learn how to use it or to help with research online.

Finally, we are pleased to announce that the Hub is now a member of the Norfolk Knitters and Stitchers. The new group, Banham Hub Knit & Sew, will meet every second Friday of each month from 2:00pm – 4:00pm at the Banham Barrel.

## **Stephen Askew:**

The Banham Parish Council is sad to be losing our District Councillor, Stephen Askew, who will be stepping down at the forthcoming elections. Stephen has supported the Community of Banham for many years with dedication, advice and guidance, and has been a true asset to Banham and the surrounding areas. His contribution and support will be greatly missed by the Parish Council and residents alike. We would like to take this opportunity to thank Stephen for his service, and to wish him all the very best in his future endeavours.

## **Banham Community Award:**

**The nominations for the award will close on 30<sup>th</sup> April 2026.** Please don't miss your chance to recognise someone who makes a real difference in our community.

**How to nominate:** It's easy! Nomination forms are available in the February edition of the newsletter, online on the Banham Parish Council Website (<https://banhamparishcouncil.norfolkparishes.gov.uk/community-pride-awards/>), at Banham Butchers, the Banham Post Office and the Banham Community Hub. Forms can be returned to the Parish Clerk on [clerk@banhamparishcouncil.gov.uk](mailto:clerk@banhamparishcouncil.gov.uk) or handed in at either Banham Butchers, the Post Office or the Hub. Nominations are limited to 1 per person. Please note the Parish Council meeting for May will take place on Thursday 14<sup>th</sup> May due to the elections. This will begin with the Annual Meeting at 7:00pm, followed by the monthly meeting at 7:30pm.

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](mailto:clerk@banhamparishcouncil.gov.uk)



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# Recipe Of The Month

## Simple Feta and Seasonal Vegetable Tart

A quick and easy-to-make yet impressive tart, perfect for a summer dinner.

### Ingredients:

One sheet of pre-rolled puff pastry

125g cherry tomatoes

One courgette

100g feta cheese or goat's cheese

200g crème fraîche

One clove of garlic

Salt and pepper

Optional: Chopped olives, chives or spring onion to garnish

### Method:

1. Preheat the oven to 200°C (fan).
2. Peel and mince the garlic, slice the courgette into thin discs and cut the cherry tomatoes in half.
3. Combine the crème fraîche with the garlic and season with salt and pepper - this sauce will be the base of the tart.
4. Line a baking tray with greaseproof paper. Unwrap the puff pastry and lay it on the lined baking tray. Score a 1cm border around the edge of the pastry with a knife (this will puff up and form a crust).
5. Spread the crème fraîche mixture over the puff pastry and then crumble the feta cheese on top.
6. Layer the sliced courgettes and tomatoes on top. Season with salt and pepper.
7. Cook for 35 minutes or until the pastry is cooked through, puffed up and golden.

This is a favourite in my house and usually goes very quickly as it's quite light, so perhaps consider making two. Enjoy!

**Thanks to Rosina Butcher**

# 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

## 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

01603 286286

Citizens Advice Bureau

03444 111444

## 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](mailto: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.

### Did you know?

You can report any non-emergency crime or incident online at [norfolk.police.uk](http://norfolk.police.uk) or via the QR code here. Just scan it with your mobile phone camera or QR code reader.

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### Banham Village Community Hub Bunny Hunt

Our third annual Easter Bunny Hunt was held at Banham Community Centre on Saturday April 4th and was our best yet. It was fantastic to see over 60 children attending along with their mums and dads, following a trail with over 30 bunnies to hunt. Entertainment from Andy the Clown included a kiddy disco with hoola hoops, spinning plates and balloon models. It was highly entertaining to see mums and dads joining in. As with all of our community events, it was free to attend and every child received a free Easter egg.

Our Easter themed craft table was popular and the raffle proved popular too. We must thank all of the people in the community who baked cakes and donated raffle prizes. These went a long way towards funding the event.

Our wonderful team of volunteers helped make it the success it was and we look forward to doing it all again next Easter.





## Charity Spotlight



Birds of prey are wonderful creatures. Majestic, mysterious and beautiful. Icons of freedom gracing our skies. For centuries, humans have trained birds for a working relationship, historically those birds being representative of status. Sadly, nowadays, much of the interaction between birds of prey and man is harmful to the birds. In Barn Owl versus motor vehicle it is obvious which is going to win. Fences, fishing wire, water troughs and chimneys are all potentially dangerous. Intensive farming reduces hunting grounds, rodenticides reduce prey. Sadly, some dangers are more malicious; traps, poisons and guns. It is not easy being a bird of prey.

Which is where Phoenix Bird of Prey Rescue comes in. A small local charity, based in mid Norfolk, doing exactly what it says on the tin. Started in 2013 as a one (wo)man rescue, Phoenix became a registered charity in 2016 (RCN 1168819). There are now volunteers around the county of Norfolk who work to rescue injured or sick birds, rehabilitate and then release them back to where they came from. This volunteering may also involve collecting birds and transporting them to the specialised hospital, where they are cared for until fit for release or moved to a rehabilitation aviary for more time to recover, strengthen muscles and be assessed. Volunteering may also involve:

1. raising money to treat and feed the birds or pay veterinary bills;
2. building, maintenance or cleaning of aviaries or the hospital;
3. attending country shows or delivering a talk with some of the captive bred birds;
4. updating the website or monitoring the emails and phone calls.

That is where the public come in. Ringing Phoenix when they find a sick, injured or starving bird of prey. So, what to do when you find the Barn Owl who took on the motor car? Approach the bird from behind with something like a towel or a jacket. When close enough, throw it over the bird, then pick the bird up. Put the bird into a container, a cat carrier is ideal, but anything secure. Keep the bird warm. Contact Phoenix (07914 661385). A volunteer will arrange for the bird to be collected, although if you can take the bird to the hospital that would save the charity time and money! At the hospital the bird will be assessed by a trained falconer and treated appropriately until it is fit to be released. Phoenix will give updates as to the outcome of the initial assessment and invite you to assist in the actual release. Sadly, not all birds can be saved, but by bringing them to Phoenix they have been saved from predation or a slow death from their wounds and starvation, much like the buzzard found in Banham.

Phoenix is a small charity receiving no government money, totally reliant on volunteers, donations and grants. If you enjoy seeing wonderful creatures like Red Kites, Buzzards, Kestrels, and owls gracing our skies and would like to help please visit [phoenixbirdofpreyrescue.org](http://phoenixbirdofpreyrescue.org) where you can see how to donate.

Registered Charity 1168819  
Norfolk and Suffolk 07914 661385



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