



Banham NEWS

Something for the whole community



Artwork provided by Polly Becker and Edith Johnson Judd

Events

What's On

News

ISSUE 7: September 2025

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Lee Watson
Managing Director



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Some exciting new features this month. We have a History of Banham, presented by keen historian Sarah Howard, who has produced content for our website, thank you for sharing this.

We also have local writer Heather Bateman, taking us on a nostalgic journey through time with some of Banham's more recognised residents. Thank you Heather

Why not recommend your latest book by giving us a review, and don't forget, we are always on the lookout for interesting facts, recipes or stories.

Events, small or large let us know so that we can publicise it for you.

Small deserving charities, that need a spotlight to highlight the good work that they do.

If you would like to join our small team here at Banham News, then why not join our committee, and help bring the Village to life, with your ideas and input!



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

Distribution 750 copies. Closing date for copy for the October 2025 issue is Wednesday 14th Sept.

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

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Editorial

The past few months seem to have flown by and we are now on edition 7. You might notice a few differences this month, firstly we are now bigger, we have grown from 32 to 36 pages, which reflects the content that is coming in, and our desire to deliver more information. Secondly, you may have noticed the Logo on the front page. I am proud to announce that we have been awarded Lottery Community Funding, which means that we can start to accelerate some of the things we set out to do, such as secure the future of the newsletter for at least 2 years, and start to run events which will help enrich the lives of people living in the village.

We are also delighted to have a new contributor, MP for Mid Norfolk, George Freeman, who will be giving his take on what is good about living in Norfolk, and what he is doing to make it even better.

To start off our events, we are bringing in a Fire Safety Officer to give a talk, more details are in the Events section. We will also be part funding some First Aid Courses, which we expect to be very well attended. As always we want to hear from you as to what you would like to see in the newsletter.

You are now probably aware, we deliver to just over 700 homes in Banham, with the remaining copies being left at strategic points, Post Office, Community Centre and Cosy Nook. So, if you miss an edition or want to pick one up for a friend you know where to go.

It still seems that we miss a lot of opportunities to promote local events and social gatherings, so please, if you know of something that might be of interest to others please let us know, we cannot guarantee that we can fit everything in, but we will give it a really good try.

One thing that concerns me at the moment, is that we do not see many activities targeted at the younger members of the community, so a big shout out to everyone, let us know what you want to see and do in the village. Why not check out some of the Clubs and Associations, maybe you have an idea to create something new! We especially want to hear from the younger people, what do you want to read about?.

Well, that's enough from me this month, so sit back, relax, have a cup of tea and enjoy this edition, and don't forget to re-cycle or pass on to friend when you are finished with it

Contact details for Banham News are:

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



Alan, Editor

Your Garden This Month

In the Garden

Sow hardy annuals, such as cerinthes, ammi, scabiosa and cornflowers

Lift gladioli corms, dry them off, then store in a frost-free location over winter

Plant wallflowers, pansies, forget-me-nots and other spring bedding

Collect ripe seeds from your favourite flowers and store in labelled envelopes

Plant up containers for autumn interest, using colourful bedding plans such as cyclamen, heathers and heucheras

Lift, divide and re-plant congested clumps of perennials, such as achilleas, once they finish flowering

Apply vine weevil control to pots if plants show the tell-tale sign of notched leaf

Fill any gaps with late-flowering perennials, such as sedums, to provide nectar for pollinating insects into autumn

Plant spring bulbs in autumn, including crocuses, daffodils, hyacinths, bluebells and snake's-head fritillaries in pots and borders

Take cuttings from fuchsias, salvias and pelargoniums

Keep summer bedding flowering in hanging baskets and pots until the first frosts by deadheading and feeding regularly

Fruit and veg

Sow hardy greens, such as kale, pak choi, mizuna, lamb's lettuce and mustard

Prune out all the fruited canes of summer raspberries, cutting down to the base

Pot up herbs, such as chives and parsley, and place on a sunny windowsill

Start sowing hardy varieties of broad beans and peas for early crops next year

Plant shallot and onion sets in a sunny spot

Cut away any leaves covering the fruits of pumpkins, squash and marrows

Pick apples and pears before the wind as soon as ripe. Store undamaged fruits

Store chillies by threading the stalks onto strong cotton or wire

Cut off trusses of unripe outdoor tomatoes to ripen them indoors

Greenhouse

In the Greenhouse

Take down greenhouse shade netting or wash off shading paint by the end of the month, as light levels start to fall

Stay vigilant for pests and diseases, and treat any you find immediately

Plant dwarf spring bulbs in pots, including irises, crocuses, chionodoxa and scilla, for early flowers

Pot up tender perennials, such as fuchsias and osteospermum, from summer displays and bring indoors before temperatures drop

Plant Anemone De Caen corms for a vibrant indoor display in early spring

Pay close attention to greenhouse ventilation, shutting vents on cool nights

Check greenhouse heaters are in good working order, and find out how to keep the heat in this winter

Maintain good plant hygiene, picking off faded blooms and dead leaves before fungal diseases can take hold

Look out for forecasts of early frosts and be ready to bring tender potted plants under cover
Move potted peaches and nectarines into a cool greenhouse or porch

With Thanks to Mel Jay

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We meet at Tibenham Community Hall every 1st & 3rd Tuesday of the month 7.30 -10.00pm.

Our next meeting and sign Up evening is, Tuesday 2nd September.

www.bdcameraclub.co.uk

Wednesday Cafe

Banham Village Community Hub

Banham Village Hub
hosts a free Wednesday Cafe every week between 10am and Noon in the Banham Community Centre small hall.
The cafe offers a FREE Cuppa & Cake, chatter and companionship, and also offers free breakfast for kids during school holiday.

By the Community for the Community

Free Mini Raffle

Free Book Swap

Arty Crafty Activities

Free Jigsaw Swap

Collection point for Trussell Trust Food Bank

And other events to look out for through the year:

Community Christmas Meal

Easter Bunny Hunt

Movement for Wellbeing

Phone: 07909 505 831

Email: banhamvillagehub@gmail.com

Supported by Banham Parish Council



Race Night

Banham Community Centre

October 11th Doors Open 6:30 pm

Free entry to a family fun night, meet up with friends and family, have a great time and support your Community Centre.

We need:

Race Sponsors: Name the Race and display your Business name, £25

Owners: Grab a horse, give it a name and potentially win a cash prize, £10 per horse

Jockey: Put your name to a horse and hopefully see it win, £5 per horse. Cash prize for the winning Jockey.

There will be 8 races with 8 horses in each race. The next best thing to the real deal

The Tote will take bets from £1 per horse on the night, with all winners sharing in a cash reward.



Call Alan: 07775906546

Local Clubs

Banham Short Mat Bowls Club - Monday

Community Centre

Contact: Ron 07925 063553

Ronald.553butler@btinternet.com

FitSteps - Wednesday & Thursday

Community Centre

Contact: Tracy Jenkins 07772 481232

tjfitsteps@gmail.com

Beavers, Cubs, Scouts,

Kenninghall, Attleborough, Harling, Old Buckenham.

www.scouts.org.uk, 0345 300 1818

Rainbows, Brownies, Guides.

www.girlguidingnorfolk.org.uk

Air Training Corps - Tuesday & Thursday

Cadet Centre, Sunnyside, Diss

Email oc.1070@rafac.mod.gov.uk

Army Cadets

Attleborough Primary School

18-20 Besthorpe Rd, Attleborough, 01362694515, Tue 7pm

Navy/Marine Cadets

Army Reserve Centre, Aylsham Rd, NR3 2AB

Mon & Thur 7pm

Police Cadets

<https://vpc.police.uk>

Well Being

Community Centre

Every Tuesday 11:45—13:15

Beginners Yoga and Relaxation - Monday

Community Centre

Contact : June Roberts

01953 498343 / 07766 108075

junemroberts@googlemail.com

Community Hub-Weekly Warm Space

Community Centre

Every Wednesday @10:00

Free Tea/Coffee, Cakes, Soup

Contact: 07909 505831

banhamvillagehub@gmail.com

Friday Club - Rowancroft, Kenninghall Road

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

Contact Steve or Gill Eggleton

01953 887579

Knit & Natter Crochet & Chatter

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

Kenninghall Garden Club Plus

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

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PAY ON THE DOOR
EYES DOWN 7PM

PRIZES
28, 17, 77, 56, 4, 31

Helping us fund our Warm Space, Movement for Wellbeing and Community Christmas Meal projects

You are welcome to bring snacks and soft drinks but please purchase alcoholic drinks at the Community Centre bar.

BY THE COMMUNITY FOR THE COMMUNITY

To book your table in advance:
email: banhamvillagehub@gmail.com
phone: 07909 505 831

Your Community Centre

Have you ever wondered what it takes to manage and run a Community Centre, especially one as big as Banham.

Well, you need dedicated Trustee's, and you need a team of people that form a committee, and spend time and effort in making sure that everything runs smoothly, and that we run events that the village and surrounding areas can take part in. Just recently, we had an AGM, where a new Chairman was elected, Erik, who along with the team, are helping to re-energise and improve the look of the Centre. As from next month, Erik will provide an ongoing view of what is happening, and how you might get involved.

Kerb Appeal, if you happen to have seen any of the hundreds of property shows on TV, you will be well aware of the phrase. The same goes for our Community Centre, after 39 years, it needs a bit of TLC, so we are setting out on a plan to replace the old fencing, cutting hedges, creating borders and trimming trees. If you have some time and want to help, or have any relevant skills that might help, please get in touch, maybe even help with the supply of shrubs and flowers.

From an internal perspective, we are always looking to modernise and update, so that we can attract more people and events, so if you know of a club or an event taking place that needs a home, then why not our Community Centre?, with its 2 fully stocked bars, kitchen facilities, choice of 2 halls and a large carpark.

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Small Hall Day Rate	£130.00	£160.00

We are also on the look out for any old photo's and history of Banham that we can exhibit at the Centre. If you have anything, please get in touch.

Contact details:

01953 888628/07552 167441, or enquiries@banhamcommunitycentre.co.uk

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News From The Pews

September often marks a fresh start for many with the end of summer and the return to school and work routines. It is a time too to give thanks to all farmers who work so hard all year round and to give thanks for all the crops that have been harvested and provided for us through the wonders of our created world.

The beginning of the autumn then often brings the opportunity for new beginnings, such as joining a new social club, choir, new job or new school. This at times may feel a little daunting but very often it doesn't take long to feel settled and comfortable with the added bonus of having developed new friendships and learning. Within my family I will be welcoming not only my daughter and future son in law into my house for a few months but also a new little puppy, Alfie. We are all very excited about Alfie who will give much joy to our lives and will be put into order I am sure by big sister, Sooky (our other dog).

New beginnings are part and parcel of life and I hope and pray that whatever you are doing or planning this Autumn you will be blessed by any new activities that you are planning to do. In mid to late October, we are planning to hold a course for people who may be interested in learning about the Christian faith so if you would like more details about this then please let me know, but it will be advertised in the next issue of the Banham news.

In the meantime, please do let me know if you would like to meet me or have a chat and you can contact me through email: revsewalsh967@gmail.com or on telephone 01953 571549

With my good wishes to you all

Reverend Sarah

Church services during September.

September 7th – Group service at 10am at St. Andrew's, Quidenham

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

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

September 28th – Group service with Archdeacon Steven at St. Martin's, New Buckenham at 10am.



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Quiz Results

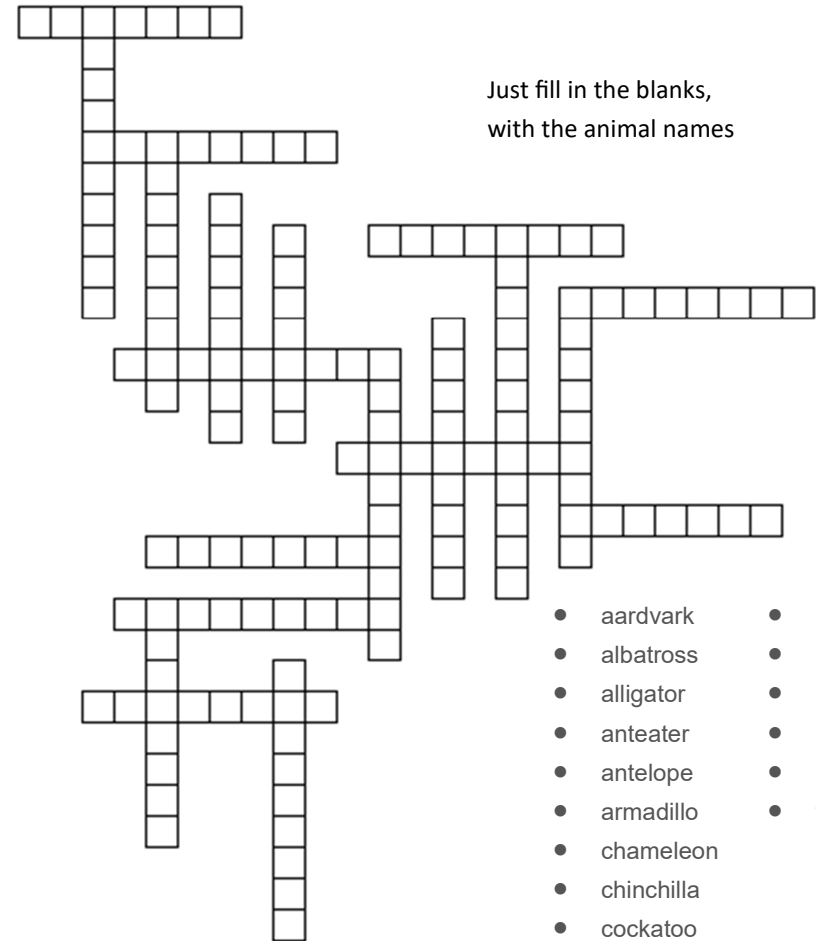
- | | |
|----------------|---------------|
| 1. beach | 11. dance |
| 2. diving | 12. jive |
| 3. VOID | 13. disco |
| 4. gardening | 14. belly |
| 5. sunny | 15. jitterbug |
| 6. sailing | 16. line |
| 7. outdoors | 17. ballet |
| 8. hiking | 18. waltz |
| 9. summer | 19. latin |
| 10. thunder | 20. quickstep |

The winner for July is, Gilly Wilkinson, Congratulations.

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 A C H A N C E T O G E T
 Z X S Z M X V G L T V G
 I T S P A N T S O N
 R G H K Z M G H L M

The winner for August is, Lis Hillier, Congratulations.

Coffee Break Quiz



Just fill in the blanks,
with the animal names

- armadillo
- chameleon
- chinchilla
- cockatoo
- crocodile
- elephant
- hippopotamus
- kangaroo
- leopard
- porcupine
- raccoon
- reindeer
- rhinoceros
- sealion
- tortoise

To win the monthly prize, please complete the puzzles, insert your name and contact number and take it to the Post Office and pop it into the Banham News Drop Box

Name.....

Contact.....

Deadline for
entries, 12th
September

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Events
A Night At The Races

October 11th @Your Community Centre in Banham

Doors open at 6:30pm, First Race 7:30pm

Free Entry, Friendly, Family Fun. We have a fully stocked bar and snacks will be available.

So why not bring your friends and family for a great night out and support your Community Centre.

Why not become a Sponsor, Owner or a Jockey and win big.

All bets are only £1.
Contact: banhamcommunitycentre.co.uk for more details

FIRE SAFETY AND PREVENTION

How safe is your home? If you are concerned then join us at the Community Centre on **25th September at 11am**, where Jo Lockwood a Community Safety Officer will inform us how to stay safe. In addition she will offer the opportunity of home visits to eligible residents.

For those who qualify, there will be a chance to take home a smoke detector free of charge.

BE SAFE DON'T BE SORRY

First aiders

On the 15th November (9am till 12pm), we will be running a Certificated First Aid course, via an experienced 3rd party organisation. Essential Life Support, covering CPR adult, child, baby plus defib use, recovery position and choking.

This will be part funded by Banham News, and is limited to 12 people per session. The cost to individuals is only £15, as spaces are limited, please apply early to :treasurer@banhamnews.co.uk

South Breckland Artists group, made up of artists from Banham and surrounding villages, will be holding a free event, 'ARTFEST 2025' on Saturday September 6th from 11.00-4.00pm at Fen Farm, Low Common, South Lopham, IP22 2JR. The artists will be demonstrating their skills, creating the art they love in printing making, painting, ceramics, drawing, rush weaving. They invite people to 'have a go' and join in the fun. Refreshments available. More details on their website

www.southbrecklandartists.co.uk and Instagram: @southbrecklandartists



My Banham a Blog by Sarah Howard

For this first instalment, I thought I'd start by talking about the Banham village sign. Driving through the village the sign is hard to miss, standing on The Green facing the road. It has a lovely, picturesque backdrop of trees, War Memorial and Church. The Green (previously known as 'Pleasure Green' as it was the location for many fun and celebratory events such as Maypole dancing and the harvest festival) is surrounded by many historic buildings. The sign was made by long standing Banham resident, Steve Eggleton in 1977 to celebrate Queen Elizabeth II Silver Jubilee. It is carved entirely of oak, chosen because it is very hard wearing.

Banham's two main industries are depicted in the sign - **cider production and brickmaking**. Records show that Banham was noted for its cider production as far back as the sixteen hundreds. It is understood that Banham's brick clay subsoil was conducive for growing apples and gave them a distinct flavour.

Road names in the village such as Apple Close and Orchard Close refer to this industry. Early maps show several orchards surrounding the village. The land adjacent to the aptly named 'Scrumpy Way', was once home to fruit orchards and a cider factory. These were owned by the Gaymer family of 'Gaymer's cider'. They used many varieties of apple in their cider production and particularly favoured the Ribston Pippin variety. There is a road named Gaymer Close off Mill Road in the village and a William Gaymer memorial stained-glass window in the church, which depicts Jesus standing between two apple trees, one with Spring blossom, the other with Autumnal leaves.

Records suggest that a Robert Gaymer moved to Banham where he farmed and first began to produce cider. His son, 'long John' Gaymer continued production and was well known throughout the region because of his extraordinary height of six foot, ten and a half inches. He was buried in the churchyard in 1843. Production continued with the next generation but it was William Gaymer Junior (1842-1936) who is believed to be the first of the family to take commercial cider making seriously. Eventually Gaymer's cider left Norfolk and relocated to Somerset. The company was taken over in 2009 by Irish drinks manufacturer C&C group. In the early 1900's Charles Murton and Harold Gaymer were also producing their own cider in the village.

The Rout family was also very successful in this area, producing vast quantities in their red brick works in the centre of the village between 1856-1950's. The works is now a complex of houses and can be found on lower Crown Street. The Garden House pub (now the Smoke House) was owned by the Rout family and only sold cider and wine.

I recently spoke to an elderly resident who remembered the works closing down following the second world war. She recalled how the business had boomed during the war years largely because of an influx of American soldiers stationed at the airbases surrounding the village: at Snetterton, Fersfield, Old Buckenham and Tibbenham. The airmen flocked to the village for the hugely popular dances held at the Pavillion dance hall on Kenninghall Road, which was the largest outside of Norwich (now no longer in existence). Copious amounts of the local brew were sold at these dances. When the war ended, the soldiers returned home, demand declined and sadly, the business closed.

Until fairly recently, The Barrel pub in The Appleyard opposite the Zoo made and sold its own cider. It's Appleyard fayre was a celebration of different varieties of apples.

Following the successful completion of the Banham sign, Steve soon received requests from many other villages and his work can be seen throughout the region and beyond.

Steve who is an artist, teacher and writer, also made the church gates and carved the Banham primary school sign (currently removed for repainting) which like the village sign, also features an apple tree.

In the next blog, I'll explore more about brickmaking- Banham's other successful industry.



Monthly Book Review

A quick overview of the books that you are reading.

What's good and what's really good.



The Night Shift by Robert Enright

I have to admit I am a bit of a Reacher fan, but I must say I was pretty hooked on the Character Sam Pope, an English equivalent.

Yes a bit gory in places but none the less good escapism, in fact so good I have finished all the current novels in the series.

Cannot wait for the next instalment Mr Enright!

By Alan Keith



Peas, Carrots and an Aston Martin

by Hannah Lynn

This was the first book by Hannah Lynn that I have read, but she has been a published author since 2015. It is the first book of six in the Peas and Carrots series. Please don't be put off by the title!

The main character in the book is Eric Sibley who has a wife, Suzy and a precocious young daughter, Abi. The novel's theme is the inheritance Eric's father has left him, which for Eric is both a disappointment, and life-changing.

In the course of the book, Eric's relationship with all that seems secure and normal in his life is put under severe stress in a series of disastrous events - mostly of his own making. However, the author has skillfully described these in a way that made me laugh out loud several times.

By Daphne Griffiths



"We Solve Murders" by Richard Osman, I do enjoy a good murder mystery. I've read all of Richard Osman's series "The Thursday Murder Club" which was exceedingly good. So when his new book came out, I thought it would be worth a read.

Yet again, his wit and humour come through. The book is gripping and you connect with the main characters of Steve Wheeler and his daughter -in-law, Amy Wheeler.

Without giving too much away, this book is well worth the read. I personally can't wait for the next book in the series!

By Karen Manser

This Is Your Life

AN EVACUEE IN NORFOLK

The village of Banham stretches out in several directions from the church on the green. A walk up Greyhound Lane, across Banham bypass to Banham Road brings you to Sandy Lane on the left. At the end of Sandy Lane stands the picturesque, fairytale house of Don Edwards, who arrived in Norfolk from London in 1939.

"Hitler brought me here," says ninety-one-year old Don, "when I was close on five years old. He sent me to Norfolk and changed my life forever. I hate Hitler for the atrocities he did. But, you know, I wonder if the war didn't do me a good turn when I came to Norfolk."

About 30 children were evacuated on the same train as Don. They arrived at Attleborough Railway Station and were taken in a coach to the Manor House at Old Buckenham.

"There were no carpets in the big downstairs room and the voices seemed to echo. Three ladies with clipboards were distributing evacuees to different people, who'd said they'd take two boys, two girls or a brother and sister. After about an hour it came down to two little girls and me.

Well, my mother loved singing and she liked Shirley Temple, and she'd dressed me in a little sailor suit with black patent shoes and white ankle socks, and I had a mop of a blonde curly hair, which she would not cut. So I'm standing there with this blonde mop of curly hair, and it came down to two little girls and me. I think it was easier to house girls than boys, because boys could be a bit troublesome, especially coming from the East End. I bet the people up here were terrified. So the ladies saw these three young people, and I said, 'Can I go and have a wee, please?' And I went into the downstairs toilet and this lady put out this horrific scream. She said, 'She's a boy.' They'd thought I was a girl. So, it's the end of the day, the sun's going down and they've got me earmarked for a Miss Merrick. You know, she didn't want a boy, did she? We went to her house and she had a little tiny bungalow, which looked as if it had come out of a Walt Disney film: absolutely beautiful with roses round the door, just magic to me, coming from Hackney with pavements and concrete. And here we were in this idyllic spot. Anyway, the two ladies knocked on the door and she appeared, wearing little glasses, and she smiled. They said, 'Miss Merrick, you wanted a girl.' She said, 'Yes.' They said, 'No. I'm afraid, he is a boy.' She swallowed hard, you know, because in those days, there's no television, and things were slightly different. And anyway, she wanted a little girl and I'm a little boy. They said, 'Would you do us a favour? Would you have him just for the night? And in the morning, we'll go and find a little girl and swap.' And she said, 'Yes, certainly.'

So she gave me cakes and a glass of orange juice and I sat there for a while, and I could see the sun was getting ready to set. I said, 'Well, I think I'll be going home now,' because I didn't know I'd been evacuated. Mums don't tell you you're going to leave home, do they? She was very understanding. She said, 'Well, darling, I think you ought to go and pick your mum some flowers.' She had marigolds in the front garden.

So I went and picked them. I'm only five and I don't know how to pick flowers. I just grabbed the heads off with the stalks, about two or three inches long. I picked all the heads off the flowers and I went indoors.

I've got them in in my arms, cradled against me and I remember her gasping, then she said, 'Just a minute,' and she went and got this white enameled pail. She filled it with water and I dropped in the flowers and they were all floating in water. Oh, how pretty! Anyway, I went to bed, and in the morning, the two ladies came back. They knocked at the door and said, 'Miss Merrick, we've got you a little girl.' And she said, 'No, I'll keep my little boy.'

Don called Miss Merrick Auntie and lived with her for about four years, until his parents came to collect him. Their London house had been bombed and they rented a place nearby in Stacksford.

"I remember them standing in the house with Auntie, and telling me, 'You can come and live with us now.' I said, 'I can't do that.' The atmosphere went absolutely still. 'Why?' Mum asked, I said, 'Mummy, you've got a man. You've got Daddy. Auntie hasn't got a man. I'm the man.'

And, well, you could have heard a pin drop. The silence was deafening. There was this, obviously, very uncomfortable feeling between Auntie and my mother and father. My parents decided they would just leave.

Auntie said, 'Darling, I think you ought to go with Mummy and Daddy. They've come all the way from London and they are your mum and dad.' I said, 'But how are you going to manage without a man?'

And she said, 'I'll be all right.'

Conclusion Next Month

With thanks to local writer Heather Bateman, in conversation with Don Charles Edwards.



George Freeman, Member of Parliament for Mid Norfolk



It's a great pleasure to be able to contribute to this recently expanded edition of Banham News. Thanks to Alan and all the team behind this great parish newsletter. In an age of saturation 24/7 media sensationalism and social media clickbait, authentic local news is a joy to read. (Our local parish magazine up the road in Gt Melton is the first thing I look for in the post each month).

Just over 12m ago I was honoured to be re-elected for a fifth time as MP for Mid Norfolk which now includes Banham and 15 lovely villages formerly in the SW Norfolk constituency.

Having grown up locally on a family farm and spent most of my working life in and around Norfolk and East Anglia it's a joy for me to represent in Parliament a part of the country that I know and love.

But each village contains a myriad of local history, characters and issues. It's been a joy getting to know each village better with each visit. (Every Friday when Parliament is sitting, I try and visit a few of my 130 villages and 4 towns, a local business, school, GP surgery or care home and any particular locations where they may be a serious issue of community concern. Where invited I also hold Village & Neighbourhood Surgeries. (email me at george.freeman.mp@parliament.uk).

As you may have seen from my newsletter and website <https://www.georgefreeman.co.uk/news/reporting-back-2024-annual-christmas-report>, I take the role of a hardworking local constituency MP very seriously. With so many people in our area paying so much tax and reliant on often struggling public services and infrastructure I believe it's vital the local MP is a strong voice for the all too often overlooked rural villages and communities. That's why in 2008, before being elected, I founded **The Norfolk Way** <https://thenorfolkway.co.uk> to promote a different approach to rural planning and prosperity.

Over the last 15yrs I have continued to be very active on a number of local causes from rural broadband & mobile signal (still woefully patchy), planning and housing (we need more small genuinely local housing for each village not mass commuter house dumping), flooding, A11 and A47 dualling, Dementia, SEND and mental health, local businesses, skills training, rural accessibility, cost of living & defending the rural way of life. (I'm appalled by the tax attack on small & family businesses and the Jobs tax which are crippling local community businesses).

All of which I know are important issues in Banham and surrounding villages.

I wanted to highlight two issues especially: **flooding** and **rural community health and care**.

Flooding has become an increasingly serious problem across Mid Norfolk in recent years as a result of a combination of climate change, house building without adequate infrastructure, lack of drain & culvert maintenance, bureaucratic buck passing and water companies and quangos focusing on leak prevention and habitats rather than basic drainage. Since the floods of Xmas 2020 when I spent Xmas week helping bale out households and villages awash with foul water, I have led the campaign in Norfolk and Parliament for serious reforms.

That's why I convened the first Norfolk Flood Summit, and am working across party in Parliament to introduce the Inland Flood Prevention (Responsibilities, Funding & Liabilities) Bill.

Bizarrely the Government's flagship Planning and Infrastructure Bill currently making its way through parliament has no reference at all to flooding. This is a glaring omission and is why I am proposing in the Autumn a 10-minute rule bill to argue for more accountability for developers, proper and fair funding arrangements for local councils and IDBs, and better use of data.

Rural Healthcare is also close to my heart. For too long rural areas have seen the centralisation of the NHS into ever bigger hospitals at the expense of neglecting local primary care. It's the wrong approach. I've long pushed much bolder decentralisation, integration of NHS and social care and focus on early prevention (cheap) instead of late-stage treatment (expensive). Wes Streeting is saying the right things but we need to see evidence on the ground of local community health clinics. Rural residents pay taxes like everyone else and it's not fair to expect rural areas to receive second rate public services.



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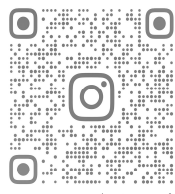
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Dear Friends,

What a truly fantastic summer it's been! We're so grateful to everyone who has visited Banham Zoo over the past few months. It's been brilliant to see so many happy families enjoying the sunshine, the wildlife, and the special moments that make our zoo more than just a place to visit.

We've experienced a baby boom this summer! From the birth of two red panda cubs to cotton-top tamarin twins, and the recent arrival of Chilean flamingo chicks named Ghost, Habanero, and Reaper, our zoo is growing.

We're eagerly awaiting the hatching of black-footed penguin chicks, a critically endangered species, and alongside these, new hatchlings of red-breasted goslings, scarlet ibis chicks, African spoonbill chicks, and even stick insects are all signs of life thriving under our care.

These births are about so much more than the day-to-day visitor experience – they reflect the highest standards of animal welfare, expert husbandry, and the unwavering dedication of our entire zoo team. Every chick, pup, and hatchling are not only a symbol of hope for endangered species but also a testament to the tireless care and commitment behind the scenes.

This is what your support helps us achieve every day. Every visit, every ticket, every kind word and donation enable us to provide expert care for our animals and to play a vital role in global conservation efforts. We are so much more than a zoo – we are a passionate community working together to make a real difference.

As autumn approaches, we're excited to bring back one of our favourite events: Boo at the Zoo during the October half-term! And with our Kids Go Free offer, it's a scary good deal that's perfect for all families! Be sure to book your tickets by Sunday, October 19th, so you don't miss out!

Thank you, from all of us at Banham Zoo. Here's to a wonderful and exciting autumn ahead!

Josh Hunter-Harl

Sales and Marketing Director



Banham Primary School has had a fantastic 2024-2025 academic year! Here is a wrap up of our year...



S	U	M	M	E	R	L	H
C	I	P	O	R	T	N	O
B	S	U	N	B	A	L	L
R	E	L	A	X	E	P	I
T	D	A	Q	S	A	N	D
A	Y	B	C	A	Z	I	A
N	F	U	N	H	R	S	Y

TROPIC
BEACH
SUMMER
HOLIDAY
SAND
BALL
TAN
RELAX
SUN
FUN



Parish Council News

The Community Hub continues to thrive with high attendance. The Community Hub cafe recently welcomed 48 attendees, including children who enjoyed breakfast and craft activities. It was a lively and heart warming morning for all involved.

Whilst we were disappointed to learn that Sport England has declined a funding application for the wellbeing fitness and movement classes, the Hub will continue to fund the sessions for the next 6 weeks and hopefully beyond. Also, the Hub is now taking steps to become a charitable organisation, which will open up new funding opportunities. The cost of registration was discussed by the Parish Council and the Chairman proposed this cost to be funded by the Parish Council. This was seconded and unanimously approved by the Parish Council members. The Hub remains committed to raising funds going forwards and will be hosting the following:

- * Bingo Night – Banham Community Centre. Join in the fun on the 26th September.
- * Cake Sale – The delicious fundraiser is due to take place on Saturday 4th October from 10:00am-12:00 midday on The Green.
- * Music Event – Taking place at Banham Barrel on Sunday 12th October from 3:00pm onwards.
- * Christmas Meal – Save the date: 10th December.

In addition, a crowdfunding page has been launched to help fund these future classes. If you would like to contribute, please visit: www.crowdfunder.co.uk/p/banhamvillagehub

In preparation for VJ Day, the Dove of Peace has been placed in the church and is being decorated by Community members.

The Hub has encountered some challenges with acoustics in the hall, making conversations difficult during gatherings. To improve this, rag rugs have been created to help absorb sound and create a more welcoming environment, as well as additional craft activity.

As part of their festive preparations, the Hub are creating a Community Christmas Tree and would be very grateful for your contributions in the form of pom-poms or 9x9 inch crocheted, knitted or sewn squares. If you wish to contribute your squares and pom-poms can be dropped off at the Wednesday Cafe or you can contact banhamvillagehub@gmail.com/ 07909 505831 to arrange a collection or drop off.

Also, The Hub is teaming up with Banham Post Office and Village Stores to support the Christmas Bags of Joy initiative. A 'Pay it Forward' scheme will be introduced closer to the time to help spread some cheer.

The Parish Council would like to extend a heartfelt thank you to Pam & David Spicer and the entire team of volunteers who continue to help to make the Community Hub the successful and supportive place it is for our wonderful Banham Residents.

The Parish Council has recently seen the ROSPA inspection of the BCCA children's playground take place in June and we are pleased to report that only minor maintenance issues were identified. The Parish Council have reviewed the findings and will be arranging for the necessary work to be completed in the near future.

Plans are well underway for speed reduction measures on Grove Road, with District Councillor Stephen Askew generously agreeing to fund the scheme. This initiative aims to improve road safety and enhance the wellbeing of residents in the area.

In other news, the Chairman has proposed a 'Pride of Banham' award, a new initiative to recognise individuals who selflessly contribute their time to improving life in the village. Honourees will be commemorated with a plaque on the bench on the green, creating a lasting tribute to their dedication. Further details are being developed, and updates will follow on how you can nominate someone – past or present- who has made a meaningful difference to the Banham residents. Finally, plans are underway for the clean-up of the war memorial, with works expected to commence in the near future

email [Michelle Jones on banhamclerk@outlook.com](mailto:Michelle.Jones@banhamclerk@outlook.com).



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Recipe of the Month

Tuna and Cucumber

Quiche Pastry

Pinch of salt
4oz plain flour
1oz lard
1oz butter
cold water

Filling

1 can tuna fish
½ small cucumber (unpeeled, sliced)
3 eggs
½ pint single cream
salt and pepper
a little grated cheese



Pastry:

Sift flour and salt into a large mixing bowl. Cut the fat into small cubes and add them to the flour. Rub the fat into the flour and when the mixture resembles fine breadcrumbs add a little cold water and bring together.

Wrap the pastry in cling film and leave in the fridge to rest for 20-30 minutes.

Remove from the fridge and unwrap. Roll the pastry out and line a flan case, prick the pastry base with a fork and bake for 15 minutes at 180 degrees.

Remove from the oven and add the filling.

Filling:

Drain and flake the fish and place on the pastry case. Arrange the slices of cucumber overlapping, on the fish. Beat the eggs, cream and seasoning together. Pour the egg mixture over the fish and cucumber and sprinkle with cheese.

Bake for 30-40 minutes at 180 degrees.

This is a lovely summer dish, perfect with salad and new potatoes. Its quick and easy to make using affordable cupboard ingredients.

Thanks to resident Master chef Pam Spicer.

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

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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)

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NHS Hospital Car Scheme

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Travel Norfolk Car Scheme

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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
Aug 27th, Sept 24th, Oct 22nd, Nov 19th

Important Contacts

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Power Cut 105

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Breckland Council 01362 656870

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Anglian Water 08457 145145

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

Charity Spotlight

Advanced Riders Save Lives – Norfolk Blood Bikes



During the day, Norfolk Blood Bike Volunteers can be difficult to spot. Most of the time they look just like regular people going about their lives, some working, some retired, some in between. However, during the hours of darkness and on weekends and Bank Holidays, they can often be seen wearing Hi-Vis safety gear, riding liveried motorcycles, driving similarly marked cars or, just as importantly, on the phone, communicating with our local hospitals in the case of a patient emergency.

The charity's team of volunteers at Norfolk Blood Bikes give up their own time to transport urgently required blood, platelets, plasma, samples and medical instruments between hospitals, the air ambulance and several medical centres throughout the region. Furthermore, during the daytime on an ad-hoc basis, volunteers transport donated breast milk from donors across the county to the Milk Hub in Norwich. From there it can be dispatched to the Neo-natal Intensive Care Units that require lifesaving supplies for premature babies.

All of the Blood Bike riders are experienced, all-weather riders and hold an Advanced Rider qualification. Contrary to public perception, as a civilian volunteer organisation and unlike the Ambulance and Police services, Blood Bikers are not able to use blue lights on the public highway, exceed speed limits or flaunt the rules of the road. Riders rely on the skills acquired through training and experience to make good progress in order to complete their journey quickly, efficiently and safely.

Most deliveries for blood and blood products start with a call to the Regional Blood Bank at Addenbrookes Hospital in Cambridge. Deliveries are then rushed to the Pathology teams at either Queen Elizabeth Hospital in Kings Lynn, the NNUH in Norwich, James Paget Hospital in Great Yarmouth. Every night the team support the Doctors on board the East Anglian Air Ambulance stationed at Norwich Airport by delivering fresh stock of blood products to restock the helicopter for the next day. Every hospital in the county, as well as the major trauma centres, may have samples that need testing overnight. This service forms a significant part of the duties performed by the Blood Bikes team and sometimes blood samples have to be transferred as far as London to specialist laboratories.

5 cars – used for multiple box runs and to insure the blood does not get too cold in winter

16 motorcycles – Yamaha FJR 1300, Triumph Tiger GT Pro 1200

107 Volunteers – spread across Norfolk

365 trips to the Air Ambulance each year

1287 litres of donated breast milk transferred

2273 tasks undertaken each year – more than 6 times every 24 hours

£60,000 cost each year to keep the wheel turning

More than 145,000 miles each year – 6 times around the world

Their work is all voluntary, and Norfolk Blood Bikes is funded by charitable giving alone. The goodwill of the volunteers saves the NHS and the taxpayer a huge amount each year. Without them, these life-saving products may not reach the Doctors and surgeons treating your loved-one in time. Premature babies may not get the nourishing human milk required for early development and the bolstering of their immune system. Urgent samples might not have got to the test-laboratory overnight, thereby slowing up a potential life-saving diagnosis and treatment.

Whatever the weather; torrential rain, scorching sun, howling winds or even snow (they use cars in extremely cold weather), they are ready to go.

So, if you see a flash of yellow hi-vis, spare them a thought, give them a wave, and if safe to do so, let them pass whenever possible. One day it might be you or your loved one that need their precious cargo.

#We'llGoNoMatterWhat <https://norfolkbloodbikes.org.uk> enquiry@norfolkbloodbikes.org.uk

History Lesson - Banham's Pub's

The Walnut Tree Inn and The Greyhound

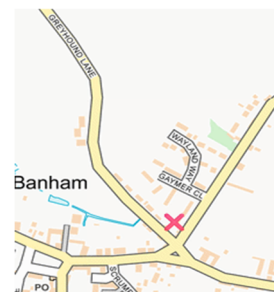
The **Walnut Tree Inn**, situated on Kenninghall Road, was open from 1865 to 1963. There is a private residence called The Walnut Tree on Kenninghall Road, so this seems likely to have been the building. Beer sales in 1961 given as 38 barrels. Brewery: Bullards.



Francis Bullock, licensee 1890 to 1893, was previously a police constable for over 30 years stationed at Brandon until at least August 1889. Another, George Wake, was a horse dealer and farmer.

The **Greyhound**, situated on the corner of Greyhound Lane, was open from 1841 to 1955. It is now a private residence called Greyhound Farm. The landlord from 1841 to 1875 was fined 5s fine and 14s 6d costs on Wednesday 9th November 1870 of having been drunk at Diss on Friday 28th October 1870.

Beer sales were given as 30 barrels in 1954. Brewery: Steward and Patterson



Thanks to Mel, if you have any additional information or pictures, please send them to us at, info@banhamnews.co.uk



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