

Banham NEWS



Something for the whole community



“Lest We Forget”

*The phrase “Lest we forget” is
the final line of Rudyard Kipling’s
1897 poem, “Recessional”.*

*It was adopted by the British
Commonwealth after World War
I as a plea not to forget the past
sacrifices of soldiers.*

Artwork provided by: Alan Keith

Events

What’s On

News

Issue 9: November 2025

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Lee Watson
Managing Director

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As we close in on the Festive Season, I imagine there will be a number of events taking place across the local villages, so please do not be shy in letting us know, so that we can publicise it for you. There will also be many charities and associations that need extra help at this time, so again, please let us know how we can help you to help others.

As we continue to develop the newsletter, we are always on the lookout for new people to join us and bring fresh ideas and enthusiasm, so I am pleased to announce that we have a new member to the team, Rosina Butcher. She recently graduated from Nottingham Trent University, where she gained a Degree in Journalism. We hope that one of her aims will be to introduce more content for younger members of the Community, so, make sure you send in your ideas. One last thought as we run into the 5th November, just remember to enjoy yourself but remain safe, and at the same time spare a thought for pets and wildlife. Pets may panic and run away, wild animals can abandon their young and become disorientated. Keep pets inside and create a safe space, and mask noise by closing windows and curtains, and turn on the TV or Radio to muffle the loud sounds. Don't miss the hints for Hedgehog safety on Bonfire night on page 33.

All The Best

Editorial Team



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

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

Hi everyone,

I can't believe that we are coming into November! The summer has whizzed by. This was my first summer in Banham and I've had a wonderful time and I'm looking forward to many many more summers here.

November is a special time of year. Our thoughts go back to the end of the Second World War. Remembrance Sunday is on 9th November. The Church will be holding a special Remembrance service on the 9th at 10.45am on the Green.

Julie Taylor is our new poppy distributor this year and you will be able to get your poppy from the Community Centre or the Post Office. I believe Julie is hoping to be out and about collecting as well.

This year I've been lucky enough to have seen two hedgehogs regularly in my back garden. Therefore, I thought it would be a good idea to feature a Hedgehog rescue as our Charity Spotlight this month. Please do have a read, it's a good reminder of what we can all do to help these wonderful creatures.

The Committee is looking at ways to make the Newsletter interesting to all ages. One idea we have come up with is "A day in the life of ...". We thought that teenagers may be interested in what is involved in certain jobs. This would give them an insight and, hopefully, help them choose what career path they may like to go down. Obviously, to make this work we need our readers to send us brief resumes of what their job entails. If you're interested please do email us on info@banhamnews.co.uk.

We are also looking for new members to join our Committee or, if you just have an idea, then please do get in touch and pass it on. We need everyone's input to keep the Newsletter interesting and varied. If you've read a good book, do let us know. The recipe page is one of my favourite pages. We'd love to receive your recipes and know what makes that recipe special for you.

Finally, I'd like to say thank you for all the kind words I have received whilst out and about delivering the Newsletters. We are so pleased that you are enjoying having a Newsletter back in circulation.

Karen Manser
Treasurer



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

Your Garden This Month

Flowers

Plant tulip bulbs in pots and borders, to at least twice their depth of soil
 Lift dahlia tubers after the first frost, clean them off and store in dry compost
 Send off for seed catalogues and start planning what to grow next year
 Plant bare-root hedging, roses, trees and shrubs
 Clear faded sweet peas, morning glory, thunbergia and other annual climbers
 Cut down faded perennials that are looking tatty, and mulch
 Plant a Japanese maple in a pot and place in a sheltered spot in semi-shade
 Gather up and bin the fallen leaves of roses affected by black spot
 Move containers of alpine plants under cover to shelter them from winter rain
 Replenish gravel mulch around alpines to keep the foliage clear of damp soil
 Mulch plants that are borderline hardy, such as agapanthus
 Put stem guards around young trees and shrubs, to protect from rabbits and deer
 Protect agapanthus from frost

Fruit and veg

Prune and take hardwood cuttings from healthy fruit bushes such as currants and gooseberries
 Use cloches to protect winter peas, beans and salads, but leave the ends open as good ventilation is vital
 Prune autumn-fruiting raspberries to the ground after harvesting
 Plant garlic, shallots and onions in free-draining soil or raised beds, then protect with fleece
 Support Brussels sprouts with sturdy canes, and pile earth up for extra stability
 Cut down Jerusalem artichokes, then dig up and store the tubers in a bucket of dry compost
 Protect cabbages, kale and other hardy brassicas with netting
 Plant bare-root fruit trees, bushes and canes, if the ground isn't too wet
 Check stored crops for signs of rot or deterioration
 Lift and pot up chicory roots to force in the dark
 Tidy up strawberry beds, cutting back old foliage and congested runners and removing any weeds

Greenhouse

Insulate the greenhouse walls and roof with bubble polythene
 Make sure all tender plants are safely under cover and kept frost free
 Propagate perennials, including phlox, oriental poppies and verbascums, by taking root cuttings
 Sow leafy crops such as rocket into seed trays on a warm sunny windowsill
 Check greenhouse plants regularly for overwintering pests
 Scrub down greenhouse staging, glazing and the framework with disinfectant
 Water indoor pots of spring bulbs frequently so they never dry out
 Wash out all empty pots and trays and store neatly
 Bring potted herbs, such as parsley and chives, indoors
 Monitor greenhouse temperatures with a max-min thermometer
 Avoid splashing foliage when watering, as fungal diseases may set in
 Clear out tomato and cucumber plants from the greenhouse

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Get Involved

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Join us to sing a range of festive favourites, from traditional carols to popular Christmas songs.

No experience needed - everybody is welcome!

THURSDAYS AT BANHAM CHURCH

Join us on Thursday evenings from 9th October until Christmas, from 7.00-8.30pm.

Plus, enjoy a free hot drink and cake after each rehearsal!

Just £15.00 per person for the season.

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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At Vision Rise Fitness we pride ourselves on giving back to community which is why we do a FREE workout with us session every few months!

- Please join us on **Saturday 15th November 2025 : 9AM - 10AM**
- All ages and abilities welcome
- No need to book - just turn up on the day!

Other classes: PAYG £6.50

Monday 17:30-18:30 - Circi Mobility - Banham Barrel
Tuesday 19:00-20:00 - Bootcamp - Banham Barrel
Thursday 10:30-11:30 - Circi Mobility - Banham Barrel
Saturday 09:00-10:00 - Bootcamp - Banham Barrel



Local Clubs

Zumba Gold, 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

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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

Tue & Thur 7pm

Army Cadets
Attleborough Primary School
18-20 Besthorpe Rd, Attleborough,
01362694515, Tue 7pm

Navy/Marine Cadets
Army Reserve Centre, Aylsham Rd,
NR3 2AB

Police Cadets
https://vpc.police.uk

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 16:00-17:00 - Zumba Kids - Banham Barrel
Monday 17:30-18:30 - Circl Mobility - Banham Barrel
Tuesday 19:00-20:00 - Bootcamp - Banham Barrel
Thursday 10:30-11:30 - Circl Mobility - Banham Barrel

Knit & Natter Crochet & Chatter
Once a month on a Wednesday, in the Community Centre Bar. Details can be found at the Post Office.

Friday Club - Rowancroft, Kenninghall Road
Bible stories and activities for Primary school children, 6:15 pm during school term time

Kenninghall Garden Club Plus
Contact: davidmorton132@btinternet.com

Banham Youth Cafe - At St Mary's Church
Every Friday during term time, 7:30pm-9:00pm
For those in school years 7-13
Table tennis, pool, table football, consoles, craft and activities
Contact: steph@integrateyfc.org.uk
Website: integrateyfc.org.uk

Your Community Centre Chairman and Committee Members

Your Community Centre runs and functions due to the time and effort given by its Committee Members and Trustees. In order to function well it needs a diverse range of skills, ideas and dedication.

We have an opportunity for someone to take the reins as we look to appoint a new Chairman. If you think you have the right qualities and attributes, then why not apply. We also need a Minute's Secretary and more committee members, to bring a fresh approach and energy, so if you can give up a few hours each month, then why not join in.

It goes without saying, that without the support of the village and the people and clubs that hire the halls, this facility would fail to exist, so your continued support is essential in maintaining its presence in the Village.

So don't forget, the halls are for hire at great rates, if you want to hold a function, or bring a group or association together on a regular basis.

If you are interested then get in touch now and send your interest to:

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News From The Pews

The act of remembering is part and parcel of life and with it comes a variety of different memories. In November too of course there is the Act of Remembrance to remember all those who paid the ultimate sacrifice, giving their lives, in the service of their country and in defence of the freedoms we enjoy today.

In the Old Testament the people of God, the Israelite's, were forever being called by God to remember – to remember who they were and, where they had come from. But it was also a call to a future that could be different. When we remember, we too need to have a vision for the future. As we read of it in the Book of Revelation, God's ultimate promise for us is that God will dwell with us, that there will be no more mourning, no more crying, no more pain – we will get out of our cycles of violence and war because all of that has been gathered up in Christ who has shown us a different way. That future starts with us now and in our honouring and remembering and as we seek to live in the light of it.

Remembering is a vital part of living and it is important to remember not just the difficult, sad memories but also the good and funny ones too.

On a lighter note, then, to finish, our little puppy, Alfie, is doing very well. As a family we are already developing good memories of him such as trying to catch his tail and the dog play that he has with his big sister Sooky which at times sounds pretty awful, but they are really enjoying themselves!

Please do get in touch if you would like to meet and have a chat at any time on 01953 571549 or email revsewalsh967@gmail.com Below there is a list of services which you will be most welcome to come to.

With my good wishes and God bless

Sarah

Services for November

November 2nd 10am Holy Communion at All Saints, Old Buckenham

November 9th 10:45 Remembrance Service On the green outside St. Mary's, the Virgin and then a service in church

November 16th 09:30 – Morning prayer at St. Mary's, the Virgin, Banham

November 23rd 09:30 – Service of Holy Communion at St. Mary's the Virgin, Banham

November 30th 10:00 – Group Service of Holy Communion at St. Mary's, Kenninghall

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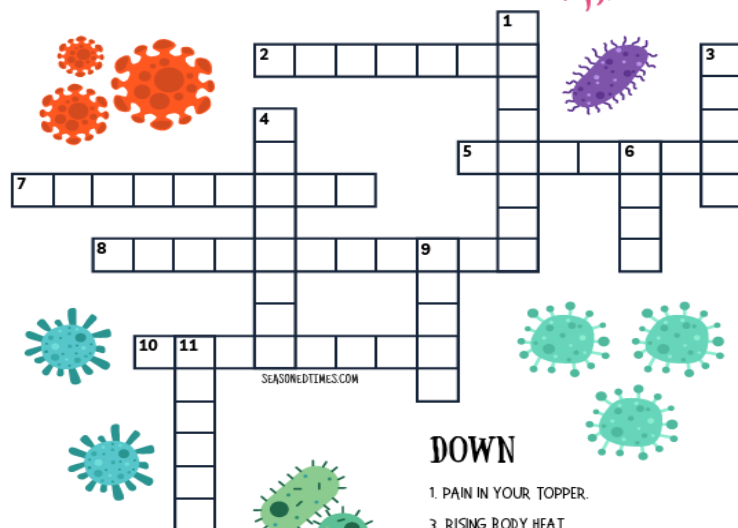
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Coffee Break Quiz

ILLNESSES & SYMPTOMS



ACROSS

2. FEELING VERY TIRED AND WEAK.
5. PAIN IN YOUR SHELL-LIKE APPENDAGE.
7. PAIN WITHIN YOUR MOUTH.
8. DISCOMFORT IN YOUR MIDSECTION.
10. BLOWING AIR SUDDENLY.

DOWN

1. PAIN IN YOUR TOPPER.
3. RISING BODY HEAT.
4. PAIN IN YOUR VERTEBRAE.
6. A COMMON ILLNESS.
9. NOISE FROM YOUR THROAT.
11. FEELING LIKE RELEASING CONTENTS.

And the winners are

September Winner..... Susan Foreman

October Winner..... Monica Clancy

Last months answers

H	D	W	S	O	A
S	O	A	D	W	H
W	A	H	O	D	S
O	W	S	H	A	D
D	H	O	A	S	W
A	S	D	W	H	O

R	P	D	I	E	S
S	I	E	R	D	P
D	E	P	S	R	I
E	D	I	P	S	R
I	R	S	D	P	E
P	S	R	E	I	D

O	I	Z	E	B	M
B	Z	O	M	E	I
E	M	I	B	Z	O
M	B	E	I	O	Z
I	O	B	Z	M	E
Z	E	M	O	I	B

G	O	R	N	E	A
R	E	O	A	G	N
A	N	E	G	R	O
N	R	G	O	A	E
E	A	N	R	O	G
O	G	A	E	N	R

To win the monthly prize, 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
Tuesday 14th November

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My Banham Blog

For this third instalment of the Banham Blog, I'll be focusing on the **pubs and churches** that existed in the village in years gone by.

As discussed in my previous blog, during the Eighteenth, Nineteenth and early Twentieth century, Banham was a thriving and prosperous village mainly because of the two successful industries in the village (cider production and brick making). Many local people worked in these industries which provided a good and steady income. The many farms dotted around the agricultural landscape also provided regular work for farm labourers. This, coupled with having no easy or quick means of personal transportation, meant that most people led a simpler life, living and working in the village all their lives. There was a much slower pace of life and population mobility was low. A reading of Flora Thompson's 'Lark Rise to Candleford' describes what life was like for those living in the English countryside towards the end of the Nineteenth Century. In many ways it must have been an idyllic time with strong communities and the lives of most ordinary rural people still unaffected by the changes brought about by industrialisation, which was transforming the lives of city dwellers.

Of course, life was not easy. The welfare state had yet to be established so the very poor and destitute would have been sent to live in the poor house/workhouse. The large buildings of the workhouse at Overcross are still evident as private houses on the right after leaving Kenninghall on the way to Garboldisham. Similarly, the workhouse next to Cherry Lane Garden Centre on the way to long Stratton also still exists, now converted into apartments and houses. Average life expectancy around 1870 was low (approx age 40) due to poor diet, hard labour and health epidemics for which there were no cures or vaccines. With no free NHS, working people would struggle to afford the limited healthcare that was available.

With no technology such as TV, internet or cinemas, social life would have revolved around annual celebrations on the Green, church on Sunday for the devout, and drinking in the many pubs that existed in the Village. Records suggest that there were 8 pubs in existence:

The Red Lion pub on Lower Crown Street was in the building opposite the school standing next to **Bush's butcher's shop** which is now two semi-detached houses. Mr Bush had his own small red brick slaughter house which can still be seen on land behind Apple Tree Cottage on Church Hill (opposite St Mary's Church.)

Old maps show **The King's Head Pub** opposite the triangular green with large Horse Chestnut tree at the crossroads with Winfarthing Road, Kenninghall Road and Crown Street.

The Walnut Tree Pub (now a private house of the same name) was on Kenninghall Road before Rosary farm.

The Brickmakers Arms was at Hunts corner (now a private house) which was no doubt frequented by the labourers of the brickworks after a long days toil!

The Garden House (still operating as a pub now called The Smokehouse) at the crossroads of the road known locally as the Banham bypass with Greyhound Lane. This pub was well known for selling local Banham cider.

The Greyhound Pub (formerly 'Barking Dickie') was on Greyhound corner opposite the large Horse Chestnut tree, near the pond known as 'Holly Kiln' / Hollow Oak Hill. This is on the corner of Greyhound Lane at the crossroads with Mill Road, Heath Road and Crown Street- now a private house.

Records also show **The Horseshoes** on Mill Road and **The Crown Inn** on upper Crown Street.

Before Banham Community Centre was built, villagers would also meet and socialise in the building known as **'The Institute'** opposite what is now the shop. This building is now a row of cottages.

Sunday would have seen many parishioners heading off to church and in addition to the imposing St Mary the Virgin Church which it is believed, dates back as far as the Fourteenth Century, Banham had several Chapels as a result of the Wesleyan revival which began in the 1730's.

There was a **Methodist Chapel** on the site of the community centre next to the Kings Head pub. This may have caused some conflict between the Wesleyans who advocated abstinence from alcohol and the patrons of the pub who obviously chose to indulge! My research suggests there were two other Wesleyan Chapels in the village, one on Mill Road (now converted into a house) and another on Grove Road opposite a new housing estate.

My next blog will focus on the many shops that were once thriving in Banham.



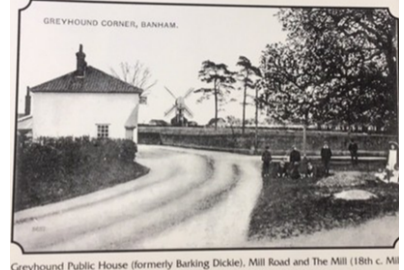
The Institute



Red Lion Public House (Late 18th c. Building) and Bush's Butchers Shop, Crown Street



King's Head Public House and Wesleyan Chapel, Kenninghall Road



Greyhound Public House (formerly Barking Dickie), Mill Road and The Mill (18th c. Mill)

Many Thanks to Sarah Howard



Monthly Book Review

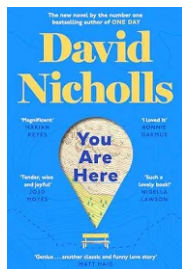
A quick overview of the books that you are reading.
What's good and what's really good.

Recently, someone I know said that all the books we seem to be reading recently are written by women. Looking at the book pile by my bed I can see this is true - so I am going to recommend two very different books by two male authors. I enjoyed reading both!

The first is the most recent story by **David Nicholls**. His novel **"One Day"** became a huge bestseller in 2009 and was adapted for Netflix in 2024. His most recent book **"You Are Here"** came out in paperback earlier this year. I would describe it as a non-soppy romance, involving Marnie, a single woman, her incredibly pushy friend Cleo and Michael who has just split up with his wife. The pushy friend organises a short walking holiday in the North of England with a couple of others who complete the group.

The book takes us on a journey across England, from the Lake District to the North-East coast. It is an interesting study of the two main characters, Marnie and Michael who are both fiercely independent and unwilling to share their feelings.

This is an intriguing story of a developing relationship between two no-longer-young people. It is also funny and sad in parts - I really enjoyed it.



My second book is the first in a series of 14 historical novels: **"The Last Kingdom"** by **Bernard Cornwell**. The entire series, which starts in the reign of Alfred the Great, follows the life of Uhtred. At the very beginning of this first book we discover he is an orphaned Saxon boy who has been raised by Vikings. Problematic in itself!

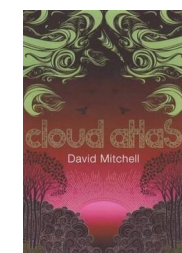
The story of Uhtred is not for the squeamish - the first chapter set in 866 AD, begins during one of the most violent and divided periods of English history with constant invasions by the Danes. If you are interested in reading about this well-researched period in history, made credible through the eyes of the young Uhtred, I can thoroughly recommend it. Then there are another 13 books in the same series!

As an aside, these books have maps which help the reader follow the characters as they travel. **"The Last Kingdom"** also has a translation into modern English of the place names

mentioned in the text. I totally approve of this - and wish more authors would do the same to help their readers get more involved with the story.

Both books are available in paperback, hardcover, Kindle and Audible. **"The Last Kingdom"** has also been made into a BBC television series.

Reviewed by Daphne Griffiths



Cloud Atlas by David Mitchell This is a totally absorbing book, or in fact several books, in one. The reader is taken on a roller coaster through the interlinked elements, two set in the 19th and 20th centuries, a thriller and a comedy set in the present day, two set far into the future. It is thought provoking and entertaining, the vocabulary is complex, but certainly, there is plenty of scope for book club discussions!

Reviewed By Mel Jay

Events

9th October 7pm till 8:30pm Banham Community Choir at St Mary's Church, every Thursday until Christmas. £15 per person (one off donation) includes refreshments

November Baby Cafe every Monday, 10 till 12. Baby birth to crawling, mother to mother support. £3 per session including hot drinks and cakes

1st November, Christmas Craft Fair, New Buckenham Village Hall, 10 till 3

1st to 2nd November, Fen Group Art Exhibition. For more details see page 9

2nd November Hingham Gift & Craft Fair. The Fairlands NR9 4HW. Over 45 stalls 11 till 4

6th November Talk on Gardening for Wildlife, Kenninghall Village Hall 7.30, Contact David : davidmorton132@btinternet.com

9th November 10:45, Remembrance Service, Village Green Banham

15th November First Aid Course, 9 till 12 Banham Community Centre, £15 per person, limited availability. Email ogs4@bladeip.co.uk

15th November, Christmas Craft Fair The Corn Hall, Diss. 10 till 3

16th November Indoor Table Sale, Banham Community Centre. 9 till 12. Tables £5 in advance £7 on the day. Call Alan 07775906546 or ogs4@bladeip.co.uk

21st November Charities Fayre, 9.30 till 12, Diss United Reform Church

22nd November Christmas Market 12 till 4, Chapel Green School, Old Buckenham. Gifts, Food and Craft Stalls. Refreshments and Santa's Grotto All Children £4.50

22nd November Craft and Gift Fair 10 till 3, Kenninghall Village Hall, supporting 22 local businesses

24th November, Wreath making at Banham School for more details see page 34

30th November Xmas Fair, 11 till 4, Banham Community Centre, Craft Stalls, Christmas Decorations, Free Santa's Grotto, Homemade Gifts.

6th December Lighting the Christmas Tree and Carols on the Green

6th December Christmas Fair, Hingham Playing Fields Assoc, NR9 4HD, 10am till 2pm

10th December, The Hub Christmas Meal, further details on page 34

13th December, Wreath making at Banham School for more details see page 34

If you have an upcoming event, please contact us with the details: info@banhamnews.co.uk

This Your Life

GOATS GALORE

An Interview with Christina Snow

About fifty years ago when John Seymour was writing his books about self-sufficiency, and *The Good Life* on TV was entertaining the nation with stories about the trials and tribulations of living off the land, some families in Banham were taking the idea to new heights. Goats were kept in back gardens and tethered on the village green in 1982, when Christina and Ray Snow moved to Heath Lodge on Heath Road - an old Hall house, originally from the fourteenth century, with an acre of land. Then when the opportunity arose, they bought two more acres behind the Bath Factory. "We found we had all this garden and all these outhouses," says Christina. "and we fancied a bit of the *Good Life*, too. We went to market and bought two goats. One was milking and the other was ready to be put in kid." They went on to buy pigs, geese and guinea fowl.

"Ray liked animals, not as pets, but ones that could produce, although the children did have cats and dogs. We didn't pen them in. Everything was free range in our garden. The guinea fowl used to fly up into the trees next door, making a lot of noise and driving the dogs mad. We even had a couple of beehives. Ray was the beekeeper until he got stung a few times but they produced a lot of honey, which was nice." Ray decided to use one of the outhouses for smoking kippers. "He had a smoker made out of stainless steel and he'd go off to Lowestoft and bring back frozen herrings. He'd defrost them, gut them and hang them up in the smoker. At Christmas, he'd smoke a whole salmon and sell chunks of it to his friends up at the Cider House (now the Smokehouse)."

Their farm grew and grew. They had a pond dug out with the intention of adding fish and they put up an enormous polytunnel, where they grew potatoes, runner beans, tomatoes, salad, cucumbers, blueberries and strawberries. Soon they added a second poly tunnel for sweetcorn, courgettes, beans, blackcurrants, raspberries and redcurrants. "We even tried to grow melons. You name it and we tried it. Every day, your job was to be out there looking after everything." Ray, who did most of the planting, watering and weeding, continued to work as a designer and Technical Director at a window company, while Christina was left running the show.

"Your job was to make sure the polytunnels were ventilated, especially in hot weather, opening up and shutting them down and keeping out the muntjacs and birds." The family were producing so much food, they began to sell it from a stall outside the house. This evolved into a monthly Country Market at the Community Centre, followed by an annual fruit and vegetable show. "Ray was very involved in village life. He'd helped collect money to build the Community Centre and he was on the committee. He loved showing his vegetables at competitions and won awards for his giant onions and leeks. Around 2005, he set up a show in Banham, where people in the village brought their flowers and produce. The annual show ran for quite a few years."

Meanwhile, Christina's life continued to be full on: running the home, bringing up the children, looking after the polytunnels and caring for the animals, especially the goats.

"I used to get up at half past six and milk the goats before I got the children ready for

school. Then I'd milk them again about seven o'clock in the evening. If we wanted to go on a holiday, a friend at Stacksford would look after them. We started off with two goats and ended up having five. I've got a diary with all their names in it.

You want the goats for their milk so you only keep the nannies. You don't keep the males. I used to take them to the slaughterhouse and then we ate them. Goat's meat is very much like lamb."

Isn't keeping goats a big commitment? "It is but I enjoyed it. Goats are very affectionate. As soon as they hear you coming, they bleat. They're always pleased to see you. Our goats produced enough milk for the family and enough to give some away and to make goat cheese, too. It was exciting when the goats kidded, usually two at a time. You'd go there in the morning and there were these little baby goats. With so much goat milk, you just get so you don't drink cow's milk any more. The children were brought up on it, though now they say they don't like it so much. But I still have goat milk with my coffee and tea in the morning. We kept goats for nearly 30 years. The last one was just a pet towards the end." Goat milk is said to be very healthy. It provides essential nutrients, such as calcium, protein and vitamins. It has less fat, calories and cholesterol but more calcium than cow's milk. It's good for digestive problems and skin complaints, such as psoriasis and eczema. And it used to be recommended for young breastfed children, rather than formulated milk, as a transition food. Christina left school at 16 after taking her GCEs, and her first job was as a trainee draughtswoman at an architect's office.

"I never realised, when I married and moved to Banham, that I'd end up running a smallholding and raising goats. When Ray first got ill with dementia, I thought about moving out of the village but I'm pleased we stayed. I've got friends here and it's lovely to see the place coming alive again at the Community Hub with the mix of the old and the newcomers to Banham."



See Christina's recipe for Creamy Goats Cheese on Page 31.

Mrs C Snow in conversation with Heather Bateman



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Dear Friends,

As autumn gives way to frosty mornings and twinkling lights, there's a real sense of magic in the air at Banham Zoo.

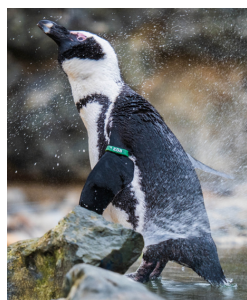
This Christmas, we're thrilled to unveil our brand-new Penguin Grotto! Santa has swapped the North Pole for Penguin Cove this year, setting up his festive base right here at Banham Zoo. He's joined, of course, by our much-loved African penguins, who have added their own cheeky charm to this wintry wonderland. It's a place where families can come together, share a moment of magic, and of course say hello to the big man himself! As shared in our last edition, Rowan, our gentle and graceful sloth, has become a mum for the very first time! Her baby, lovingly named Rolo (a sweet nod to mum Rowan and dad Arlo), is doing incredibly well. We're still waiting to find out whether Rolo is a boy or a girl, but for now, they're spending their early days safely snuggled on mum's belly – just as sloth pups should. This is a truly special milestone, not only for our zoo team, but for our whole community of supporters who help make moments like this possible.

It's incredible to think how much your visits, donations, adoptions, and membership renewals contribute to real conservation outcomes. From helping endangered species like the sloth and red panda thrive, to funding global projects that protect habitats around the world – every action you take here helps make a wider impact.

And with Christmas just around the corner, we know many of you are thinking about gifts that carry a little more meaning. Why not give something wild this year? Our animal experiences, adoption packs, gift cards, and zoo tickets make thoughtful presents that help care for the animals you love and support the work we do every day. Whether you're giving someone the chance to feed a penguin, meet a meerkat, or follow the journey of Rolo the baby sloth – you're giving a gift that truly gives back. Being part of your community means so much to us. Whether you've been visiting for decades or only just discovered what we do, you are part of the Banham Zoo story. And together, we're creating a better future for wildlife – right here in Banham and beyond.

So, wrap up warm, gather your loved ones, and come share in the wonder of the season with us. See you at the zoo!

With heartfelt thanks,
The Banham Zoo Team



Banham is a school that our children, staff and governors are proud of. We have a committed and caring staff, a keen and active School Council, a knowledgeable Governing Body and a very well supported Parent/Teacher Association known as the Friends of Banham School (FOBS).

We strive to provide our pupils with an exciting and enriching curriculum and constantly review and evaluate the achievements of the school. We aim to provide high academic standards through children taking enjoyment from their learning. Our pupils are well behaved and have a genuine voice in how the school looks and feels.

The staff, governors, pupils and parents of Banham Primary School have collaborated to produce our school vision. We have agreed that, together, we will strive to ensure that we C.A.R.E and our children are:

- **Confident**

Our children will have their self-esteem nurtured to enable them to be happy in themselves and achieve their full potential. We will ensure children are confident in their ability. We will ensure they are able to recognise the areas in which they are not as strong, and are confident in their strategies for progressing. Our children will be given the opportunity to speak in a variety of contexts and to a variety of audiences.

- **Able to meet future challenges**

Our curriculum, both inside and outside the school day, will give the children the skills they need to take to Secondary school and beyond. We will encourage them to have aspirations and ambitions, to 'dream big dreams'. Our children will not only learn to ask questions but to research answers, analyse information and question plausibility. We will prepare our children for a world that is changing technologically every day. Our children will understand the value of money, be organised and know how to keep themselves safe and healthy.

- **Responsible members of the community**

Our children will be encouraged to be respectful, polite and tolerant of others regardless of their differences, both within and outside of our school community. Our children will be kind and considerate. They will be able to work in teams, and communicate their ideas effectively. They will recognise their place in the variety of communities they are a part of. Older children will be role models for younger children. Their tolerance and consideration will enable them all to make friends happily with all groups, and to deal with disagreements in a sensible way. Our children will be proud of their school, their wider community and the part they play within those.

Underpinning these, our children will be:

- **Effective Learners**

We will foster in our children their love of learning, promote their independence and encourage them to ask questions. We will challenge children to 'have a go' and ensure they are not afraid of trying new things or of making mistakes. We will enable them to recognise the value in listening to other people and celebrate their achievements. Above all, our children will be motivated to try their best.

During the week, staff will award Golden Tickets following these C.A.R.E. values

Parish Council News

Banham Parish Council took place on Thursday 2nd October 2025.

Community Hub News

The Community Hub Cafe continues to enjoy good attendance on Wednesday mornings, and the recent MacMillan Coffee Morning raised £246.56 – a big thank you to everyone who supported this great cause!

The Wellbeing Walk welcomed 2 attendees, and the next walk is already being planned, with hopes for a larger group next time round. The Hub were also pleased to welcome Lorraine & Holly from Breckland Council, who visited to offer support and advice on health & wellbeing, as well as financial and housing matters. The bingo night was another highlight, with an excellent turnout and plenty of fun for all involved. The Dove of Peace remains in the church, and there's been a lot happening in preparation for the Community Christmas Tree. For those wishing to dust off their knitting needles/crochet hooks and join in, the squares can be any colour and should measure 9x9 inches.

For those who love a pom-pom, these will also be welcomed in any colour and size. Looking ahead, AGE UK will be visiting in January to offer advice on Powers of Attorney and other helpful topics.

Christmas Preparations

Preparations are well underway for the Christmas Fair, which will take place on Sunday 30th November at the Banham Community Centre. If you're interested in having a stall, please visit stallfinder.com for more information.

The Village Christmas Tree will also be going up on the Green, ready for Carols on the Green on Saturday 6th December. More details to follow.

Allotment News

There are currently 2 allotment plots available so if any budding green-fingered villagers are interested please contact banhamclerk@outlook.com for more information. Plots will be allocated on a first come, first serve basis so be quick if you're interested as they won't be available for long.

The Banham Parish Council usually hold their meetings monthly on the first Thursday of each month in the small hall of the Community Centre. For any changes please see the website or the notice board located on the wall of the Banham Post Office & Stores. If you have any questions or reports in respect of allotments, street lights or potholes, please email Michelle Jones on banhamclerk@outlook.com.



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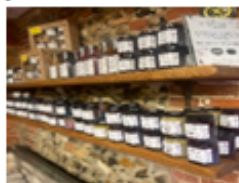




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Recipe Of The Month

How to make creamy, crumbly Goat Cheese

You need a colander, some cheesecloth and a food thermometer.

Ingredients

950 ml goats milk

80 ml lemon juice

2 tbsp white vinegar

A pinch of salt

Some herbs, such as chives, and garlic (optional)



Method

Line the colander with 2 layers of cheesecloth.

Heat the milk over a medium heat and stir continually.

When the milk reaches 80 degrees, remove from the heat and stir in the lemon juice and vinegar.

Leave to curdle into small pieces for about 30 minutes.

Gently stir in the salt.

Slowly ladle the mixture into the cheesecloth in the colander.

Gather up the cheesecloth, make a knot at the top and hang it over a bowl or the sink to drip.

After an hour, place the mixture on a clean surface and sprinkle over the herbs, if using.

Shape into a long roll and place in the fridge for a few hours, Enjoy.

Thanks To Christina.



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 SNAttleborough@norfolk.police.uk

Your Beat Manager



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

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

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Charity Spotlight

Hello, I'm Melanie of Hodge Lodge Hedgehogs in Reedham. I am one rescue in a network across Norfolk with others located in Brandon (Karen's Hedgehogspital), Downham Market (Ryston Rachel's Hedgehog Hotel), Gorleston (Hattie's Hedgehog Rescue), Long Stratton (The Hog House: Hedgehog Help), Oulton Broad (HedgeHog Haven OultonBroad), Starston (Brocks Barn Hedgehog Rescue) and Wymondham (Hedgehog Hollow 04). We support each other to ensure that our prickly mammals get the help and care they need but we can't do what we do without YOU! It really does take 'Teamwork to make the Dreamwork.'

Hedgehogs are complex animals, face many challenges and are on the 'Red List' vulnerable to extinction. Sadly, they often get to a rescue when they're too poorly to save so I would like to share some information with you to try avoid this happening as *'Prevention is better than a Cure.'* **Support Feed ALL YEAR round** if you can. Hedgehogs love kitten biscuits and appreciate shallow bowls of water around the garden.

When working in your garden, **Think Hedgehog!** They love to nest in compost bins/heaps, hedges, leaf piles, long grass, under sheds and in log piles (including your bonfire!) If you have a bonfire, **'Re-site it before you light it'** and light from one side to give *any* animal time to leave.

Take care when using a Chainsaw or Strimmer as startled Hedgehogs will 'freeze,' even in harm's way. Spending a few minutes gently checking areas before you start could save a hedgehog's life.

Avoid using pesticides and poisons if you can. Do they really work anyway? **'Hedgehogs Out in the Day are NOT ok'**, with the only exception being a nursing mum who will be moving with 'purpose' or carrying nesting material. If you see a hedgehog in need of help, please use thick gloves or an old towel to 'scoop' the hedgehog and place it in a high sided box (as they're good climbers!) You can give the hedgehog a shallow bowl of water but NO food as this can do more harm. Once you have the hedgehog secured, contact a rescue for help and advice. Please **'Don't delay, get help straight away.'**

More information on how to help can be found on Hedgehog Rescues' pages on Facebook, with the BHPS and Hedgehog Street. The above-named rescues, and I, can also offer help, advice and answer any questions you have, so please do get in touch. Contact information can be found on the 'Rescues' page on Facebook.

Hedgehog rescues are always looking for volunteers to help with hedgehog care or with transporting them to/from a rescue. Donations of food and newspapers are always needed and would be welcomed by any rescue.

As a new rescue, I'm fundraising for lots of equipment so any donation would be extremely appreciated. Perhaps you'd like to hold a fundraiser for me? Please do get in touch if you can/ would like to help in any way. You can call, text or WhatsApp me on 07920132610 or email hodgelodgehedgehogs@gmail.com

Thank you x

Get Involved

Banham Village Hub
Invite everyone to our

Community Christmas Meal

At Banham Community Centre
From 6pm on Wednesday 10th December

If you live in or around Banham you are invited to a **FREE** traditional Christmas meal (vegetarian options available). You will be met with a warm welcome and a chance to spend time in the company of new and old friends. Families and individuals are all welcome.

Raffle - Entertainment!
To book your places, please contact us by phone or email, or through our Facebook page.

DONATIONS WELCOME ON THE NIGHT!

Banham Village Hub
BY THE COMMUNITY FOR THE COMMUNITY
07909 505 831
banhamvillagehub@gmail.com
Find us on Facebook

We are in need of donations for our

Christmas Bags of Joy

These are large Christmas gift bags distributed to families and individuals in need of a Christmas Hug from their community.

We are looking for donations of treats suitable for adults, teenagers and children, such as confectionary, savoury snacks, toys, books and games, and toiletries.

You can bring donations to our Wednesday Cafe in the Banham Community Centre between 10am and 12noon

Alternatively, contact us by phone or email or Facebook Messenger to arrange collection

Banham Village Hub
BY THE COMMUNITY FOR THE COMMUNITY
Phone: 07909 505 831
Email: banhamvillagehub@gmail.com
Find us on Facebook

JOIN US FOR

Banham Primary Christmas Fete

DECEMBER 6 10-12PM

EVERYONE IS WELCOME!

RAFFLE, GAMES, STALLS, SANTA, HOT FOOD AND BAKED GOODS

Banham Primary WREATH Workshop

Come and create a festive masterpiece at one of our Wreath Making Workshops.

24th November 7PM - £30pp
11th December 7PM - £30pp
13th December 10:30 AM Adult & Child Session - £35 per pair

Adult and child session includes wreath making for an adult and a festive activity for the child.

Festive snacks and drinks included.
Contact Rachel on 07900 027 220 or message on our FOBS Facebook to book

All proceeds goes to our FOBS charity to raise money for the school.

Ear We Go

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My Name is Georgie, please call, text or email for an appointment

07921550958 Earwego12@gmail.com

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Mechanic

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Kevin Calver

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Please keep us up to date with all events taking place in and around Banham
Contact at the usual email address: info@banhamnews.co.uk



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