

# *THE SIX VILLAGES NEWSLETTER*



**November 2019**

Banham, Old Buckenham, New Buckenham,  
Quidenham, Eccles & Wilby

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<b>At a Glance</b>	<b>handy telephone numbers.</b>	
<p><b>Police</b> 999 (Non-urgent 101)  <b>Fire and ambulance</b> 999 (non-urgent ambulance 111)  <b>Power cut</b> 105</p> <p><b>Medical numbers</b>  <b>Surgeries</b>                      Attleborough 01953 453166                      (Dispensary 01953 452663)                      Attleborough Health Centre                      01953 457303.                      Kenninghall 01953 887208                      Phone either surgery for out of hours numbers</p> <p><b>Hospitals</b>                      N &amp; Norwich 01603 286286                      W. Suffolk. 01284713000                      Spire Hosp. Norwich                      01603 456181                      Global Clinic, Norwich                      01603 812266                      Com. Hospital W Norwich                      01603 776776                      NHS Hospital Car Scheme                      03332404100                      Out of hours dental and pharmacy numbers 111.</p>	<p><b>Helplines</b>                      Eastern Electricity                      08007838838                      Anglia Water 08457145145                      BT phones. 0800800150 or                      Mob. 03301234150                      BT Broadband Faults                      08001114567.                      Citizens' Advice Bureau,                      Diss 03444111444                      Tel. Preference Service                      08450700707</p> <p><b>Travel</b>                      Travel Line 08712002233                      Diss and Attleborough                      Stations' 03456007245                      Nor. Airport 01603 411923.</p> <p><b>Local Schools</b>                      Banham Primary                      01953 887293                      OB Prim. 01953 860380                      OB High 01953 860233                      Chapel Green Sch, OB.                      01953 453116                      Eccles Hall 01953 887217</p>	<p><b>Leisure Facilities</b>                      Theatre Royal, Norwich                      01603 630000                      OB Country Park                      07557479199                      Banham Zoo                      01953 887771                      Applewood Countryside                      Holidays 01953 715319</p> <p><b>Swimming pools</b>                      Diss 01379 654754                      Thetford 0184753110                      Wymondham                      01953 607171</p> <p><b>Local Government</b>  <b>District Council</b>                      Breckland 01362 656870</p> <p><b>Parish Councils</b>                      Banham 01953 887327                      New Buck 07963 860872                      Old Buck. 01953 860872                      Quidenham                      01953 888184</p> <p><b>Registrar's Office</b>                      (Thetford) 0344 800 8020</p>

**Newsletter Notes** - Items to the editor Wendy Pontin at [sixvillagesnews@yahoo.com](mailto:sixvillagesnews@yahoo.com)  
 For flyer insertion contact Joy Stanley on 01953 887175 and for queries regarding placement of adverts contact Pat Dickinson at [patdickinson1@btopenworld.com](mailto:patdickinson1@btopenworld.com)  
 Distribution—1760 copies. Closing date for copy for the December / January issue is **Thurs 14<sup>th</sup> Nov.** “Bundling day” is on **Tues 26<sup>th</sup>, 2pm** in Banham Church.  
*The inclusion of an article or advert in the publication does not constitute any endorsement by the Editorial Committee of the views expressed, a product or service*

**Collection of Old Buckenham's Six Villages newsletters** - While the Church is closed for rethatching please collect newsletters from the **Church Rooms** on ‘bundling day’ (last Tuesday of the month between 3.30 and 5pm). If this time is missed please collect on following Sunday after the service in **Church Rooms** (approximately 10.30am). On the Sunday - stay to coffee if you like! Thank you.

# *SIX VILLAGES NEWSLETTER*

## **ZSEA on a Mission - *Connecting communities to nature for conservation***

Banham Zoo and its sister zoo Africa Alive! have sought to amaze and inspire our guests over many years, providing wonderful and memorable days out for generations. In itself this is a vital role; ensuring that we have quality time for family bonding and social interactions but the creation of the charity – the Zoological Society of East Anglia - meant that we needed to fulfil greater purpose than just being a successful visitor attraction. Conservation is what drives us but at the very heart of what we do is bringing people and animals closer together. Society is now officially urban – more people live in towns and cities than in rural areas. ZSEA zoos have a unique ability to build bridges between people and animals and have incredible power to inspire individuals to become advocates for the natural world.

Successful conservation is very much about involving and working with local communities. Animals really bring the best out of people so where better to build on that natural bond than in the safe and glorious environment of our ZSEA zoos. These “havens” can be ideal places for many different groups to come together for renewed purpose or friendship. It is vital to remember that nature should be for all and our ambition is very much that our zoos become the most accessible and inclusive of visitor destinations in the UK.

With strong communities and the feeling of positivity in one’s life balance, people are more open and have capacity to fulfil more of their intrinsic need for deeper connection with the natural world. This is the next leg of our conservation journey. At our zoos we can teach all generations about everything from art to zoology and the zoo is the most dynamic and unique of classrooms. Our ambition is to go much farther than just teaching, it is about engendering a much deeper emotional connection to nature.

Our zoos offer so many ways that you can work for nature and support nature which leads perfectly into wanting to care and act for animals. ZSEA conservation work will be focused on long term investment in animals like the fabulous blue-eyed black lemur from Madagascar and we intend to expand our remit to value and extol the wonders of own natural habitat and work to improve the status of native species.

### **Our Pledge**

By 2025 ZSEA aims to achieve

- 15 species safer from extinction
- 15,000 individuals with improved well-being
- 150.000 people better connected to nature

*I hope you will join us on our conservation journey.*



## Garden Jottings from Ken



It's a scary time of year... bodies lurking in the undergrowth, waiting for a quiet moment to carry out their nefarious deeds, vandals and thieves creeping about your garden... watch out and beware of things that go munch in the night! Ok, they might look cute, but rabbits and deer can be an absolute menace in the garden. It's not always easy to live in harmony with some of our stunning wildlife, but as we encroach further into their habitats then a degree of tolerance should be allowed. It's always better to work with Mother Nature than try to defeat her, but by making some adjustments to your garden the balance may be tipped in your favour.

If you really don't want them intruding you need to do something to keep them out, and a physical barrier such as a fence will do nicely. Rabbits are good at digging, so a small-holed wire fence about 1 metre high with more being buried at an angle facing out from the garden will prevent them from burrowing underneath. Deer are very athletic and will need a 2 metre barrier to exclude the larger species. Fencing may be an option for small to medium gardens, but the cost may be excessive on larger areas, so consider creating an enclosed sanctuary close to the house for treasured plants.

Wildlife will only visit your garden if you provide something they desire (usually food), and by using plants that are less palatable you may reduce damage. Choices such as privet, box, Viburnum tinus, yew and holly make worthwhile resistant hedges. Shrubs including ribes, hypericum, elaeagnus, choisya and acid-loving rhododendrons and azaleas will provide good border structure, whilst a selection of perennials such as anemone, persicaria, euphorbia, hardy geraniums, kniphofia, astilbe and eryngiums will provide colourful interest during the Summer. You could even slip in some cheerful daffodils and stunning hellebores (not niger varieties) to herald in the Spring.

Of course there's no accounting for taste, and in extreme conditions the urge to survive means that four-legged garden intruders may have a go at practically anything!

Cheers, Ken

The Garden Enclosure, Banham - making your garden less of a nightmare!

**The Garden Enclosure**

**Independent Plant Centre and Garden Shop**  
01953 888043 [www.gardenenclosure.co.uk](http://www.gardenenclosure.co.uk)

*Inspiring plant selections, plant sourcing and garden advice,  
gardening and floristry sundries, pet supplies, gifts.....and more!*

**Find us at Banham Zoo, NR16 2HE by the entry kiosks**

Open Thursday to Monday, 9.30 am to 5 pm (10am to 4pm Nov to Feb)

## Reports from Local Clubs

**Attleborough and District Gardening Club** – Richard Clark (owner of Panache Plants) gave an enthusiastic and knowledgeable talk about Hardy Exotic plants at our September meeting. Richard explained his meaning of Hardy Exotics, hardy being any plant that can survive down to a temperature of 15C and exotic meaning any plant that has the characteristics of a foreign plant. He also explained that 'woody' plants adapt to the cold very well, also those plants with their roots planted below the 'frost line' (20cm) and mulched well for winter usually survive quite happily. Richard then went on to show slides and talk about some of his favourite exotics. Also mentioned were the 'Big Leafy Monsters' like Banana plants, Palms, Bamboos and Tree Ferns. The Club's next meeting will be on Wednesday 20 November at Attleborough Primary School, Besthorpe Rd starting at 7.30pm when Cliff Amos talk about 'Attleborough in Winter'. Visitors and new members are always most welcome. *Contact Jenny North on 01953 455481 for more information.*

**Old Buckenham WI** – September was a busy month with three meetings! The first was our annual get together with New Costessey W.I. Then came the Guiltcross group meeting when six local W.I.s met in Old Buckenham Village Hall. The speaker was Jenny Gibbs on her life in rural Turkey. Dressed in traditional Turkish costume she explained how at the age of 50 she determined to live in Turkey after falling in love with it on a cruise holiday. Arriving with no plans she started working in the kitchen of a nearby restaurant. She married the chef and Mustafa came with her to the meeting. The speaker for our own meeting was Gerry Foster on sheep dog training. After 25 years working in the electronics industry Gerry went to her first sheep dog trial. It turned out to be a life changing experience. She with her husband moved, took redundancy and realised her ambition of working with dogs and sheep. This was a fascinating talk peppered with anecdotes. The next meeting is the Annual meeting on Thursday 28<sup>th</sup> November at 7.30pm in Old Buckenham Village Hall. *Visitors very welcome. Contact Betty on 01953 454790 for more info.*

**Breckland Flower & Garden Club** – Members and guests at the October Meeting enjoyed a flower arranging demonstration entitled Top Hat & Tales! The demonstration was presented by Mrs Adele Kent, an NAFAS Area Chairman for JDTS (Judges Demonstrators Teachers & Speakers), who gave a very enjoyable demonstration producing arrangements all linked to various hats and events including a Top hat. The Flower arrangements were all raffled. The afternoon finished with refreshments. There was also a well stocked sales table with Xmas ribbons etc, as well as a plant stall. The next meeting is in OB Village Hall, Thurs 14<sup>th</sup> November, 2pm with Grania Newton giving a flower demonstration entitled 'Yeats Country'. Visitors always welcome. For further details visit our Facebook Page or contact Christine on 01953 454528

**Old Buckenham Social & Wine Circle** is open to anyone in the six villages who would like to have an enjoyable evening and hear different speakers on a wide range of subjects. We meet on the 2<sup>nd</sup> Thursday of every month in OB Church Rooms at 7.45pm. For more info. ring 01953 860845.

**Bridge in Attleborough** every Tues. from 1 to 4.45pm. Enjoy a friendly game at Holly Court, near St Mary's Church. We play the Chicago version, and provide refreshments. Cost £2. New members welcome. Contact Bob Gee on 01953 887743, [bobgee49@live.co.uk](mailto:bobgee49@live.co.uk) or Mary Parker on 01953 860167.

**Bunwell Camera Club** meet at the **Tibenham Community Hall** on the **1<sup>st</sup> and 3<sup>rd</sup> Tuesday** of the month at 7.30pm It is a small friendly club. We will be having a speaker Damian Demolder at our meeting on 3<sup>rd</sup> December talking on 'Street Photography' (£5.00 for non-members. Refreshments are included). New members always welcome. Details at [www.bdcameraclub.co.uk/](http://www.bdcameraclub.co.uk/)

**The Arts Society Diss** - meet at Diss Corn Hall and have one ninety minute lecture per month, given by a highly-respected figure from the world of art, antiques, history or travel. Everyone welcome. Visit <http://dissdfas.org.uk>

**Meet up Mondays** – Come along to the Town Hall, Queens Square Attleborough on the 2<sup>nd</sup> and 4<sup>th</sup> Monday of each month (2pm – 4pm). No charge, all welcome for a cup of tea/coffee and biscuits. Any queries contact Mervyn Beales on 01953 454604

**Banham over 60's Coffee and Chat** - The first meeting of the Banham over 60s Coffee and Chat Group met recently and was well attended. It was decided to get together on the **third Friday of every month at 10am in Banham Church**. We look forward to seeing you on Friday 15th November.

**Attleborough Health Walks** –Join the Attleborough Ramblers on their weekly walks starting at 10.30am. Below are the walks & meeting points.

**4 Nov, Old Buckenham**, OB Church, The Green, NR17 1RN (3mls)

**11 Nov, Great Ellingham**, The Crown PH, 30 Church St, NR17 1LE (4.35mls)

**18 Nov, Snetterton**, Visitor Centre Car Park, World Horse Welfare, Hall Farm Ada Cole Ave, NR16 2LP (2.95 or 4.15mls)

**25 Nov, Winfarthing**, St Mary's Church, IP22 2ED (4.1mls)

For more info. contact Brian Lawrence on 01953 454635 or 07710 248303



## The Repair Shop Cafe

**Every Friday 10 to 12noon** (starting Fri 1<sup>st</sup> Nov)

**Banham Community Centre** (Small Hall)

£3 per session including tea/coffee and cake

Time to get those little repair odd jobs done in a relaxed atmosphere with friendly company. Bring along an item to repair. Repair materials and tools will be supplied.

Please pop in any Friday to find out more or call Lucy on 01953 888432 or find on Facebook (*Difficulty getting to the Centre - lift share can be arranged*)

**More clubs / activities at our Community Centres on Pages 11 & 12**

## Banham Community Centre

There is a large Sports Hall and small meeting hall (both for hire). The Social Club opens Wed & Thur from 7pm and Sun from 5pm. There is a pool table, dart board and free WiFi. Glass recycling bins and clothes bank outside. Telephone 01953 888628 to enquire about the above or hire of the halls

**60's Dances 8pm (£7.50)** unless otherwise stated)

Sat 2<sup>nd</sup> Nov – Class Act Band

Sat 7<sup>th</sup> Dec – Sounds Imperial (£8)

**Yoga Classes** - Mondays 1–2.15pm in the small hall with June Roberts.  
Contact June on 01953 498343

**Pilates Classes** - Tues mornings 9.30-10.30am and Thurs evening 7-8pm in the small hall. Classes are for ladies and gents of all ages and for all levels of abilities. Beginners welcome.

Contact Debbie on 07771 544549 or at [mindfulmovementsforall@gmail.com](mailto:mindfulmovementsforall@gmail.com).

**Banham Badminton Club.** New players very welcome. Mondays and Thursdays 8.30pm to 10.30pm. For experienced players and beginners alike. 1st weeks free. Contact [adam@adampower.co.uk](mailto:adam@adampower.co.uk) tel: 01953 660281.

**Banham Short Mat Bowls Club** meets every Monday between 2 and 5 pm.

**Banham Toddler Group** takes place every Monday (except bank holidays) 10am – 12 noon in the small hall. £2 per family. See our Facebook page.

## Garnier Village Hall/Social Club, Eccles

Social club opening times:- **Thursdays-7pm** Petanque matches. **Fridays-7pm** Club night Membership £1 year, children free. Local Real Ales. Hall & Bar for hire - full catering facilities (contact for booking 01953 454528) Free WiFi Internet. 'Mixed Glass' bottle bank available for recycling glass. Visit [www.garnierhall.co.uk](http://www.garnierhall.co.uk) or email [garniervh1925@gmail.com](mailto:garniervh1925@gmail.com) for all info.

**Open music mic** 1st Friday in month. Any one welcome who sings or plays an instrument

**Line dance group** Wed 1pm - 3pm - come along all welcome.

**Flower arranging class** for beginners on 1st Tuesday of the month 7 – 9pm September - December. To book contact Christine on 01953 454528 or email [hewsonchristine103@gmail.com](mailto:hewsonchristine103@gmail.com)

**Eccles WI** - meet 2nd Tuesday of every month at 2pm. Visitors welcome  
**Contact Jill on 01953 887413** or email [jillannm1@gmail.com](mailto:jillannm1@gmail.com)

## Old Buckenham Church Rooms

A characterful hall available to hire (£5 per hour), with simple kitchen facilities and seating for approximately fifty. activities include **Monday Mardle**-1st & 3rd Monday of the month, **Cubs** - Monday evening, **Yoga** - Monday evening, **Coffee and Chat** (after a short communion. service) - 1st Tuesday of the month, **Wine & Social Circle** - Thursday evening (monthly), **Fawns Toddler Group** - Friday am (term time), **Coffee after Church** every Sun (10.30am)  
Contact Lydia Darrah for bookings. 01953 861360 or [lydiadarrah@hotmail.co.uk](mailto:lydiadarrah@hotmail.co.uk)

## Old Buckenham Village Hall

**Mondays:** Invigorate Fitness; Rainbows; Beavers  
**Tuesdays:** Zumba; Karate; Bowls. **Wednesdays:** Luncheon Club, Slanted Dance. **Thursdays:** Breckland Garden Club, Pilates, OB Players, OB WI  
**Fridays:** Yogacise; Karate. **Saturdays:** Special events  
Visit [www.oldbuckenham.org.uk](http://www.oldbuckenham.org.uk) for more details

**Pilates classes** every **Thursday** 9.30-10.30am & 10.45-11.45am.

For more information email [heatherormerodpilates@gmail.com](mailto:heatherormerodpilates@gmail.com)

**Pilates Class** every Thursday at 2pm – call Amanda on 07557 025513

**Yogacise Class** every Friday at 9.30am. No experience necessary, suitable for all ages. Contact Eileen Oliver on 01953 860664.

**OB Luncheon Club** meets on alternate Wednesdays, 10–1pm. (See P28 for dates). Open to anyone living alone in the Six Villages (transport arranged if needed). For more information contact Bridget Burton on 01953-860241

**Breckland Flower and Garden Club** – meets on second Thursday of the month. All welcome. £6 visitors. Tel. 01953 454528 for further details.

## Quidenham Reading Room

**Quidenham Reading Room** is a small, cosy, period room with many original features including a log fireplace. A 'Coffee Morning' is held on the first Sat. of the month 10.30a.m.-12noon (excluding Jan.). Occasionally, a book sale is held and seasonal gatherings of residents and families can be booked.  
For more information and booking contact: 01953 888604.

## New Buckenham Village Hall

Many groups such as badminton, kettle bells, Fitsteps, Slimming World, historical war games and Good Companions use the hall. We have exhibitions and theatrical productions. We can cater for parties & weddings.

For booking phone 07469 715517 or visit [www.newbuckenhamvillagehall.co.uk](http://www.newbuckenhamvillagehall.co.uk)

**Pilates classes** weekly **Mon** 9.30-10.30am & 10.30-11.30am. **Wed** 6.30-7.30pm & 7.30-8.30pm. **Thurs** 6-7pm & 7.15-8.15pm. Varied classes for all levels. For more information email [heatherormerodpilates@gmail.com](mailto:heatherormerodpilates@gmail.com)

**Dragons Martial Arts**, Kung fu and Kickboxing lessons. Weekly classes on Wednesdays -Little Dragons 16.30. Adults 17:30. Contact Jamie-Lee on 01953 887991 [info@jwcorenutrifit.co.uk](mailto:info@jwcorenutrifit.co.uk)

**The Good Companions** - A club for the over 50s which meets on the third Thursday of the month starting at 2.30 pm. Membership is open to all from any of the villages. Annual subscription is £12 per person. Further details from Dianna on 01953 860636. See P28 for meetings & outing dates

**NB Silver Band** – meets every Thursday, 8-10pm. All ages / abilities welcome. Bookings secretary [ali.austin@tiscali.co.uk](mailto:ali.austin@tiscali.co.uk)



Little by little the shops gear up for next month and some people have already gone beyond thinking what they're going to get for presents to actually buying them, the amount of time they're stored being longer than the amount of time they're remembered in some cases! Some gifts are eaten and forgotten, but still valuable in the course of life even so. Some gifts are treasured and remembered for years to come, even by descendants of those they were given to.

This month does not have the present giving event I allude to above, but it does have a giving event that is important for so many. Of course, the giving was more a grim determination in an effort at survival than an act of love, as people gave their all to produce food and clothes and weapons, while others 'at the front' fought each other with all the help those at home could supply. Although the ones back home 'gave their all' as I put it above, there are some who 'gave their lives' as those who were left would say, and those who were left committed themselves to remembering that gift both with stone and brass memorials, and also with huge effort to rebuild their countries shattered by war. The great economies of Europe, with a desire to work together for the good of all, were thus repaired and we have enjoyed great prosperity.

So we speak of giving in such different ways – sometimes referring to something sweet, sometimes to something very different. For those shopping for presents, let it be with joy and pleasure. For those giving to care for relatives or sick

neighbours, where the giving can sometimes feel more like grim determination and a fight against what life has thrown your way, pause for thought. Don't let it be that these demands tear your life from you but remember how you will be remembered – as one who 'gave their life' for another. Thinking of it this way may help you to give freely, out of love rather than necessity, and when that burden is yours no more then you may be remembered for the grace you showed in your loving. I have as my example of course, Jesus, who gave his life that I might live. He inspires me to do the same. Steve Wright



### Contact details

Priest in charge	Rev Canon Stephen Wright	01953 887183
For Banham	Rev Canon Stephen Wright	01953 887183
For Old Buckenham	Rev Alistair Monkhouse	01953 860845
For New Buckenham	Mrs Helen Pearson (Reader)	01953 860251
For Eccles Quid & Wilby	Rev Alan Smith	01953 860550
Benefice Administrator	Jill Moses <a href="mailto:jillannm1@gmail.com">jillannm1@gmail.com</a>	01953 887413

<b>Services for November 2019</b>		
<b>Sunday 3<sup>rd</sup> All Saint's Sunday</b>		
Banham	09.30	Parish Eucharist
Old Buckenham	09.30	Parish Eucharist
New Buckenham	11.00	Parish Eucharist with baptism
Quidenham	09.30	Morning Worship
<i>Readings: Daniel 7.1-3,15-18; Psalm 149; Ephesians 1.11-end; Luke 6.20-31</i>		
<b>Sunday 10<sup>th</sup> Remembrance Sunday</b>		
Banham	10.50	Remembrance Day service
Old Buckenham	08.00 10.50	Holy Communion Remembrance Day service
New Buckenham	10.50	Remembrance Day Service
Wilby	10.50	Remembrance Day Service
<i>Readings: Job 19.23-27a; Psalm 17.1-9; 2 Thessalonians 2.1-5,13-end; Luke 20.27-38</i>		
<b>Sunday 17<sup>th</sup> 6<sup>th</sup> Sunday before Christmas</b>		
Banham	09.30	Morning Worship
Old Buckenham	09.30	Parish Eucharist
New Buckenham	<b>11.00</b>	<b>Mattins</b>
Quidenham	11.00	Parish Eucharist
<i>Readings: Malachi 4.1-2a; Psalm 98; 2 Thessalonians 3.6-13; Luke 21.5-19</i>		
<b>Sunday 24<sup>th</sup> Christ the King</b>		
Banham	08.30	Parish Eucharist
Old Buckenham	09.30	Parish Eucharist
New Buckenham	11.00	Morning Worship
Eccles	11.00	Parish Eucharist
<i>Readings: Jeremiah 23.1-6; Psalm 46; Colossians 1.11-20; Luke 23.33-43</i>		

**Communion:** 10am, All Saints, Old Buckenham - 1<sup>st</sup> Tuesday of the month followed by coffee in the Church Rooms.

**N.B. Old Buckenham Church closed for rethatching. All services to be held in the Church Rooms until further notice**

**More details of our churches and events on [www.quidenhamgroup.co.uk](http://www.quidenhamgroup.co.uk)**



### Youth Café

**Fridays**  
**7.30-9.30pm**  
(during term time)

at **St. Mary's Church, Banham.**

For young people over 11.

Contact Steph or Jonathan on  
01953 887396



### Saturday Café

**St Mary's Banham**  
**2<sup>nd</sup> November**

*10-12noon*

**All the usual goodies**

(Bacon rolls, scones, cakes, hot drinks etc)

**All welcome**

### Friday Club

**Fridays 6.15–7.15pm**  
(during term time)

**For children up to 9 years.**

meets at Rowancroft,  
Kenninghall Rd, Banham

Contact Steve and Gill  
Eggleton. 01953 887579



### Messy Church

in

**St Mary's Banham**  
**from 4 - 6pm**

*3<sup>rd</sup> November*

*1<sup>st</sup> December\*\**

**A monthly fellowship for all the family  
with craft activities around a bible story  
with song and refreshment**

Contact Steve on 01953 887183.

### Friends of Banham Church (FOBC)

FOBC is set up to support the fabric of our historic village centrepiece. Funds are raised through events during the year and by subscriptions of only £10 per year. To join, please pick up a form from one of our events or in the Church.

**New Life Church** (affiliated to the Evangelical Alliance)

meet at **Banham Community Centre**

**Morning Services every Sun** (except the last Sun. of each month) at 10am

**Evening Service on the last Sunday of each month** at 6.00 pm

**Everyone is welcome to join us in these services**

visit [www.nlcbanham.org.uk](http://www.nlcbanham.org.uk) or ring Jonathan Richardson on 01953 887396

**Old Buckenham Methodist Church**, Hargham Road hold an informal, friendly service every Sunday morning at 10.45 am. All are welcome. For more information on activities or for enquiries to hire the church for events please visit our website <http://oldbuckenhammethodist.yolasite.com/> phone 01953 861207 or email [oldbuckenham.methodist@aol.co.uk](mailto:oldbuckenham.methodist@aol.co.uk)

**Banham Spire Lighting:** Do you have an anniversary soon? A wedding or special event in your life? You can have the church spire lit up to celebrate your special day. Donations towards costs appreciated  
Please contact Canon Stephen Wright on 01953 887183

**\*\*Change of venue for Messy Church –** On Sunday 1<sup>st</sup> December Messy Church will be held in New Buckenham Church with a hands on Christingle Service.

**Macmillan Fund Raising Event in Banham Church** (Sat 5th October). The magnificent sum of £450 was raised. My grateful thanks to all those who attended, contributed, and helped.  
Sally McGinn.



### **Advent Festival of Light in Banham Church.**

From the beginning of December Banham Church will be decked in candle light to celebrate Advent, the preparation season before the major festival of Christmas.

As in past years, candles will be sold and lit in church during the Christmas season in remembrance of your loved ones. This year the remembrance candles will be included as part of our Advent

Festival of light. To order your candle (£5.00 each ) please email me at [sallymcginn21@gmail.com](mailto:sallymcginn21@gmail.com), phone me on 01953 888183 or deliver a note to Whitegates, Church Hill Banham NR16 2HN. Please include your name, and the dedication for your loved one and their name. I will arrange the collection of your payment with you in due course!!

With thanks, Sally McGinn.

**The Friends of Banham Church** organised a 4 mile circular walk to the west of the village on Sat 14<sup>th</sup> October, starting from the Green and finishing at the church. This was the 2<sup>nd</sup> of a series of local walks planned by the Friends.

A dozen brave souls and 3 dogs took part despite the persistent drizzle and mud. The route followed footpaths across fields and quiet lanes. The weather prevented any appreciation of views of Banham, but there was plenty of conversation. Hot drinks and cake in the church were very much appreciated as the very damp walkers returned.

A big thank you to the members of the Friends who helped organise the walk and refreshments. The next walk is planned for the Spring. Watch out for information in the Newsletter, on the Nextdoor app. and on posters around the village.  
Daphne Griffith

**Lead thefts from Norfolk's Church roofs** - A scheme to help protect Norfolk's churches from the threat of lead theft has been praised by the Police and Crime Commissioner after police figures showed nearly 50 per cent fall in such crimes since its launch two years ago.

Through this partnership scheme the initial hope was to install 50 alarms on church buildings – some 71 have now been installed to date. Prior to the scheme introduction police recorded 48 incidents of lead thefts (between Oct 2015 and Aug 2017), following the launch (between Oct 2017 and Jul 2019) some 26 thefts have been reported – a near 50% fall. Roof Alarm Schemes, are important for tackling this crime and keeping these community and historic buildings safe.

If you would like to help you can donate to the Raise the Alarm campaign to provide more church buildings with Roof Alarms. To donate visit <http://uk.virginmoneygiving.com/fund/raisethealarm> If you see or hear anything suspicious around a church please report it to the police. To report suspicious activity please call **101** or if you see a crime in progress please call **999**.

## Events coming up

### Friends of Banham Church (FOBC) – Movies @ St Marys

**Tickets: £5.50 on the night, £5 in advance** (*unless otherwise stated*)

Buy tickets from Banham Post Office or contact David on 01953 887575.

Films start at 7.45pm. Join us at the church for a pre-film meal at 7pm (£4.50 extra) Drinks and refreshments available throughout – bring your cushions!

**2<sup>nd</sup> November - Holy Lands (15)**, When we have lost our way our loved ones can guide us home. Starring James Caan (Academy award nominee), Tom Hollander (Rev & Bohemian Rhapsody), Jonathan Rhys Meyers.

**30<sup>th</sup> November – Yesterday (12 tbc)** Everyone in the world has forgotten the Beatles. Everyone Except Jack. Great Feelgood Film, with some local filming. Starring Himesh Patel (East Enders) Lily James (Mama Mia 2) and Ed Sheeran.

### **New Buckenham's next film night** will be on **Saturday, 16th November.**

The film will be the improbable but highly entertaining '**Yesterday**', written by Richard Curtis and directed by Danny Boyle, with a cameo role for Ed Sheeran. Beatles fans will love it! Tickets cost £5 (£6 on the door) and are on sale at Kings Stores in New Buckenham, via [www.wegotickets.com](http://www.wegotickets.com), or can be reserved by calling 861114 or emailing [sandralester5@gmail.com](mailto:sandralester5@gmail.com). Doors at the village hall will open at 7pm for bar and refreshments, and ice-creams will be sold during the interval. The programme will start at 7.30pm.

**Feline Care Christmas Chocolate Tombola** - Feline Care Cat Rescue are organising a chocolate tombola on **Sunday 17<sup>th</sup> November**. We would appreciate any chocolaty contributions. If you can help please drop in to either of the Feline Care shops in Diss or Attleborough, or at Feline Care in East Harling before 3pm. Thank you.

Feline Care Cat Rescue, Roudham Road, East Harling, NR16 2QN (01953 718529)

**The NSPCC Autumn Fair** is on **Monday 18th November in New Buckenham Village Hall**. The Fair is open between **10.00am and 2.00pm**, and the cost of entrance is £3.00, which includes coffee and biscuits. There will be a variety of interesting stalls, so do come and do your Christmas shopping early. Have a lovely day out, and support the NSPCC at the same time.



### **Tree on the Green** **Saturday 7<sup>th</sup> Dec at 6pm**

Join us on Banham Green for carols round the Christmas Tree. Dress up warm, bring a torch and come along with family & friends.

Everyone welcome.  
Refreshments afterwards





## NWT event in New Buckenham

**Tuesday 17<sup>th</sup> December 7.30-9 pm – Evening talk, New Buckenham Village Hall - Common (and not so common)**

**Wildlife.** From barn owls to turtle doves, hedgehogs to water voles this illustrated talk by Gemma Walker and Izzy Williamson (Norfolk Wildlife Trust) will introduce you to some common (and not so common) species associated with Norfolk commons. Discover the natural and unnatural history of some of the characteristic species found on Norfolk commons and learn about the new Wildlife in Common project funded by the Heritage Lottery. *Includes refreshments. **Free entry and no need to book.***

## Knitted House of scarves



St Martins, (supporting homeless men in Norwich). thanks everyone who sent a scarf. The Knitted House was on public view in the North Transept of Norwich Cathedral. The house is made of 4,677 scarves, each one representing a person who slept rough in England last year. 600 of the scarves are black,

indicating the number who died on the streets. Visitors found the installation both breathtaking and moving.

**Eccles WI** The president welcomed members and guest speaker Min Kennison and husband Alan to the October meeting. They gave members a very interesting and informative talk about the St. John's Ambulance from its formation to current times. and their time working with St. John's in Malta where Min was the President. Refreshments and a raffle followed WI business.

*See page 11 for more info.*

## Garnier Hall, Eccles

**Live Music Night** on 9 November, 8pm. **Trevanion** – free entry.

**Foody Friday Chili Night** – 22<sup>nd</sup> November. Ticket only, £10. Available at bar.

**Christmas Workshops** – Sat 23<sup>rd</sup> Nov and Sat 7<sup>th</sup> Dec. 9am-3pm £20 day. Tea/coffee provided. To book: 01953 454528

**Please note** the next issue of the Newsletter covers both December and January. If you have any events during these months that you want flagged up you will need to send the information by **Thursday 14<sup>th</sup> November.**

## CARDS FOR GOOD CAUSES

### Multi Charity Christmas Shop celebrating 60 years in 2019

16th October to 18th December

Festive Portacabin, Millennium Plain, Norwich

Open all week 10am-5pm (Mon-Sat) and 11am-4pm (Sundays)

**Selling cards for more than 40 charities plus gifts, gift wrap, traditional advent calendars and lots more.**

Cards for Good Causes (CFGC) pays the participating charities at least 70p in every pound from card sales. [www.cardsforcharity.co.uk](http://www.cardsforcharity.co.uk) (Registered Charity No.249039)

## **News from Norfolk County Council**

### **More loving parents urged to come forward this Adoption Week**

Norfolk County Council has launched a new campaign to dispel the myths around adoption and encourage potential adopters from all walks of life to come forward and speak to their friendly team.

### **Supporting every mind (World Mental Health Day)**

NCC has launched support for a new national campaign called 'Every Mind Matters' which encourages adults to be more aware and offers a range of useful resources to help spot the signs of common mental health concerns, with practical self-care tips and guidance and when to seek further support. Visit 'Every Mind Matters' on NCC website to generate a self-care action plan to support mental health and wellbeing, with access to other resources.

### **New charter urges Norfolk to banish balloons and leave lanterns at home**

Individuals and organisations are urged to stop harmful releases of helium balloons and sky lanterns and try new and innovative ways on important occasions. There are serious after effects of balloon and lantern releases: animals can be hurt or die from getting trapped in or eating lanterns and balloons which end up as litter in the countryside, on beaches and in the sea. Sky lanterns are also a fire risk. Norfolk Fire and Rescue Service dealt with fires caused by sky lanterns. Visit: [www.norfolk.gov.uk/balloonsandskylanterns](http://www.norfolk.gov.uk/balloonsandskylanterns)

**Stephen Askew** NCC Member for Guiltcross Division

[Stephen.askew@norfolk.gov.uk](mailto:Stephen.askew@norfolk.gov.uk) Tel 01953 861481

## **News from Breckland District Council**

### **£30k events fund to commemorate the end of WWII**

Community groups to access some of £30,000 grant funding to remember those who fought and died in WWII. The fund will support events marking 75th anniversary of Victory in Europe (VE) Day, Victory over Japan (VJ) Day, Battle of Britain, and Battle of Dunkirk. VE Day will be held on 8 May 2020. Central government announced that the Early May Bank Holiday will be moved to 8 May 2020 to enable a three-day weekend of commemorative events. Applications likely to be managed by the Norfolk Community Foundation. Details will be added to the council's [website](#) soon.

### **March Field Way (St Andrew's Close) Development Old Buckenham**

The next phase expected March 2020, 12 homes, 9 for rent, 3 for shared ownership. Applicants must meet one of the following:

- Been a resident in the parish for a period of two or more years
- Been a former resident of the parish for three out of the last five years
- Need to live in the parish due to their permanent employment or in order to take up permanent employment
- Has a parent, grandparent, child or sibling resident within the parish who needs to receive from or provide support to the eligible person

Lettings via Breckland's CBL (Key Select). Sales likely via the Homebuy Agent. Potential applicants should apply to Key Select/Homebuy Agent to register in good time

**Stephen Askew** Breckland Councillor for The Buckenhams & Banham Ward

[stephen.askew@breckland.gov.uk](mailto:stephen.askew@breckland.gov.uk) Tel: 01953861481

## Banham Parish Council, keeping you informed



At the meeting on 2 October we welcomed a new member to the team, James Dye. We hope he enjoys his new role and do our best to help him settle in. The application for 43 houses on a green field site in Kenninghall Road was refused at a recent Planning Committee meeting at Breckland Council. An application for change of use of three agricultural buildings at Hunts Corner into five houses was similarly refused, as was an

application for Outline Planning permission for access to a green field site, in Mill Road, to build 5 houses with access for 10 vehicles.

The junior swings at the play area need to be removed, on advice from RosPA, the play area inspectors. The Parish Council is in the process of arranging this and looking into replacing them.

Just a reminder, if you spot any potholes or other road defects, or any street lights not working, just contact me and I'll report it for you.

Please contact Geraldine, the Parish Clerk, on 01953 887327 or

[banhamclerk@outlook.com](mailto:banhamclerk@outlook.com)

**DO NOT KNOCK**  
NO UNINVITED OR  
UNEXPECTED CALLERS



- Buy anything at the door
- Switch utility company
- Give money to charity
- Listen to religious / political views



**DO NOT DISTURB**

Provided by Able Community Care. Live-in Care Specialists Since 1980  
[www.ablecommunitycare.com](http://www.ablecommunitycare.com) 01603 764567

## Free Door Safety Stickers

In order to help discourage the increasing activities of doorstep criminals who largely target older people the Able Community Care Company have printed stickers to give away to older people. To date they have sent out 35,000 since February this year. If anyone would like to have one, either ring

the company on 01603 764567 or email [info@ablecommunitycare.com](mailto:info@ablecommunitycare.com).

## DEFIBRILLATOR

- TO OPEN IN AN EMERGENCY:
1. CALL 999
  2. KEEP CALM & FOLLOW INSTRUCTIONS
  3. TELL THE CALL OPERATOR YOU ARE AT LOCATION AA90
  4. YOU WILL BE GIVEN AN UNLOCK CODE
  5. STAY ON THE LINE FOR FURTHER GUIDANCE



## Defibrillator at Banham Community Centre

A Defibrillator has been installed at Banham Community Centre.

To open in an emergency:

- Call 999
- Keep calm and follow instructions
- Tell the call operator you are at location AA90
- You will be given an unlock code
- Stay on the line for further guidance





**BIG C and used stamps** - With Christmas appearing on the horizon thoughts may turn to how we can help others less fortunate than ourselves. Those of you who have saved up your used postage stamps for the Norfolk 'BIG C' Cancer Charity over the past few years are sincerely thanked for helping towards raising funds for this worthwhile cause. The charity supports cancer sufferers and their families within Norfolk, so you are truly helping a local charity. Please cut them from the envelopes with a fair margin of paper remaining.

Collection points have been available over the year at East Harling Post Office as well as the village stores at Kenninghall. In the Bunwell area Mrs. Margaret Thorburn has kindly offered to receive items at her home, "Garretts", in North Road, Bunwell. There is also now a collection box in Bunwell Church. It is hoped you will be able to continue raising funds through donating your used stamps in the coming year. Unwanted old or foreign coins as well as postcards are also required by 'Big C'.

In the event of any difficulty in donating such items, or should you need them collected, please contact Peter Day at 17 Heywood Road, Diss, IP22 4DJ or phone (01379) 643907).

**Robert Cocks Charity volunteer trustee** - A vacancy has arisen for the voluntary position of Trustee to assist in the management of the Robert Cocks charity, which runs the well-established alms houses situated in Old Buckenham, Experience with listed buildings and their maintenance would be beneficial, although not essential, as would understanding of financial planning and/or the needs of older people.

**Details:** The Robert Cocks Almshouses Charity consists of 10 properties providing accommodation for residents who are over 55 years with limited means. Working with a board of fellow trustees, the vacancy would particularly suit someone from the local area who is able to commit to attendance at four quarterly meetings and any ad hoc meetings in between as required. Quarterly meetings are usually held at 7.45pm on Tuesdays.

**To apply:** Please send application letter and/or CV with details of relevant experience to the Chair, Canon Steve Wright, at [canonstevewright@gmail.com](mailto:canonstevewright@gmail.com)

### **November Market in Old Buckenham Church Rooms**

There will be a market from 11am – 2pm on Saturday, 9th November. As well as stalls selling Books, Stationery & Gifts, Fair Trade Goods, Fabric and possibly Bric-a-Brac, Hot Soup and Rolls will be available from 12pm. You can also take part in our Raffle and Tombola.

### **Christingle in Banham Church**

This will be held on 11<sup>th</sup> December, straight after school – refreshments and craft will be supplied.

### **Thank you**

Norfolk & Norwich Hospitals Charity would like to thank everyone who supported the event in aid of Boudicca Breast Cancer Appeal. This raised £1045.30 and was a team effort for such a worthy cause.

<b>Mobile Library Service – Nov. visits</b> (15-20 mins unless otherwise stated)		
<b>Route CEN516 Friday 22<sup>nd</sup></b>		
<b>Old Buckenham</b>	10.00 The Sun	10.25 St Andrew's Close
10.50 Hargham Rd	11.15 Fen Street	14.35 -15.40 Abbey Rd
<b>Banham</b>	11.40-12.10 Dam Brigg (Haugh Rd bungalows)	
<b>New Buckenham</b>	13.20-14.30 Chapel St.	15.45 Market Place
<b>Route CEN318 Wednesday 27<sup>th</sup></b>		
<b>Banham</b>	15.20-16.00 Apple Close	16.05-16.30 The Green
	16.35-17.05 Mill Road	
<b>Route CEN521 Friday 8<sup>th</sup></b>		
Quidenham	11.20 ex. Post Office	12.15 St Edmunds Lodge

<b>Local Bus Services</b>					
<b>Konectbus</b>	<b>5A/5C</b>			<b>Semence Coaches</b>	<b>SE1</b>
<b>Outward</b>	<b>Mondays to Fridays</b>			<b>Outward</b>	<b>Sat</b>
Banham, adj sch	0659	0929		OB, adj. Green	0909
OB, adj Green	0708	0936		NB, opp Green	0916
NB, adj Green	0711	0941		Banham, opp sch	0923
Norwich, City College	0803			Quid, opp Home Fm	0933
Norwich, St Stephens	0810	1038		--	--
Norwich, Rail Station		1045		Diss, adj Bus Station	1005
<b>Return</b>	<b>Mondays to Fridays</b>			<b>Return</b>	<b>Sat</b>
Norwich, Rail Station	1313	1613	1743	Diss, adj Bus Station	1200
Norwich, St Stephens	1322	1622	1752	--	--
Norwich, City College		1627		Quid, adj Home Fm	1229
NB, opp Green	1413	1718	1843	Banham, adj sch	1239
OB, opp Green	1417	1722	1847	NB, adj Green	1246
Banham, opp sch	1421	1726	1851	OB, opp Green	1253
Flexibus – book your journey (by 3pm the day before) - 0300 1231145					
Concessionary travel for O.A.Ps – apply for free bus travel pass – 0344 800 8020					
<b>Coach Services 371 East Harling--Banham--Diss High School</b>					
<b>Outward – Norfolk school days only</b>			<b>Return – Norfolk school days only</b>		
East Harling	0750		Diss High School	1520	
Banham*	0801		Banham*	1530	
Diss High School	0825		East Harling	1550	
*Bus stops opp. or adj. to Zoo, Greys Manor, school and phone box Bus also stops in Kenninghall, Winfarthing and Shelfhanger					

<b>Local Train Times between Norwich and Eccles Road</b>							
<b>Greater Anglia (Cambridge, Ely and Norwich line)</b>							
<b>Outward</b>	<b>Mon - Sat</b>		<b>Return</b>	<b>Mon - Fri</b>		<b>Saturday</b>	
Eccles Road	0657	0759*	Norwich	1548	1735	1535	1738
Wymondham	0711	0816	Wymondham		1747	1547	1747
Norwich	0726	0830	Eccles Road	1610	1759	1559	1759
All trains stop at Attleborough * Stops at Spooner Row on request							

## Diary of regular events November

Fri	1	6.15-7.15	Friday Club	Rowancroft, K. Rd. Banham
Fri	1	7.30-9 30	Youth Café	Banham Church
Sat	2	10-12	Saturday Cafe	Banham Church
Sat	2	10.30- 12	Coffee Morning	Reading Room Quid.
Sat	2	8pm	60's dance	Banham C.C.
Sun	3	2-6pm	War Games	O.B. Village Hall
Tue	5	10-12	Coffee & Chat	O.B. Church Rooms
Tue	5	11-12	Coffee Morning	Walnut Tree, K Rd, Banham
Fri	8	6.15-7.15	Friday Club	Rowancroft, K. Rd. Banham
Fri	8	7.30-9 30	Youth Café	Banham Church
Tue	12	2pm	Eccles Women's Institute	Garnier Hall, Eccles
Wed	13	10-1pm	Luncheon Club	O.B. Village Hall
Thu	14	2pm	Breckland Flower Club	O.B. Village Hall
Thu	14	7.45pm	O.B. Wine & Social Club	O.B. Church Rooms
Fri	15	10am	Over 60's Coffee & Chat	Banham Church
Fri	15	6.15-7.15	Friday Club	Rowancroft, K. Rd. Banham
Fri	15	7.30-9 30	Youth Café	Banham Church
Wed	20	7.30pm	Att. & Dist. Gardening Club	Att. Primary School
Thu	21	2.30pm	Good Companions	N.B. Village Hall
Fri	22	6.15-7.15	Friday Club	Rowancroft, K. Rd. Banham
Fri	22	7.30-9 30	Youth Café	Banham Church
Sat	23	8 - 12.30	Lopham Farmers Market	Village Hall, North Lopham
Wed	27		Luncheon Club Outing	
Thu	28	7.30pm	O.B. Women's Institute	O.B Village Hall
Fri	29	6.15-7.15	Friday Club	Rowancroft, K. Rd. Banham
Fri	29	7.30-9 30	Youth Café	Banham Church

**Key** C.C. – Community Centre O.B. – Old Buckenham Quid – Quidenham  
N.B. – New Buckenham Att. – Attleborough K – Kenninghall

**The Six Villages Newsletter is online** at [www.banhamandthebucks.co.uk/sixvillages](http://www.banhamandthebucks.co.uk/sixvillages).

Listings are free. Email Paul Girling at [paul@greystokegraphics.co.uk](mailto:paul@greystokegraphics.co.uk) or 07584 000442

**Do you have difficulty reading the small print in the Newsletter?** - To obtain a copy in larger print contact Wendy on 01953 888165 or [sixvillagesnews@yahoo.com](mailto:sixvillagesnews@yahoo.com)

**Do you need leaflets printed?** - 25 or more, black and white A4 (two A5 leaflets fit on an A4 sheet!). A contribution towards costs appreciated. Get in touch with our editing team if you are interested.

### Do you want to apply for a grant?

The committee have prepared a simple application form to give them details of what you would like funding for. Request this form by emailing [sixvillagesnews@yahoo.com](mailto:sixvillagesnews@yahoo.com) or contacting Sally McGinn (01953 888183)  
*Supporting local community initiatives. Helping maintain community facilities*