

THE SIX VILLAGES NEWSLETTER



April 2019

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

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At a Glance	handy telephone numbers.	
<p>In an emergency Police 999 (Non-urgent 101) Fire and ambulance 999 (non-urgent ambulance 111) Power cut 105</p> <p>Medical numbers Surgeries Attleborough 01953 453166 (Dispensary 01953 452663) Attleborough Health Centre 01953 457303. Kenninghall 01953 887208 Phone either surgery for out of hours numbers</p> <p>Hospitals N & 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>Helplines Eastern Electricity 08007838838 Anglia Water 08457145145 BT phones. 0800800150 or Mob. 03301234150 BT Broadband Faults 08001114567. Citizens' Advice Bureau, Diss 03444111444 Free Directory Service 08001183733 Tel. Preference Service 08450700707</p> <p>Travel Travel Line 08712002233 Diss and Attleborough Stations' 03456007245 Norwich Airport 01603 411923.</p> <p>Local Schools Banham Primary 01953 887293 OB Prim. 01953 860380 OB High 01953 860233 Chapel Green Sch, OB. 01953 453116</p>	<p>Eccles Hall School 01953 887217</p> <p>Leisure Facilities Theatre Royal, Norwich 01603 630000 OB Country Park 07557479199 Banham Zoo 01953 887771 Applewood Countryside Holidays 01953 715319</p> <p>Swimming pools Diss 01379 654754 Thetford 0184753110 Wymondham 01953 607171</p> <p>Local Government District Council Breckland 01362 656870 Parish Councils Banham 01953 887327 New Buck 07963 860872 Old Buck. 01953 860872 Quidenham 01953 888184 Registrar's Office (Thetford) 0344 800 8020</p>

Newsletter Notes - Items to the editor Wendy Pontin at sixvillagesnews@yahoo.com
 For info. on advertising and flyer insertion contact Joy Stanley on 01953 887175 or joystanley39@gmail.com. Distribution—1760 copies.
 Closing date for copy for the **May** issue is **Mon 15th April**. "Bundling day" is on **Tues 30th April, 2pm** in Banham Church. **Please come along and help us.**
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 the closing date is early to avoid editing over Easter weekend

SIX VILLAGES NEWSLETTER

Local Talking Point

As you flick through the pages of the latest edition of this valuable source of local news and information, perhaps you would care to take a moment to consider what it might be like if you were unable to do so, because of a visual impairment or other disability.

It was for this reason that the Talking Newspaper (TN) movement was established and developed rapidly in the early 1970s. There are currently more than 400 independently run TN groups across the UK, which reproduce (in audio form) local news and information, taken from newspapers and community magazines such as this one. There are nine TN groups in Norfolk and one of them is Wymondham and Attleborough Talking Newspaper (W A T N).

W A T N was launched on 10 April 1998 and provides a weekly local news and information digest, plus audio monthly magazines, for over 50 visually impaired people in and around the two towns and the surrounding area (including the Six Villages served by this Magazine).

A team of volunteers, consisting of a content compiler (editor), a sound recordist and four readers, gather every Friday, in a small room in Wymondham and they record about 60 minutes of material. This is then copied onto USB memory sticks and sent to the listeners in sealable plastic wallets, by means of the freepost Articles for the Blind concession provided by Royal Mail. The wallet is returned by the listener for re-use. Four teams operate in this way, on a four week rota, which with reserve readers, administrators to check incoming wallets and a Board of charity trustees, it adds up to a volunteer workforce of over 40 people, who provide the service for 51 weeks of the year.

The service is free to listener, each of whom is offered free use of a memory stick player, on which to listen to the recordings, with four memory sticks and wallets allocated to each recipient.

Funding comes from various sources, including community grants, donations from local businesses and occasionally from the listeners themselves.

On 22 February W A T N reached the milestone edition of 1066 and to mark the occasion, a special feature was presented by members of Hastings Talking Newspaper.

For more information about Wymondham and Attleborough Talking Newspaper, either on behalf of a potential listener, or as a volunteer, visit their website www.watn.org.uk or contact the Secretary on 01953 605434.



Garden Jottings from Ken



A true cottage garden is a thing of outstanding beauty, originally created when large gardens were for the landed gentry, while farm and estate workers toiled long days for little return and so their small enclosed plots became an opportunity to provide extra food. Plants were raised from saved seed and exchanged cuttings, most plots contained fruit trees as well as herbs, aromatic flowers, and vegetables. New plants were inserted as others were lifted, no space was wasted, compost was made, and a few free-range hens scratching about offered eggs, pest control and fertiliser. Over the years the balance between food and flowers changed, but the essential nature and form continues today.

This style of gardening is very relaxed, no straight lines, no formal lawn or regimented planting plan, but a 'random effect' cannot be achieved without work or an uncared-for disaster will emerge! Almost any mix of plants can be used, a few good clumps will add a sense of maturity, interspersed with single dot plants of the same variety to give a self-sown impression. Include delphiniums, lupins, foxgloves, hollyhocks and verbasicum for towering height, add aquilegia, scabious, asters, campanula, border phlox and the golden heads of rudbeckia for a long season of insect-friendly colour. Low down, elephant and lambs ears (bergenias and *Stachys byzantina*) mixed with mounds of aubrieta, saxifrage, cushion phlox, pinks and dianthus, plus hardy sprawling geraniums will soften path edges. Most of these plants are herbaceous (dormant in Winter) so include shrubs such as fragrant lavenders, philadelphus, lilacs and viburnums, as well as fruit trees and bushes. Boundaries need clothing with scrambling honeysuckles, roses and other climbers, clematis look great winding through established plants or hoisted up on obelisks and arches. Now intermingle patches of herbs and vegetables, plus a scattering of hardy annual flower seed and it'll soon be looking the part! If you think that this all seems a bit old fashioned for you, think again - cutting edge design may be ultra-modern to the eye, but it draws many of its elements from old cottage gardens!

Cheers, Ken

The Garden Enclosure, Banham - beautiful plants make beautiful gardens!

The Garden Enclosure

Independent Plant Centre and Garden Shop
01953 888043 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 – At the February meeting, new Chairman Peter Firman, introduced the Speaker, Charlie Lewis, whose talk was about the History of Spices. During this talk we learned the fascinating history of the four main spices of the world - pepper, cinnamon, cloves and nutmeg records of their historical use going back as far as 1700 BC when it was used by the Egyptians. Control of spice distribution by merchants made them very wealthy men. Historically spices were used medicinally with research now on-going into their properties. Nowadays spices are more affordable and are grown in many parts of the world.

Our Spring Show will be taking place on Saturday 13th April at Connaught Hall, Attleborough from 2-4pm. The next regular meeting is on 17th April at 7.30pm in Attleborough Primary School. Junya Lewis will be talking about "Reclaiming an Allotment". Visitors welcome.

For more information contact Jenny North on 01953 455481.

Old Buckenham WI – At the February meeting the speaker was Norma Howell, her subject Medical Detection Dogs. This charity is totally dependent on public donations and has the Duchess of Cornwall as its patron. Here is yet another amazing service that dogs can provide for us along with guide dogs, sniffer dogs etc.

Detection of disease takes place under clinical conditions with trained dogs sniffing samples of urine or breath. Dogs have an incredible sense of smell, 300 million smell receptors compared with a human's 5 million!

Norma also described the work of Medical Alert Assistance dogs. These dogs live with clients who have a disease such as diabetes and can warn carers when intervention is necessary. These dogs save lives, save the NHS hundred of pounds and are life changing for many people.

The next meeting is on Thursday 25th April 7.30pm in Old Buckenham Village Hall when Simon White will talk about Peter Beales and the romance of the rose. Visitors very welcome. *Contact Betty on 01953 454790 for more info.*

Breckland Flower & Garden Club – Our March meeting begins with the AGM where it was announced that the total amount of money raised for the NHUH Charity Trust in the past year reached an amazing £8000. Every penny will go to the Breast Care Cancer unit at the NNU. All the members were congratulated. Christine Hewson then presented a workshop at which each member produced a lovely arrangement with pink tulips.

Our next meeting is the 11th April at 2.00pm. in Old Buckenham Village Hall. The guest speaker, Julia Stafford-Allen will talk about "The work of the NGS", Visitors welcome for a small fee of £6.

Contact Christine Hewson 01953 454528 or Sally Westrup 01953 788712.

Bunwell Camera Club meet at the **Tibenham Community Hall** on the **1st and 3rd Tuesday** of the month at 8pm It is a small friendly club. New members always welcome. Details at www.bdcameraclub.co.uk/

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 or Mary Parker on 01953 860167.

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>

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 2nd Thursday of every month in OB Church Rooms at 7.45pm. For more info. ring 01953 860845.

Tiny Tots Toddler Group - Wednesdays 9.30am – 11am at The Barn, Rowancroft, Kenninghall Rd, Banham. Crafts, toys, chat and refreshments Suitable for under 5's, £1.50 per family. All Welcome (find us on Facebook)

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

1 Apr, Great Hockham, Hockham Picnic Site (A1075) IP24 1PA (3.85mls)

8 Apr, Spooner Row, Primary School, Station Road, NR18 9JR (3.75mls)

15 Apr, Rocklands All Saints, Playing Field, Green Lane NR17 1UA (4.35ml)

22 Apr, Shadwell, Forest Retreat Reception Centre car park, IP24 2RX (4.1ml)

29 Apr, Carleton Rode, Jubilee Hall, Mill Road, NR16 1NQ (4 mls)

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

East Harling Athletics Club – Training sessions at East Harling Sports Club and Old Buckenham High Sch. **Training Times – Juniors/Seniors – East**

Harling Sports Club, Saturday 9.00 – 10.30am, Monday 7.00–8.00pm: **Juniors** (7+) – **Old Buckenham High School**, Tuesday 7.00 – 8.15 pm:

Seniors – long distance run Sun 8.00 am. **Contact Details** - Mob: 07825 612692

Email: harlingathletics@gmail.com, Website: www.harlingac.com,

Pilates is returning to Banham - weekly Pilates Classes will take place in the small hall at **Banham Community Centre on Tuesday and Thursday morning from 9.30am - 10.30am**. The classes are for ladies and gents of all ages and for all levels of abilities. Beginners welcome.

Classes will begin on Tuesday 9th April and run through the summer.

For more information please contact Sheila on 07841 978456.

Emergency First Aid - An Emergency First Aid course will be held at Old Buckenham Memorial Hall on Wednesday 3rd April. Call Kate 07971 442347 to book.

On 26 April, Old Buckenham WI are holding a “Women Walk the World” event from OB Village Hall, raising money for Associated Countrywomen Worldwide (ACWW). There are two walks: 6.5 miles starting at 10.30am and 2.5 miles starting at 11.30. Entry is £2 per adult. Lunch of homemade soup and desserts (£5) is at 12.30 in the Village Hall. Everyone is welcome – and you can just come for lunch!

Old Buckenham Village Hall management committee A.G.M. is on Wednesday 3rd April, 7.30 pm in the Memorial Hall. All welcome.

Events coming up

Film Nights in our villages

Banham Church

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

Join us at the church for a pre-film meal (extra charge £4). Wine and other refreshments available throughout. Advance tickets available from Banham PO or contact 01953 887575

Saturday 6 April – The Greatest Showman (starring Hugh Jackson)
Tickets **£5.50** on the night, **£5** in advance. Doors open at **7pm** for bar and pre-film meal. **Film start at 7.45pm.**

Saturday 4 May - Mary Poppins returns. Tickets **£4.50** (under 15's **£2**) on the night, **£4** (under 15's **£2**) in advance. Doors open at **5pm** for bar and pre-film meal. **Film starts at 5.45pm.**

New Buckenham Village Hall

Saturday 27 April - First Man. (starring Ryan Gosling and Claire Foy)
With the 50th anniversary of the moon landing coming up in July, *First Man*, focuses on Neil Armstrong and the decade leading to the historic Apollo 11 flight. It explores the sacrifices and the cost, on Armstrong and the nation, of one of the most dangerous missions in history.

Tickets can be bought at Kings Stores, NB, via www.wegotickets.com, or can be reserved by calling 01953 861114. Ticket price is **£5** (£6 on the door). Doors will open at **7pm** for bar and refreshments, and ice-creams will be sold during the interval. **The film starts at 7.30pm.**

Old Buckenham Village Hall

Saturday 13 April - 'The Graduate'. Bar, ice cream, £4 entry.
Film starts at 7.30pm. Enquiries 860866



Coffee Morning

St. Martin's Church, New Buckenham

Saturday 13th April 10.30 am

Cards, Gifts, Cakes, Book Stall, Easter Egg Raffle

New Buckenham Art Exhibition 2019 will be staged again at the Village Hall. Artists come from Suffolk and Norfolk displaying a variety of styles. There are also a selection of unframed pictures, prints and greetings cards. **Our opening Night takes place on Friday 19th April 7.30 p.m. – 10 p.m. Admission is £4.00.** The exhibition continues over the weekend **Saturday 20th April, Sunday 21st April and Monday 22nd April from 11a.m – 4.30p.m.** Admission is £2.00. All the money that is raised at this event is donated to St Martins Church New Buckenham and the Village Hall. More information email hazelrush@btconnect.com



Old Buckenham Alternative Quiz
Saturday 27th April, 7:00pm
 in the **Methodist Church**



Interactive quizzes including a Music Quiz, Film Quiz and a TV Quiz plus traditional questions and answers. Cost is £4 per person including refreshments. Teams of 4-6 (individuals are also welcome to join or make up teams). Plus a raffle. All proceeds going to St Martins Housing Trust who help the homeless in and around Norwich. We are limited to 50 because of the size of the building There are a few places remaining. To book contact oldbuckenham.methodist@aol.co.uk or phone 01953 861207.

Burgate Singers Concert - The next concert to be given by the Burgate Singers and Burgate Sinfonia will take place in **Diss Corn Hall on Saturday 27th April at 7.00 pm**. They will be performing the concert version of Gilbert and Sullivan's operetta The Yeomen of the Guard with professional soloists. When it was first performed it ran for 423 shows and many of the tunes remain familiar today. Not to be missed. Tickets £18 (£15 for under 18s) from the Corn Hall Box Office 01379 652 241."

Friends of Banham Church
The FOBC Annual Social
Evening
Thursday 2nd May, 7.30pm
St Mary's Church, Banham



We are pleased to welcome Martin Goymour to give us an illustrated talk on how Banham Zoo was born and continues to grow



Free Admission – join us for wine and nibbles
 Raffle in aid of ZSEA

2019 Bucks Photoshow – Calling all photographers! The Bucks Photoshow (24-26 May) will soon send out invitations to exhibit. Would you like to show your work? Any style of photography is welcomed, at any level of expertise. We particularly encourage and help beginners.

For those new to the area, the Photoshow is held on alternate years and this will be the seventh. Exhibitors from the surrounding villages come together to create an eclectic show in the splendid display facilities at New Buckenham's village hall. Have no fear, we are not a camera club and there's no judging.

Let me know if you're interested and I'll send you all the details. Please let me know. Exhibitors from previous years will already be on the mailing list.

The Photoshow is run by New Buckenham Arts in aid of the Village Hall Trust Contact Charles Oxley 01953 860708 or charlesoxley@yahoo.co.uk

The news of Revd. Michael Richardson's death was such a shock, so out of the blue. He was a retired minister with a full and varied involvement in the churches here with a wide experience which I used to enjoy tapping in to when I was searching for wisdom. He and his wife Jane together have been a great support and blessing in our time here and we will miss him. For his funeral there was concern that the service should not be all about him but rather about the thing that he wanted his life to point to and I hope we did that, though a funeral can never be simply about Jesus but must also have some concern with the person we are commending to God's keeping, with some concern for ourselves who remember. Michael's life did point to Jesus, and his faith and his pointing to Jesus had at its heart the news we remember this month in particular – the death and resurrection of Jesus at Easter. This is a time to remember both the cost of our rejection of God, but also the prize of our turning back to God. Resurrection, with Jesus demonstrating it first and then ascending into heaven, gives us hope for the future – but not simply of heaven, but of forgiveness now, a restored relationship with God, a new life.



With Brexit uncertainties at the time of writing looking set to continue, it can be a strength to walk with God who gives us hope, even though in this life we still face uncertainties. Some people worry about 'the way this country is going', and they may be right to worry, but there's a bigger picture. Minnie Louise Haskins put it this way in the poem 'God knows' (also known as The Gate of the Year), 'Go out into the darkness and put your hand into the Hand of God. That shall be to you better than light and safer than a known way.'

This Easter, I encourage you to do the same, look to Jesus, and walk in peace. I wish you all a meaningful Holy Week and happy Easter 😊.

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 jillannm1@gmail.com	01953 887413

More details of our churches and events on www.quidenhamgroup.co.uk

Services for April 2019		
Sunday 7th		Fifth Sunday of Lent
Banham	09.30	Parish Eucharist
Old Buckenham	09.30	Parish Eucharist
New Buckenham	11.00	Parish Eucharist
Eccles	09.30	Morning Worship
<i>Readings: Isaiah 43.16-21; Psalm 126; Philippians 3.4-14; John 12.1-8</i>		
Sunday 14th		Palm Sunday
Old Buckenham	08.00	Holy Communion
New Buckenham	10am – A group celebration with our six churches beginning on New Buckenham Village Green – bring a leafy branch to wave! We process to church for a dramatised reading of the 'long gospel' and Communion.	
<i>Readings: Luke 19.28-40; Is. 50.4-9; Psalm 31.9-18; Phil. 2.5-11; Luke.22.14-end of 23</i>		
Holy Week Services – See Page 13 for details		
Sunday 21st		Easter Day
Banham	09.30	Morning Worship
Old Buckenham	09.30	Parish Eucharist
New Buckenham	11.00	Parish Eucharist
Quidenham	11.00	Parish Eucharist
<i>Readings: Acts 10.34-43; Psalm 118.1-2,14-24; 1 Corinthians 15.19-26; John 20.1-18</i>		
Sunday 28th		Second Sunday of Easter
Banham	09.30	Parish Eucharist
Old Buckenham	09.30	Parish Eucharist
New Buckenham	11.00	Morning Worship
Eccles	11.00	Parish Eucharist
<i>Readings: Acts 5.27-32; Psalm 118.14-end; Revelation 1.4-8; John 20.19-end</i>		

Communion: All Saints, Old Buckenham - 1st Tuesday of the month followed by coffee in the Church Rooms.



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
6th April

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

Open Door (Banham Church)
3 - 4.30pm)

Tues 16th April

Tea, cakes and a friendly chat

All Welcome



Messy Church
Banham Church 4-6pm

Sunday 14 April and 5 May

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 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

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, canonstevewright@gmail.com

Please note: Closing date for church material for May middle pages will be Monday **15th April**

Send to sixvillagesnews@yahoo.com or contact Sally on 01953 888183.

Old Buckenham Methodist Church Chapel Friendship Group

A very happy friendly afternoon was held in March with brains ticking over the Word Search and being refreshed with tea and biscuits.. The next meeting is on **10th April** when Sheila from Attleborough is coming to talk about Bowls and the Trophies she has won and show us how it is done. At the meeting on **8th May**, one of our members has devised a Quiz to set our brain cells working once again. These meetings all start at 2:30pm in the Methodist Church. Don't forget the Alternative Quiz on April 27th (details on Page 12) and a concert on Thurs 30th May by the New Buckenham Silver Band starting at 7:30pm

Holy week – Our focus this year: The Obedient servant.			
Palm Sunday	10.00	St Martins NB	Starting on The Green (bring a leafy branch to wave)
Monday	19.30	All Saints Wilby	Taize style prayer
Tuesday	19.30	St Mary's Eccles	Compline
Wednesday	19.30	St Mary's Banham	Sensory Prayers
Maundy Thursday	19.30	St Andrews Quidenham	Washing of feet and communion
Good Friday	12 noon	St Andrews Quidenham	An hour together by the cross, (all our churches open for prayer)
Saturday	From sunset	All Saints OB	The Watch (readings & prayers), 1 st Communion of Easter at 18.30
Easter Sunday	Celebrating the Resurrection (see Page 14 for venues and times)		

All Saints - Old Buckenham Easter Lilies

On Easter Day each year, we commemorate the lives of loved ones who have died and we shall continue this tradition this year. Flower arrangements in the church at Easter will comprise of lilies each in memory of departed relatives or friends. If you would like to contribute to this event please let me have your donation before the 7th April together with the name of the persons to be remembered.

It is estimated that each lily will cost in the region of £4.00 and any additional monies received this year will go towards the second stage of rethatching the roof of the Church. If you wish to contribute please send your cheque made out to 'Old Buckenham PCC' with details of the deceased to: Revd. Alistair Monkhouse.

'Wildwood', Mill Road, Old Buckenham NR17 1SG.



What's going on at our community venues?

Banham Community Centre

60's Dances 8pm (£7.50) unless otherwise stated)
 Sat. 6 April – The Strollers Sat. 4 May – Sounds Imperial (£8)
 Telephone 01953 888628 to enquire about the above or hire of the halls

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

Pilates Classes - Tuesday and Thursday mornings at 9.30am - 10.30am in the small hall. The classes are for ladies and gents of all ages and for all levels of abilities. Beginners welcome. Contact Sheila 07841 978456

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 tel 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) The Village Hall has Free WiFi Internet and a 'Mixed Glass' bottle bank is available for recycling glass. Proceeds to Hall and Children's playground. Visit www.garnierhall.co.uk for information about future events.

Fish & Chip Van – every Tuesday, 5-7pm in hall car park

Beavers, Cubs - Monday, **Scouts** - Wed, kenninghallscoutgroup@gmail.com

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

Flower arranging classes Wed 9.30am to 12.30pm. Class for Beginners on 1st Saturday each month 9am – 12noon. To book contact Christine via email: hewsonchristine103@gmail.com or on 01953 454528

Eccles WI - meet 2nd Tuesday of every month at 2pm. Visitors welcome
Contact Jill on 01953 887413 or email 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. We have lots going on, including **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, **Wednesday Art Club** - Wed am, **Wine & Social Circle** - Thursday evening (monthly), **Fawns Toddler Group** - Friday am (term time), **Coffee after Church** every Sunday (10.30am)
 Contact Lydia Darrah for bookings. 01953 861360 or lydiadarrah@hotmail.co.uk

Old Buckenham Village Hall

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

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 (we try to arrange transport if needed). If you know anyone who might be interested in joining us, please telephone 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

New Buckenham Village Hall serves both the local and wider community. Many groups such as badminton, kettle bells, Fitsteps, Slimming World, historical war games and the Good Companions use the hall. We have exhibitions and theatrical productions. We can cater for parties and weddings.

For booking phone 07469 715517 or visit www.newbuckenhamvillagehall.co.uk

Pilates class every Thurs evening 6-7pm, (other classes and times available) email 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

The Good Companions - A club for the over 50s which meets on the third Thursday of the month starting at 2.30 pm. We have entertainers, raffles, tea. There is a summer outing and Xmas Lunch. 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

News from Norfolk County Council

Sudden infant death syndrome (SIDS) - Norfolk Safeguarding Children Board, together with Norfolk County Council Public Health and Norfolk Constabulary, is urging parents and carers of young babies to follow safer sleeping advice to help reduce cases of sudden infant death syndrome (SIDS). There is extensive evidence demonstrating that the risk of SIDS can be significantly reduced by following safer sleeping guidance. **For** more advice and guidance visit www.justonenorfolk.nhs.uk/safersleep

Norfolk-wide crack down on fraud - The Norfolk Counter Fraud Hub is a new initiative delivered by Norfolk County Council in partnership with the districts, city and borough councils that allows local government agencies and housing associations to share and screen data to detect where fraudulent payments are being made. This new system will enable partners in Norfolk to work together to stamp out fraud and errors across the county.

New homes for care leavers open after £5m investment

The first of 11 homes for Norfolk's care leavers has just opened, following £5m of investment from Norfolk County Council. The Council is creating supported homes for young care leavers in houses across the county. Staff will be on hand at all times to provide advice and support. When finished there will a total of 25-30 beds across the 11 properties.

Summer Reading Challenge - Young reading enthusiasts are needed to help Norfolk children choose reading books, and help them complete an exciting challenge, at the county's libraries this summer. For information speak to staff at your local library or email volunteercontact@norfolk.gov.uk .

Stephen Askew, Member for Guiltcross Division
Stephen.askew@norfolk.gov.uk Tel 01953 861481

News from Breckland District Council

Breckland Council played its part in celebrating Commonwealth Day, alongside people across the country and in Africa, Asia, the Caribbean, the Pacific and other parts of Europe. The council's chairman raised the Commonwealth flag at a ceremony attended by council staff.

Her Majesty the Queen and Commonwealth Secretary-General Patricia Scotland also shared with the nation messages of support for the values and principles of the Commonwealth Charter, which unite over 2.4 billion people in 53 countries.

Adrian Joel, Breckland councilor for Buckenham's and Banham Wards
Telephone: 01953 860663 E-mail: adrianpjoel@btinternet.com

Letter from an Old Buckenham resident

Dear residents, I am afraid I will not, as intended, be standing as an Independent for the Buckenham and Banham wards at the Breckland Council Elections on 2 May. I shall of course still take an active interest in local affairs. I note that Adrian Joel is not standing again. Adrian has been exceptionally active throughout. He rarely misses meetings and has consistently worked hard for constituents. I would like to wish him well.

Tim Bornett

Banham Parish Council, keeping you informed



It's been a busy few weeks for the Parish Council. Councillor Plummer and I attended a planning meeting at Breckland Council, to speak on behalf of the village, against an application to build 33 houses on Grove Road. Despite evidence against this and the unanimous rejection from everyone who attended the Public meeting, it was given approval.

The company who had emptied our dog waste bin on Winfarthing Road had been dissolved, unreported. Because of the slope leading up to the bin, Breckland Council has refused to empty it on health and safety grounds. New bins, approved by Breckland Council will be installed when we have their permission.

At its last meeting, the Parish Council discussed the problem of parking in Crown Street, during pick up and drop off times at the school. The PC is very sympathetic to the message from a resident printed in this issue (see below). The Headmaster has asked parents to park at the Community Centre and walk the short distance to the school, but it appears this has gone unheeded. The County Council has no solution but we will continue to try to find ways to alleviate this problem.

The Parish Council also considered that, with the Good Neighbours group being dissolved some time ago, there is little opportunity for our isolated elderly folk to socialise and have a real part in Banham life. The Parish intends to ask them what they would like and need to make a positive difference. Meanwhile, it asks you for your ideas, for volunteers and for any help you're willing to give,

Please contact Geraldine, the Parish Clerk, on 01953 887327 or banhamclerk@outlook.com

Message from a Banham resident - *"I would like to draw attention to the dangerous parking outside Banham Primary School during morning drop off and afternoon pick up times. Last year the County Council was made aware of the problem but their solution of white lines painted in front of driveways has had only limited success. The headmaster, Mr Seaman, has made it known through the PTA newsletter that parking is available at the Community Centre car park, but inconsiderate parking still persists and is creating dangerous blind spots, making it hazardous for parents and children to cross the road safely. The simple message is, if you don't need to drive your children to school, please don't. Julie Hancy"*

Please help us keep our villages tidy - The great spring clean organised by Quidenham PC as part of KEEP BRITAIN TIDY campaign is on **Sat 13 April, 9.30 am to 1.00 pm**, Followed by Refreshments. Meet at Garnier Hall, Eccles. (Hi Viz jackets and pickers will be provided). If possible please register with Peter Lotarius 01953 887213 or peterlotarius@hotmail.com Info: www.keepbritaintidy.org



the very latest biz buzz....

Keep across the Biz scene... This month:April RESPECT! You never know who your customers are! The Award winner who did the rounds of the New Buck sights. Who knew? !From New Buck to New York !

A Biz Buzz Exclusive...The epic new eco car goes live on crowd funding. The hydrogen FCV runs on electricity but needs no charging points. You can be first to see the deal



The French arm of Biz Buzz! Check out the Friendly French scene running from a base in New Buckenham. **Another Biz Success - The Kings Head.** You think New Buck is a sleepy place? How wrong you are! News of the latest village business to leap to extraordinary success with

the support of the locals. **FREE business seminars offers AND, OF COURSE, the latest on that phone mast.....**

Get the latest Biz Buzz at www.np4nb.online/ Get in touch. info@np4nb.online

If you want to join in with Biz Buzz and get the info and downloads, hop on board now.

Exercise and Mental Health (some tips from Jamie-Lee Weller)

People generally hit the gym to get fit, and healthy. Here are some tips to help you reap some unexpected rewards from your training:

Active Breaks – Making time for a brisk walk can make all the difference to your mental health. Working up a sweat releases hormones such as endorphins creating positive feelings and alleviating symptoms of depression and anxiety.

Self-Confidence - Training is extremely empowering, especially when you see positive results in the mirror and people notice. Exercise with friends and build social support networks.

Get Outside - Exercising alfresco does amazing things for our state of mind. Options include: canoeing, hiking, mountain biking and organised sports.

Challenge the brain - Incorporate balance and instability in your workouts. Challenging the neuromuscular system (brain, nerves, muscle fibre) will strengthen and reduce the body's risk of injury. It may also assist in delaying degenerative brain diseases such as Alzheimer's.

Relaxation - Exercise often improves sleeping patterns resulting in happier more relaxed individuals. Pencil in some "me time" to shut out the world and go be active. 30 minutes, 3-5 times a week is all it takes.

Addiction control – Physical activity stimulates the release of dopamine, a reward / pleasure chemical that causes addiction. Exercise creates a replacement distraction to cravings and creates a practical focus for the brain.

Inspire others - Irrespective of age, appearance or ability you inspire others by simply being active. That is something to feel positive about.

Jamie-Lee at **JW CORE Nutrifit** Personal Training, Nutrition and Sports Massage based in Banham on 01953 887991 info@jwcorenutrfit.co.uk

Mobile Library Service – April visits		
Route CENS5412 Friday 12th		
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)
Route CEN348 Wednesday 24th		
Banham	14.55 Mill Road	15.20 Apple Close
	16.00 The Green	
Route CEN5415 Friday 26th		
Quidenham	11.25 ex. Post Office	14.30 St Edmunds Lodge

Local Bus Services					
Konectbus	37A			Semence Coaches	SE1
Outward	Mondays to Fridays			Outward	Sat
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
Return	Mondays to Fridays			Return	Sat
Castle Meadow	1318	1615	1745	Diss, adj Bus Station	1200
Norwich, St Stephens	1323	1623	1748	--	--
--	--	--		Quid, adj Home Fm	1229
NB, opp Green	1417	1617	1842	Banham, adj sch	1239
OB, opp Green	1422	1722	1847	NB, adj Green	1246
Banham, opp sch	1426	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					

Information regarding rural crime from Norfolk Police

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

Diary of regular events April

Tue	2	10-12	Coffee & Chat	O.B. Church Rooms
Tue	2	11-12	Coffee Morning	Walnut Tree, K Rd, Banham
Tue	2	8pm	Bunwell Camera Club	Tibenham Com. Hall
Wed	3		Luncheon Club Outing	
Fri	5	6.15-7.15	Friday Club	Rowancroft, K. Rd. Banham
Fri	5	7.30-9.30	Youth Café	Banham Church
Sat	6	10-12	Saturday Café	Banham Church
Sat	6	10.30- 12	Coffee Morning	Reading Room Quid.
Sun	7	2-6pm	War Games	O.B. Village Hall
Tue	9	2pm	Eccles Women's Institute	Garnier Hall, Eccles
Thu	11	2pm	Breckland Flower Club	O.B. Village Hall
Thu	11	7.45pm	O.B. Wine & Social Club	O.B. Church Rooms
Tue	16	3-4.30pm	Open Door	Banham Church
Tue	16	8pm	Bunwell Camera Club	Tibenham Com. Hall
Wed	17	10-1pm	Luncheon Club	O.B. Village Hall
Wed	17	7.30pm	Att. & Dist. Gardening Club	Att. Primary School
Thu	18	2.30pm	Good Companions (Party)	N.B. Village Hall
Thu	25	7.30pm	O.B. Women's Institute	O.B Village Hall
Fri	26	6.15-7.15	Friday Club	Rowancroft, K. Rd. Banham
Fri	26	7.30-9.30	Youth Café	Banham Church
Sat	27	9 - 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. Listings are free. Email Paul Girling at 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
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 or contacting Sally McGinn (01953 888183)



Supporting local community initiatives. Helping maintain community facilities