

# *THE SIX VILLAGES ASSOCIATION*



**Community Choir**  
**We need you**  
**See Inside for details**

**September 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>In an emergency</b>  <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                      Norwich 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 School                      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 information on flyer insertion contact Joy Stanley on 01953 887175 or  
[joystanley39@gmail.com](mailto:joystanley39@gmail.com). Distribution—1760 copies.  
 Closing date for copy for the **October** issue is **Thurs 12<sup>th</sup> September**.  
 “Bundling day” is on **Tues 24<sup>th</sup> September, 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*

**Please note early deadline (12<sup>th</sup> September) for October issue**

# SIX VILLAGES NEWSLETTER



**Community choir** - Do you enjoy singing along to the radio, or singing to yourself in the shower? Have you ever watched a choir and thought I wish I could be part of that? What has been stopping you, is it no one will enjoy my singing, I can't read music, I don't want to commit long term or I am just worried about feeling out of place?

Now is the chance to dip your toes in, and take part. We have seen much on TV with Gareth Malone and others taking groups of people of all abilities, singing together with a common purpose. There are many choirs springing up all over the place, but not all convenient locations or times.

Much has been written to show that group singing has many benefits, improving mood, decreasing stress and anxiety. Singing in a group offers the sense of belonging to something bigger than ourselves, part of a larger community, coming together as one voice to create a sense of awe not just for the audience but for the performers as well. It is a great icebreaker to meet local people and forge friendships, a real change where so much of our world and social interactions are online. Music, we are told, exercises the brain, and is good for breathing, posture and muscle, and in combating the disintegration of our communities.

So what are we up to? You are all invited to come along to **St Mary's Banham on Thursday 19<sup>th</sup> September at 7.00pm** (for a relaxed evening with no obligation) to meet with us and our musical director, Shona Huckfield to find out all about it, ask questions and learn a piece that we can sing together on the night. We are planning a **Christmas Concert on Saturday 21<sup>st</sup> December 2019**, with all the Christmas sing along favourites, a mix of old and new, a celebration evening for all ages. There will be weekly rehearsals on Thursdays at 7.00pm from 3<sup>rd</sup> October, so all we are asking for is a twelve-week commitment with a defined end point, and if it is successful, as I am sure it will be, it could lead to further projects in the future.

Who are we looking for? This is open to all the Six Villages Community, all ages and **all** abilities. Come with friends or come alone. We assure you of a warm welcome. All you need is lots of enthusiasm and the commitment to see it through. Please don't let me be the only male voice there! We will work you hard, but there will be fun, frustration and lots of coffee and cakes along the way.

There will be more ways you can be involved other than just singing.

If you need any more information please get in touch, 01953 887575 [davidhicks24@btinternet.com](mailto:davidhicks24@btinternet.com). Come along on the 19<sup>th</sup>, or call in and see us at Saturday Café or The Film Evening (Fishermen's Friends) on Saturday 7<sup>th</sup> September.

David Hicks – Chair FOBC



## Garden Jottings from Ken



Our weather!! As a nation we're obsessed by it and we're certainly never happy with it, especially as extreme weather events become increasingly frequent. We shouldn't complain too much, just compare us with many other parts of the world. For those living in drought-prone countries, our rainfall would seem like fantasy. Our autumn gales could be described as 'a bit breezy' compared to the devastating hurricanes, typhoons and tornados can bestow on communities. We may sometimes get shaken in the night by a rumble of thunder, but no earthquakes or avalanches, not for us thankfully!

Our climate is pretty good overall, and it makes our land green and pleasant. If in the big picture things seem rosy, on a smaller scale as gardeners we have to overcome the challenges that nature provides us with. Whether it's poor soil, getting blasted by the wind, shade caused by trees or buildings, hot and dry or wet and soggy earth, no two gardens are the same, but all can become a special space to enjoy.

Tough sites need tough plants, good old-fashioned choices that are reliable and will provide structure to your borders, which as they mature may allow you to grow more delicate plants amongst them. Berberis, elaeagnus, viburnum, tamarix, spirea, lonicera and roses offer practically bomb-proof planting once they are established. Mix these with a suitable selection of herbaceous perennials such as leucanthemum, Japanese anemones, geraniums, kniphofia, crocosmia, hellebores and rudbeckia. All of these plants are available in a host of different varieties to bring dependable colour to your garden.

If your soil is really terrible then try growing out of the ground in pots. Cheerful pansies, dainty violas, cyclamen, primroses and polyanthus can be underplanted with spring-flowering bulbs, or possibly mixed with mini evergreens such as euonymus, euphorbia, heuchera or thyme to provide some welcome cheer through the winter months. Alternatively, use larger containers or raised beds and create some more permanent impact with a selection of stunning shrubs, climbers, grasses and perennials.

Cheers, Ken

The Garden Enclosure, Banham - feeding your plant addictions!

**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** – ‘Growing Fuchsias My Way’ was the subject of Frank Lambert's interesting and informative talk at the July meeting of the Gardening Club. Frank has many years experience of growing and hybridizing fuchsia and is also a well known exhibitor at all levels. Frank explained about the different varieties (over 10,000 to date) and how to care for them over the seasons. He also showed members how he took cuttings from his plants in order to increase his stock and the mixture of compost he used. Frank then showed members a series of slides of his prize winning fuchsias. The Club's Autumn Show will be held on Sat 7 Sept. (full details on Page 17). Our next meeting will be held on Wed 18 September at Attleborough Primary School, Besthorpe Road, starting at 7.30pm when Richard Clark will tell us about Hardy Exotics. Visitors and new members are always most welcome. *For more information contact Jenny North on 01953 455481.*

**Old Buckenham WI** – The speaker for the July meeting was Martin Woodhouse of the charity 'I am road smart' formerly known as the Institute of Advanced Motorists. Martin gave a great deal of advice and information on how to drive more safely. He told members that road traffic accidents are the leading cause of premature death in the world and 95% of all crashes are caused by driver error. Reaction time for an adult is 2/3rds of a second (greater with age) which at 30 mph means travelling 30 ft before applying the brake. President Kate thanked the hostesses and cooks for making the annual Progressive Supper such a success. The meeting was on the hottest evening of the year and on leaving members were treated to a spectacular thunderstorm. The next meeting is on September 26<sup>th</sup> at 7.30pm in Old Buckenham Village Hall when Miss Gerry Foster will speak about sheepdog training. Visitors very welcome. *Contact Betty on 01953 454790 for more info.*

**Breckland Flower & Garden Club** – The Club ended July with a very enjoyable visit to Mickfield Hostas on what was a very hot day. At the August meeting members enjoyed a talk by Richard Clark of Panache Plants, titled ‘Hardy Exotics’. Richard delivered an excellent talk, encouraging us to ask questions. He also brought along a selection of plants, several members. Members then enjoyed the raffle and refreshments. The Club's next meeting is in Old Buckenham Village Hall, Thursday 12<sup>th</sup> September at 2pm with a talk by Sarah Hammond titled “Peonies”. For more details including membership/visiting the club, contact Christine Hewson 01953 454528 or Sally Westrup 01953 788712.

**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 8pm It is a small friendly club. 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>

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

**2 Sep, Carlton Road**, Jubilee Hall, Mill Road, NR16 1NQ (3.45mls)

**9 Sep, Rocklands All Saints**, Playing Field, Green Lane, NR17 1UA (3.75ml)

**16 Sep, East Harling**, Sports & Social Club, Church Road NR16 2NA (4.5mls)

**23 Sep, Mulbarton**, Village Hall Car Park, The Common, **NR14 8AE** (3.85mls)

**23 Sep, Shadwell**, Forest Retreat Reception Centre Park, IP24 2RX (4.1mls)

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

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

**Pilates Classes at Banham Community Centre** - Please note change in days and teacher from 3rd September. The Tuesday morning (9.30-10.30am) and Thursday evening (7-8pm) sessions will both continue in the small hall. The Thursday morning session will no longer take place. Debbie Mitchell lives locally in the village and is taking on the classes.

Learn to feel your body move and use muscles you didn't know you had by practicing small, precise and effective mat based exercises suitable for all ages and abilities. Improve your core strength, balance, posture, flexibility and mobility. Focus your mind within a friendly, relaxed atmosphere. Whether you are a total beginner or already a keen Pilates enthusiast come and try a class

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

**Kenninghall and East Harling Flu Clinics**

**Sat. 21<sup>st</sup> Sept. - East Harling Surgery Sat. 5<sup>th</sup> Oct. - Kenninghall Surgery**

Booking from Tuesday 27<sup>th</sup> August. You will be able to book your vaccination appointment by adding your name to one of the lists available in the Porch at either surgery, or by contacting your surgery **after midday** Mon –Fri.

**Shropham Village Hall Bookings Secretary Required** - Our Bookings Secretary has retired from her position and we desperately need someone to take on this very important role. We currently operate an online system so the person must be computer literate, methodical and a good communicator. Would ideally suit a “stay at home person” or a retiree. We are offering a small remuneration for a few hours work per week. For further information. please call 07368625560 or email: [shrophambookings@gmail.com](mailto:shrophambookings@gmail.com)

## 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 7<sup>th</sup> Sept** – Billy G & The Heartbeats **Sat 5<sup>th</sup> Oct** – Kenny Lee & Hustler

**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) for information about future events.

**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 **an yONE** 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)

On judgement day we expect a few shakeups and I wonder if that's the same for fruit and veg competitions. On the day of the Old Buckenham Open Produce and Handicraft Show, our church there has changed the time of their service that week so that you can enter your items, and then come and pray for God to persuade the judges that you are the winner, during the time when you're banned from the village hall. Their harvest festival service in church that week will have special visitors from centuries past, turning up at All Saint's on 8<sup>th</sup> September at 11am. There is also a harvest festival service in Wilby on the 8<sup>th</sup> at 9.30am, Eccles on the 22<sup>nd</sup> at 11am, and Banham and New Buckenham follow on 13<sup>th</sup> October at 9.30am and 6.30pm respectively.



Goodness, notices, notices! And this only our church harvest services! People go to increasing lengths to be noticed – bright colours, larger print, and thinking you'll not see it on the regular notice boards outside shops, churches, and village halls, we put them on lamp posts and railings and even extra inserts in the magazine. But the really 'extreme' way of advertising, and still the most effective, is the one to one invitation, recommendation, or even mention, from a person we know. Banham Parish Council has held two meetings of 'over 60s' folk in recent months to enable people of similar interest to meet one another with a view to then having events that might be of interest to others. The key idea was linking people up with people. This person to person dynamic is one reason of course why God 'came down' to earth in Jesus. It's the personal invitation, as opposed to just sending us the rather large flyer of the bible and hoping we'll stick it on the fridge for guidance rather than recycling it.

I hope you get a personal invitation from a church member known to you to come along to what they're going to this September. 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

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

<b>Services for September 2019</b>		
<b>Sunday 1<sup>st</sup></b>		<b>11<sup>th</sup> Sunday after Trinity</b>
Banham	09.30	Parish Eucharist
Old Buckenham	09.30	Parish Eucharist
New Buckenham	11.00	Parish Eucharist
Quidenham	09.30	Morning Worship
<i>Readings: Eccus 10.12-18 or Prov 25.6-7; Psalm 112; Hebrews 13.1-16; Luke 14.1-14</i>		
<b>Sunday 8<sup>th</sup></b>		<b>12<sup>th</sup> Sunday after Trinity</b>
Banham	09.30	Parish Eucharist
Old Buckenham	08.00 11.00	Holy Communion <b>Special Service**</b>
New Buckenham	11.00	Parish Eucharist
Wilby	09.30	Parish Eucharist
<i>Readings: Deuteronomy 30.15-20; Psalm 1; Philemon; Luke 14.25-33</i>		
<b>Sunday 15<sup>th</sup></b>		<b>13<sup>th</sup> Sunday after Trinity</b>
Banham	09.30	Morning Worship
Old Buckenham	09.30	Parish Harvest Eucharist
New Buckenham	18.30	Evensong
Quidenham	11.00	Parish Eucharist
<i>Readings: Exodus 32.7-14; Psalm 51.1-10; 1 Timothy 1.12-17; Luke 15.1-10</i>		
<b>Sund closeay 22<sup>nd</sup></b>		<b>14<sup>th</sup> Sunday after Trinity</b>
Banham	08.30	Parish Eucharist
Old Buckenham	09.30	Parish Eucharist (in Church Rooms)
New Buckenham	11.00	Morning Worship
Eccles	11.00	Parish Eucharist
<i>Readings: Amos 8.4-7; Psalm 113; 1 Timothy 2.1-7; Luke 16.1-13</i>		
<b>Sunday 29<sup>th</sup></b>		<b>Michael and All Angels</b>
Group service in Quidenham at 10am		
<i>Readings: Gen 28.10-17 or Revn 12.7-12; Psalm 103.19-22; Hebrews 1.5-14 John 1.47-51</i>		

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

**\*\*Special morning prayer service** - To "God be the Glory". The service will be informal preparing for the closing of the church for rethatching.



**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**  
**7th September**  
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

### **Coffeemates**

**New Buckenham Church**  
**Sat. 10<sup>th</sup> Aug, 10.30 - 12noon**  
**Refreshments and Stalls**



**Messy Church**  
**Banham Church 4-6pm**  
**1<sup>st</sup> September**

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

**N.B. Old Buckenham Church closed for rethatching from 16<sup>th</sup> September .**  
**All services to be held in the church Rooms**

## Events coming up

### Coffeemates at St Martin's, New Buckenham

**Sat 21 Sept.** Talking Newspapers, with speaker. (10.30am)

**Sun 13 Oct.** Harvest tea (afternoon) supporting the work of the Royal Agricultural Benevolent Institution, Bury St Edmunds.

For more information contact Susan Jowett on 01953 860929

**Prize Bingo** in aid of Raise the Roof at Old Buckenham Church Rooms at **2pm** sharp on **Saturday 28<sup>th</sup> September**. Raffle and refreshments. Everyone welcome.

**FOBC will be organising another 5-6 mile walk**, with a stop for coffee and cake, in late September/ Early October – Watch this space for further details or contact David on 01953 887575



### The Norfolk Churches Trust

#### Bike Ride or Walk

**Saturday 14<sup>th</sup> September**

**9am to 5pm**



Pump up your tyres, dust off your walking boots, pack a picnic and plan a route from your own door to visit as many of the most beautiful churches, chapels and meeting houses in Norfolk as you can. You can even tour in your car if you want. Simply get sponsored for each building you visit or make a donation. More info at [www.Norfolkchurchestrust.org.uk/bike-ride](http://www.Norfolkchurchestrust.org.uk/bike-ride). Banham Church are looking for willing tourers to get some sponsorship (forms available in the church). You could also get involved by helping out welcoming the cyclists, walkers etc to Banham church with a drink and refreshment? We have a rota set up so if you spare an hour that would be very helpful. For a sponsorship form or to help in any other way please contact Duncan Jones on [familyjones99@btinternet.com](mailto:familyjones99@btinternet.com) or 01953 888862.

### Garnier Social Club Cheese & Wine Food Event

Join us on **20<sup>th</sup> September at Garnier Hall, Eccles**

Bar open 7pm. You will get a choice of different wines at the bar.

Food from 7.30pm (tickets £10). Ticket price covers a meal consisting of a selection of cheese, biscuits, bread etc. and a sweet / pudding.

To get tickets contact Garnier social club bar or visit [www.garnierhall.co.uk](http://www.garnierhall.co.uk)



### MacMillan Coffee Morning in Banham

A Coffee morning in aid of the work of the MacMillan

Cancer Care nurses will be held on **Saturday 5<sup>th</sup> October**

in **Banham Church** from **10am to noon** in conjunction with the regular monthly Saturday Church Cafe. If you are able to donate items for the bring and buy, book, produce or cake stalls please deliver these to Whitegates, Church Hill, Banham or bring them on the day. Any gifts for the raffle would also be much appreciated. Looking forward to your continued support.

With thanks, Sally McGinn. (01953 888183)

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

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

**Special** -buy a season ticket in advance, **all four films for £15**

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!

**7<sup>th</sup> September - Fisherman's Friends (12)**, Based on a true story – some bands can't be managed! Big Hearted British Rom Com starring Daniel Mays, James Purefoy and Tuppence Middleton.

**5<sup>th</sup> October – All is True (12)**, In 1613 William Shakespeare retired, he still had one story to tell – his own. Kenneth Branagh, Judi Dench, Ian McKellen. "Truly Powerful" The Times

**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.

**Attleborough & District Gardening Club's Autumn Show** will be held on **Saturday 7 September at the Connaught Hall, Station Road, Attleborough from 2.00 - 4.00 pm**. Entries are welcome from non-members who should contact the Show Secretary, Betty Stacey on 01953 454790 for further information and an entry form.



## **Fun Dog Show**

Join us for some furry fun on the farm at

**Overy Farm, Quidenham NR16 2JS**

(near Snetterton race circuit entrance)

**Sunday 8th Sept, 1pm onwards**

**Registration 12pm onwards**



**Lots of fun dog show classes- £2 a class, Temptation alley dog speed trap, Mini agility challenge, Farm dog walks, Raffle, Refreshments & BBQ**

**Rosettes for 1st, 2nd and 3rd placings**

**Classes include;** Prettiest Eyes, Best Expression, Best Welcome to the judge, Best Short Coat, Best Long Coat, "Bad Hair" day, Best Trick,

Best Puppy under 1 year, Best Senior over 7 years, Best Dressed

Waggiest tail, Most Loveable Rogue, Overall Champion

***In aid of St. Andrews Church, Quidenham***



**Diss Young Farmers Club** are currently recruiting new members aged between 16-26. The club currently has members from a wide range of professions from plumbers to motorsport designers as well as one or two farmers. Diss YFC are a sociable club which meet weekly for a wide range of meetings and activities. Diss YFC aims to have as much fun as possible and develop skills within young people. Our **Would I Lie To You** themed new members night is on **Wednesday 18th Sept. at Bressingham Village Hall at 7:30pm** consisting of an evening of fun and games. Drinks

and light snacks will be provided. Come along and give us a look.

We also have a junior club Diss Countrysiders for 10-16 year olds which meet fortnightly on Mondays. For more information please contact Claire Matthews on 07778 703010 or [claire@timmatthews.co.uk](mailto:claire@timmatthews.co.uk). You don't have to be a farmer to be a Young Farmer! For more information on Diss YFC please contact me on 07914 942557 or [ryan.dissyfc@gmail.com](mailto:ryan.dissyfc@gmail.com) . Ryan Thompson

The Friends of Banham Primary School would like to invite all to a

## Family Fun Night

Friday 20<sup>th</sup> Sept. at Banham Barrel from 4:30pm

Bubble Football Pocket Money Stall **Live Music**

Inflatable Archery

**BBQ**

**Bouncy Castle**

**Local Business Stall Holders and more**

Look out for tickets coming on sale for our money tree

Face

## Boudicca Breast Cancer Appeal

N&N Hospitals Charity Reg Charity no. 1048170

On **Saturday 19<sup>th</sup> October at St Mary's Church, Attleborough, from 10am to 12 o'clock** there is a fund raising event for the Boudicca Breast Cancer Appeal. There will be a raffle, cakes, jams & chutneys, bric-a-brac and children's' books. The appeal aims to raise £800,000 to provide a dedicated breast cancer unit at the Norfolk and Norwich University Hospital. This would offer a 'one stop shop' for patients, with a same day diagnosis service thereby reducing the stress and anxiety for patients who currently have to wait. More than £170,000 has already been raised since the appeal launched late last year and equipment for the new unit is already being purchased with funds.

Any support that you are able to give, no matter how small or large will be greatly appreciated. Everyone welcome to our fund raising event on 19<sup>th</sup> Oct.

For more information contact Sandra Rudd on 01953765

## **News from Norfolk County Council**

**Household hazardous waste days** - NCC hold special events at some of the recycling centres so that people can dispose of household hazardous waste free of charge. The next household hazardous waste days will take place across September and October 2019. The closest recycling centre for local residents for the Household hazardous waste day is at Thetford on 14 and 15 September - 9am-5pm.

**Call for donations for vulnerable Syrian refugees** - Norfolk County Council is still appealing for donations of household furniture or general items to support the Syrian refugee resettlement programme. NCC is looking for any unneeded furniture to be donated to the initiative. There is currently a particular need for white goods, bed frames, wardrobes, chests of drawers and bedside cabinets. NCC is also looking to rent available properties for the refugee arrivals. People can inform the County Council of available items or property by using the Help Refugees online portal. Smaller items can be taken in a box to any Norfolk County Council Library marked "PFA Team, NML".

**New firefighters complete training** - Eight new firefighters reported for duty at their local fire stations after passing their initial two week training course. The trainee firefighters learned how to deal with different types of incident as well as how to work safely at height and near water. Norfolk Fire & Rescue Service is still searching for more new potential recruits to join them. On-call firefighters must live or work within five minutes of a retained fire station. There are still vacancies for on-call firefighters across Norfolk. If you are interested in becoming an on-call firefighter visit the Norfolk Fire & Rescue Service website.

**Stephen Askew**, Member for Guiltcross Division  
[Stephen.askew@norfolk.gov.uk](mailto:Stephen.askew@norfolk.gov.uk) Tel 01953 861481

## **News from Breckland District Council**

**Community pub awarded £1000 from Breckland Council's Our Breckland Community Fund** - The Fox Inn, a community owned pub in Garboldisham, received the money after becoming the first community group in the district to hit a target of selling more lottery tickets to its supporters. The council has been offering grants to local good causes signed up to the Our Breckland Lottery scheme that attract new supporters.

**Rodents, Insects & Other Pests** - Breckland Council does not provide a pest control service. It is unable to provide details or recommendations for any pest control companies but would recommend that you get more than one quote.

**Meeting Room Hire** - If you are looking to host a business meeting, conference, training event or seminar in mid Norfolk, The Conference Suite at Breckland Council in Dereham is available for hire. It is set just off the A47 so is easily accessible has free parking facilities onsite. To enquire about room bookings please complete our online form at <https://www.breckland.gov.uk/article/5879/Conference-Suite-Booking-Query>

**Stephen Askew**, Breckland Councillor for The Buckenhams & Banham Ward.  
[stephen.askew@breckland.gov.uk](mailto:stephen.askew@breckland.gov.uk) Tel 01953 861481

## Banham Parish Council, keeping you informed



The Parish Council, like many in the area, does not have a meeting in August. Things still get done, however, such as the grass cutting, and I'm always here to take messages and report on street light malfunctions, road faults etc.

**Senior Citizens** - The tea and cakes event was well attended, with lovely things to eat and lots of discussions amongst groups of like minded people. The aim was to bring people with the same interests together, whether they knew each other or not, so

they could form groups, choosing the format for themselves. Some groups are in this process already, including one for coffee and a mardle (for those in the dark, a 'mardle' is Norfolk for a chat), which already has a date booked for Friday 20 September at 10am in the church, when the group will decide how to proceed. Interest was also shown in a book group, French conversation, local history, gardening, singing for fun, art class and theatre trips. Each of the groups now needs to decide on a contact person, how the group will be run, when and where, how often and how to move forward. A big thank you to all the bakers for their scrummy cakes, scones and other goodies and to those who helped to lay out the church and did sterling work in the kitchen. All heroes!

**Kenninghall Road Development** - This application is now on line at Breckland Council. The application has been referred to the Planning Committee at Breckland Council. The application was due to be decided in July, this has now been deferred to a later date, as yet unknown. The reference number is **3PL/2018/0091/D**.

**Churchyard Path** - The Parish Council has now instructed a contractor to renew the churchyard path.

**Please note:** The next Parish Council meeting is on **Wed. 4 September at 7.30pm** in the small hall at the Community Centre. Happy holidays!  
Geraldine, Parish Clerk, 01953 887327 or [banhamclerk@outlook.com](mailto:banhamclerk@outlook.com)

**Parking outside Banham Primary School** - With school starting back this month a reminder again to parents bringing children to school by car. Parking along Crown Street near the school is dangerous for our children. Both the Community Centre car park and around the village green are available for safer parking and there have been requests in the past for these to be used. Let's not wait for an avoidable accident to happen before we do anything. Also a reminder to all drivers that the speed limit along Crown Street is 20mph. At the beginning and end of the school day it would be safer to go even slower!!

**Banham and Old Buckenham's 'golden opportunity' to join UK's full fibre broadband revolution** - During well attended successful meetings in Banham and Old Buckenham last month County Broadband, a specialist provider based in East Anglia explained how our two villages can take advantage of their plans to roll out future-ready gigabit-capable full fibre network, offering ultrafast and hyperfast speeds to all businesses and households in the two villages. Find out more about their plans on [www.countybroadband.co.uk/futureready](http://www.countybroadband.co.uk/futureready).

In order for them to undertake this roll out they need at least 30% of residents and businesses in each village to commit now to pre-ordering the service to give the green light to start construction. The network would be installed in 2020 and be available to all premises.

This is a golden opportunity to get reliable fast broadband into our rural villages at a competitive price, but the opportunity will be missed if there are not enough people willing to sign up for the service.

- Pre-orders are needed by early September to take advantage of a free connection when the network is built (otherwise connection costs £225).
- Residents who order a connection will also be able to take advantage of the service for free if the network is built whilst they are still in contract, which means as County Broadband connect their homes, if they have pre-ordered, they won't be charged for their service until their existing contract with the incumbent provider has finished.
- If the uptake is achieved, County Broadband will also connect village and community facilities (such as village halls) and provide them with a broadband service free of charge.

You can place an order online at <https://countybroadbandfibre.co.uk/> or by contacting Donna Dixon at County Broadband on 07704005152 or by email at [donna.dixon@countybroadband.co.uk](mailto:donna.dixon@countybroadband.co.uk)

**Don't delay or the opportunity will be missed. There are currently no other full fibre broadband providers planning to rollout in Norfolk**



### **Interested in becoming a 'My Guide' volunteer in**

Attleborough and the surrounding area for Guide Dogs for the Blind Association?

As a My Guide Volunteer, you will be matched with a blind or partially sighted person living in your local area and you will support them with free running their Guide Dog. This will involve being a sighted guide when the Guide Dog is off his lead, and informing the person where the dog is and what they are doing. You could make

a real difference to someone today and their Guide Dog.

No previous experience required and nationally recognised sight guided training will be provided, along with safeguarding. You will also be supported with a dedicated role manager and be part of a wider team. To find out more, please call 0345 143 0233 or email [guidedogs@peterborough.org.uk](mailto:guidedogs@peterborough.org.uk)

<b>Mobile Library Service – September visits</b>		
<b>Route CENS5412 Friday 27<sup>th</sup></b>		
Old Buckenham	10.00 The Sun (ex. pub)	10.25 St Andrew's Close
	10.50 Hargham Road	11.15 Fen Street
New Buckenham	11.40 Banham Dam Brigg (Haugh Rd bungalows)	13.20 Chapel Street (leaving 15.15)
<b>Route CEN348 Wednesday 11<sup>th</sup></b>		
Banham	14.55 Mill Road	15.20 Apple Close
	16.00 The Green	
<b>Route CEN5415 Friday 13<sup>th</sup></b>		
Quidenham	11.25 ex. Post Office	14.30 St Edmunds Lodge

<b>Local Bus Services</b>					
<b>Konectbus</b>	<b>37A</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	0706	0936		NB, opp Green	0916
NB, adj Green	0711	0941		Banham, opp sch	0923
--	--	--		Quid, opp Home Fm	0933
Norwich, St Stephens	0812	1041		--	
Castle Meadow	0814	1043		Diss, adj Bus Station	1005
<b>Return</b>	<b>Mondays to Fridays</b>			<b>Return</b>	<b>Sat</b>
Castle Meadow	1318	<b>1615</b>	1745	Diss, adj Bus Station	1200
Norwich, St Stephens	1323	<b>1623</b>	1748	--	--
--	--	--		Quid, adj Home Fm	1229
NB, opp Green	1417	<b>1617</b>	1842	Banham, adj sch	1239
OB, opp Green	1422	<b>1722</b>	1847	NB, adj Green	1246
Banham, opp sch	1426	<b>1726</b>	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					

### **Information regarding rural crime from Norfolk Police**

<b>Type of incident</b>	<b>Contact</b>	<b>Non Urgent (urgent 999)</b>
<b>Farm/Agricultural &amp; gen advice</b>	DC Andy Brown	Tel 101 or 07900 407106 <a href="mailto:OperationRandall@norfolk.pnn.police.uk">OperationRandall@norfolk.pnn.police.uk</a>
<b>Metal Theft</b>	DC Andy Brown	Tel 101 or 07900 407106 <a href="mailto:OperationRandall@norfolk.pnn.police.uk">OperationRandall@norfolk.pnn.police.uk</a>
<b>Wildlife Crime</b>	Insp Jon Papworth	Tel 101 or <a href="mailto:WildlifeCrime@norfolk.pnn.police.uk">WildlifeCrime@norfolk.pnn.police.uk</a>
<b>Community concerns</b>	Sgt Mark Askham	<a href="mailto:OperationRandall@norfolk.pnn.police.uk">OperationRandall@norfolk.pnn.police.uk</a>
<b>Other enquiries</b>	DC Andy Brown	<a href="mailto:OperationRandall@norfolk.pnn.police.uk">OperationRandall@norfolk.pnn.police.uk</a>

## Diary of regular events September

Sun	1	2-6pm	War Games	O.B. Village Hall
Sun	1	4-6pm	Messy Church	Banham Church
Tue	3	10-12	Coffee & Chat	O.B. Church Rooms
Tue	3	11-12	Coffee Morning	Walnut Tree, K Rd, Banham
Wed	4	10-1pm	Luncheon Club	O.B. Village Hall
Fri	6	6.15-7.15	Friday Club	Rowancroft, K. Rd. Banham
Fri	6	7.30-9 30	Youth Café	Banham Church
Sat	7	10-12	Saturday Cafe	Banham Church
Sat	7	10.30- 12	Coffee Morning	Reading Room Quid.
Sat	7	8pm	60's dance	Banham C.C.
Tue	10	2pm	Eccles Women's Institute	Garnier Hall, Eccles
Thu	12	2pm	Breckland Flower Club	O.B. Village Hall
Thu	12	7.45pm	O.B. Wine & Social Club	O.B. Church Rooms
Fri	13	6.15-7.15	Friday Club	Rowancroft, K. Rd. Banham
Fri	13	7.30-9 30	Youth Café	Banham Church
Wed	18	10am	Luncheon Club (Outing)	O.B. Village Hall
Wed	18	7.30pm	Att. & Dist. Gardening Club	Att. Primary School
Thu	19	2.30pm	Good Companions	N.B. Village Hall
Fri	20	6.15-7.15	Friday Club	Rowancroft, K. Rd. Banham
Fri	20	7.30-9 30	Youth Café	Banham Church
Sat	21	10.30-12	Coffeemates	N.B. Church
Thu	26	7.30pm	O.B. Women's Institute	O.B Village Hall
Fri	27	6.15-7.15	Friday Club	Rowancroft, K. Rd. Banham
Fri	27	7.30-9 30	Youth Café	Banham Church
Sat	28	8 - 12.30	Lopham Farmers Market	Village Hall, North Lopham

**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*