

THE SIX VILLAGES NEWSLETTER



Thankyou to all those who help pick up
litter and keep our villages beautiful!

March 2019

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

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| At a Glance | handy telephone numbers. | |
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| <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' customer number 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</p> <p>Parish Councils Banham 01953 887327 New Buck 07963 860872 Old Buck. 01953 860872 Quidenham 01953 888184</p> <p>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.
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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

SIX VILLAGES NEWSLETTER

With the arrival of Spring, also comes Lent, a time of contemplation in our lives. I prefer to add rather than subtract from the equation, a cake for someone who is busy, a visit to cheer one up, perhaps a lift to the shops or doctor, babysitting, taking a person for a walk with a coffee at the end of it, cooking supper for a time poor family, walking a dog, running an errand, all these little things cost nothing more than our time, but time is the greatest gift you can give.

On a Community level we could all make sure our beautiful six villages are litter and rubbish free. 50 years ago, the lane I live on had hedges both sides of the very narrow road, pussy willow, violets, primroses and cowslips were followed by wild roses, purple orchids, honeysuckle and hops. Sadly, the pussy willow, primroses, violets, orchids, and roses have long gone. It was an occasion if we had a cyclist pass down once a month, it was more often Harriet in her pony and trap, candles alight in the carriage lamps, coming back from the blacksmith on her way home to High Bridgham.

Now people use the lane as a rat run, dumping their unwanted (we don't want them either) fridges, cookers, freezers, sofas, builder's rubble, and of course their unwanted pets! Kittens in boxes and sacks, rabbits, chickens, all alive. Luckily, we have found them homes. The broken glass cut the deer's feet and legs: since Christmas, three deer have been killed and another had to be shot as it was so badly injured. The removal of all large items by the council is a drain on finances and time would be better spent on other more important council business.

Cars now squeeze past each other on a single lane at speed; verbally abusing one another as they leave a trail of hubcaps, wing mirrors, bumpers and Red Bull cans. Perish the walker or cyclist and a pony would bolt. We are all frantically trying to squeeze so much in! How much of it really does matter?

When my children were young, I passed Sister Wendy on my way home from taking them to school, and her wave and cheery smile really did set me up for the day. It is so very comforting to be waved and smiled at on the highway, after all, we never know what particular worry or burden someone is carrying.

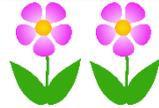
So maybe this coming Lent and Springtime, we could try and make a difference, however small. I would like to think that in 50 years' time, it will still be an area of outstanding beauty with the reputation of being a caring community to all who live and work in the six villages.

Maraqaret Wilkin

Thanks The Old Buckenham Social & Wine Circle, originally formed in 1971 would like to thank the six villages newsletter committee for giving a grant for its continuation. Reformed in 1999 to focus on the Social side it 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. For more information ring 860845.



Garden Jottings from Ken



Garden Jottings from Ken

Spring has sprung bringing a magnificent show of colourful bulbs; snowdrops, Winter aconites, daffodils and cyclamen are all looking wonderful. If you get the chance, plant a few pots of these and others to enjoy now and in the years to come, all are quite happy in a sun-less spot or tucked under deciduous shrubs, try growing English bluebells around a golden forsythia or small fritillarias with a red-flowering currant (ribes).

It's your garden so create what you like, you can be as bold with the planting combinations as you wish. When selecting plants take a look at newer introductions, compared to older varieties these are frequently (but not always) a lot more rewarding. Roses are a prime example, and some of the best bush, patio and climbers are available from us now (2 chunky plants for just £12.00!) Most of our selection have been judged and bestowed various awards, including 'Rose of the Year', an indication of an exceptional rose, bred for reliable flowering, scent, vigour and disease resistance, this year's winner is 'Starlight Symphony', a climber with clusters of pure white flowers. You can't beat a bit of fresh fruit and veg, so allow some space to grow something you can eat. We have all you need; fertilizers and bags of manure to improve the soil, canes and netting to protect your crops, seeds, potato tubers, onion and shallot sets, various fruit bushes, and even young veg plants when the time's right. If you've had a go in the past without much success try again, it might not be your fault, for instance runner beans can be reluctant to set pods in some years, to get around this problem we offer two self-fertile varieties, one with traditional red flowers and the other with white blooms which are less prone to bird attack.

Now is also a good time to tackle bigger jobs such as replacing or repairing arches and trellis, painting fences or restoring (or planting) native hedges. These tasks are much easier to achieve before plants come back into leaf, the same applies to tending herbaceous perennials, clear out any dead foliage, divide if necessary and place plant supports around taller types before they shoot up and flop over (as they did last year, and the year before..!)

Cheers, Ken

The Garden Enclosure, Banham - making your garden grow!

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 – The January AGM detailed the previous year's activities, the election of Officers and Committee. An informative and delightful talk followed: Helen Worvill demonstrating how to create winter gardens with emphasis on perfumed shrubs. The next meeting is 20th March at 7.30pm in Attleborough Primary School. Fay Jones will be talking about "The Wonderful World of Stinging Nettles". Visitors welcome. *For more information contact Jenny North on 01953 455481.*

Old Buckenham WI – January President, Kate Lloyd, welcomed members including new secretary, Betty Stacey and W.I. Adviser, Carol Cousins. A minute's silence was held in memory of Marjorie Greenwood, a member of Bunwell and Carleton Rode WI and a long serving judge at Old Buckenham's Produce Show. Members and friends had enjoyed a trip to the Theatre Royal for the Norwich and Norfolk Amateur Operatic Society's production of *Guys and Dolls*. The Speaker, Helen Reeve, owns a 60 head herd of Dexter cattle in the Waveney Valley, one of only a handful of Dexter breeders in Norfolk. She also teaches at Easton and Otley colleges. She spoke about the 'Ladies in Beef'. An organisation set up as there are other groups promoting aspects of farming eg. Ladies in pigs, Farm Women's club and but nothing about beef. Vouchers were awarded Barbara Frost and Kathy Fleckney for the most points in the two competitions held at each meeting. Susan Hunter received a posy of flowers for consistently entering both. Next meeting: Thursday 28th March, 7.30pm in Old Buckenham Village Hall. Speaker: Christine Humphries 'Laura Eke and the fisherman who painted in wood'. Visitors very welcome. *Contact Betty on 01953 454790 for more info.*

Breckland Flower & Garden Club –

Held on Valentine's day this had to be about romance. Joy Tunmore gave a warm welcome followed by sad news of the passing of Marjorie Greenwood. Marjorie will be missed by all of us at Breckland Flower and Garden Club she played a huge role, past president and chairman along with supplying plants and cuttings from her own garden for the monthly plant sales table. She was a very popular lady dedicating her life to family, friends and the community; we will remember her with great fondness.

Our special guest was Vicki Hease demonstrating "Treasured moments". Six arrangements described a couple from engagement to their Pearl Wedding anniversary. The Competition was won by Allison Vivien.

The Club's AGM is 14th March, 2.00pm. There is a workshop and members will need a bunch of pink tulips and scissors. Our last event for NNUH Breast Cancer Care Unit, a Fashion Show at M&Co in Attleborough, is on 6th March at 7pm. Tickets are limited but still available. Thank you to everyone for supporting the club's charity this year. *Maxine Mace*

Contact Christine Hewson 01953 454528 or Sally Westrup 01953 788712.

Announcement from Adrian Joel - District Councillor

I have been District Councillor for Old and New Buckenham for the past 24 years and Banham for the last four years and have decided not to stand as a Candidate for the Buckenhams & Banham Ward at the forthcoming Elections on May 2nd 2019.

Eccles WI - New day, new time, new venue! Eccles and District WI now meet on the **second Tuesday of every month in the Garnier Hall, Eccles starting at 2.00 p.m.** New members, old and young, are invited to join our small and friendly group. Lots of interesting speakers and trips planned for 2019! Come along as a visitor to find out more about us. The first meeting at our new venue will be on 12th February. For more information contact Jill on 01953 887413 or email jillannm1@gmail.com

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>

Bunwell Camera Club meet at the **Tibenham Community Hall** on the **1st and 3rd Tuesday** of the month at 8pm. Bunwell & District Camera Club is a small friendly club. Details at <http://www.bdcameraclub.co.uk/>

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)

Blow away the winter blues by keeping fit

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

4 Mar, Wreningham, Bird in Hand PH, Church Road, NR16 1BH (4.35mls)

11 Mar, Kenninghall, Park in Powell Close, (Sch. Close) NR16 2DZ (3.75mls)

18 Mar, Carleton Rode, Jubilee Hall, Mill Road, NR16 1RQ (4mls)

25 Mar, Old Buckenham, OB Church, The Green, NR17 1RN (2 or 4.65mls)

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,

More clubs and activities taking place at our local Community Centres featured on Pages 17 & 18

Events coming up

Film Nights in our villages

Banham

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

Tickets **£5.50** on the night, **£5** in advance (from Banham PO or contact 01953 887575). Films start at 7.45pm. Join us at the church for a pre-film meal at 7pm (£4). Drinks and refreshments available.

Saturday 2 March - Swimming with Men (comedy with Rob Bryson)

Saturday 6 April – The Greatest Showman (with Hugh Jackson)

New Buckenham

Film Night: *The Children Act* and *The Silent Child*

Come along to New Buckenham village hall on Saturday, 9th March for a double-bill film night. The main film is *The Children Act*, and there will also be a short film, *The Silent Child*. Tickets cost £5 (£6 on the door) and are on sale in Kings Stores, New Buckenham, via www.wegotickets.com, or can be reserved by calling 01953 861114. Doors will open at 7pm for bar and refreshments and ice-creams will be sold in the interval. Film start at 7.30pm.

Professional Theatre in New Buckenham

The Eastern Angles theatre company comes to New Buckenham village hall on Tuesday, 26th March as part of a spring tour. The company will present *The Tide Jetty* by Tony Ramsay, a Norfolk-based playwright. Set in the 1860s with dramatic tensions between two close friends who fall for the same girl. Doors open at 7pm and the performance starts at 7.30pm. Tickets cost £10 (£9 concessions) and are on sale at Kings Stores in New Buckenham, via wegotickets.com or by calling 01953 860611.

Common (*and not so common*) Wildlife

Friday 15 March, 7.30 to 9pm Old Buckenham Village Hall

From barn owls to turtle doves, hedgehogs to water voles this illustrated talk by Gemma Walker (Norfolk Wildlife Trust) will introduce you to some species associated with Norfolk commons. Discover the natural and unnatural history of some of the species found on Norfolk commons and learn about the new “Wildlife in Common” project funded by the Heritage Lottery. This talk is free, no need to book. Includes refreshments. If you require any further information please contact wild@norfolkwildlifetrust.org.uk



Quiz Night in New Buckenham - A charity fundraising quiz at New Buckenham Village Hall on **Sat. 30th March** starting at **7.30pm** to raise funds for South Norfolk Youth Symphonic Band's Tour of Malaysia 2019. Nibbles will be provided and there will be a licenced bar and raffle. Teams of 4, entry fee £12 per team. To secure a table please contact Mark or Jo Woodhouse on 01379 678016 / 07749 869786 / woodhousejoanne@btinternet.com

Raise a Bundle for Raise the Roof!

After successfully completing the thatching of the chancel roof, All Saints Old Buckenham is turning attention to the nave...an even bigger challenge! Sponsorship of reed bundles is being sought - it will take approximately 2200 bundles of Norfolk reed to thatch the nave roof, each costing about £4.00. A 'Just Giving' page will hopefully be available soon to make donations easy - and show everyone how much has been raised towards the total cost of the reed – some £8,800.

Traditional donations by cash or cheque are also welcome! The cost of the reed is only one part of the total project costs, an application has been made to the Heritage Lottery Fund for a very substantial grant and all are waiting with baited breath to hear the outcome – probably sometime in March - and support for other fundraising efforts for Raise the Roof will be very welcome – there is a long way to go! With many thanks for your continued interest and support

Alison Hannah

New Buckenham Art Exhibition 2019

Our annual New Buckenham Art Exhibition is to be staged again at the Village Hall. It is a popular Easter event where artists come from both Suffolk and Norfolk displaying a variety of styles in watercolour oils pastels acrylics inks and pencil. There are also a selection of unframed pictures and prints. Some artists also display their greetings cards. Together they give an interesting and lively show for the visitors. Many of you will be familiar with this event and will have visited each year on **our Opening Night which takes place this time on Friday 19th April 7.30 p.m. – 10 p.m. Admission is £4.00**

It is quite a special evening both socially and for the serious picture buyers. Many pictures are sold on this occasion.

| | | |
|--|---|---|
| GARNIER VILLAGE HALL SOCIAL CLUB. | ITALIAN THEME |  |
| FRIDAY MARCH 8TH | FOODY FRIDAY | |
| BAR OPEN 7PM | £10 TICKET | |
| | TICKETS; Available in bar or email garniersocialclub@hotmail.com | |
| | Food Served 7.45pm |  |

However 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.

If you have not been to this before do come this year you won't be disappointed and you might even find a picture you want for your home. Bring you family and friends and enjoy a cup of tea or coffee with homemade cakes. More information email hazelrush@btconnect.com
Hazel Rush, Art Exhibition Committee.

Old Buckenham Nursery are having a **Jumble Sale** on 23rd March 10:00-12:00 in the Church Rooms Old Buckenham.

Please ring 01953 860244 if you would like to donate some jumble.

Thank you *Claire Hancy*

It's Pancake Day soon! Time to get the toppings ready and have a good splurge before Lent 😊!

Lent is the time for Lent Groups of course – a time to learn as well as to develop good habits (like not having too many pancakes in the regular diet). This year I wanted to have two Lent groups, one for everyone and one for people who don't come to church very often. In the past, we've had Lent courses based on films (Chocolat and The King's Speech) and also one on faith pictures – my favourite question from that was, 'if you were a household appliance, what would you be?'. This year I thought I'd have a course following some reflections sent out by our bishops, Jonathan and Alan, on 'Re-imagining Church'. Always good to pay attention to a bishop after all.



But I have also wanted to have a Lent group for those who are interested in matters of Christian faith, but who do not attend church services very often, or even at all. It would be informal discussion around topics of mutual interest brought up each week as people wanted. I thought the 'church lounge' in St. Mary's Banham might be a good location – it's the favourite place people go to sit on the Saturday Café mornings – and we'll put the kettle on for tea or coffee. Bring your packed lunch, pets, etc if you want to. Saturdays at noon from 9th March. All welcome... apart from frequent church goers of course... except for me because it was my idea 😊.

I've actually ended up with three lent groups because we have a Youth Café Alpha starting the same week with films, food and discussion, and none of them attend church regularly either. Goodness, the 99 will soon be wondering why they pay my salary! LOL.

Steve and Jo Wright

Contact details

| | | |
|-------------------------|--|--------------|
| Priest in charge | Rev Canon Stephen Wright | 01953 887183 |
| For Banham | Rev Michael Richardson | 01953 888958 |
| 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 March 2019 | | |
|---|----------------|---|
| Sunday 3rd | | Sunday next before Lent |
| Banham | 09.30 | Parish Eucharist |
| Old Buckenham | 09.30 | Parish Eucharist |
| New Buckenham | 11.00 | Parish Eucharist |
| Quidenham | 09.30 | Morning Worship |
| Readings: <i>Exodus 34.29-35; Psalm 99; 2 Corinthians 3.12-4.2; Luke 9.28-43</i> | | |
| Sunday 10th | | First Sunday of Lent |
| Banham | 09.30 | Parish Eucharist |
| Old Buckenham | 08.00 09.30 | Holy Communion Morning Worship |
| New Buckenham | 11.00 | Mattins |
| Wilby | 09.30 | Parish Eucharist |
| Readings: <i>Deuteronomy 26.1-11; Psalm 91.1-2,9-16; Romans 10.8-13; Luke 4.1-13</i> | | |
| Sunday 17th | | Second Sunday of Lent |
| Banham | 09.30 | Morning Worship |
| Old Buckenham | 09.30 | Parish Eucharist |
| New Buckenham | 11.00 | Parish Eucharist |
| Quidenham | 11.00 | Parish Eucharist |
| Readings: <i>Genesis 15.1-2,17-18; Psalm 27; Philipians 3.17-4.1; Luke 13.31-35</i> | | |
| Sunday 24th | | Third Sunday of Lent |
| Banham | 09.30 | Parish Eucharist |
| Old Buckenham | 09.30 | Parish Eucharist |
| New Buckenham | 11.00 | Morning Worship |
| Eccles | 11.00 | Parish Eucharist |
| Readings: <i>Isaiah 55.1-9; Psalm 63.1-8; 1 Corinthians 10.1-13; Luke 13.1-9</i> | | |
| Sunday 31st | | Mothering Sunday - Fourth Sunday of Lent |
| A group celebration with our six churches joining together in Banham at 10am | | |
| Readings: <i>Joshua 5.9-12; Psalm 32; 2 Corinthians 5.16-21; Luke 15.1-3, 11-32</i> | | |

Communion: All Saints, Old Buckenham - 1st Tuesday of the month followed by coffee in the Church Rooms. **Ash Wednesday** – Get Lent off to a good start. **6th March, 7.30pm** in OB Church. Come and be ashed.



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
2nd March
 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 19th March

Tea, cakes and a friendly chat
All Welcome



Messy Church
Banham Church 4-6pm
Sunday 3 March

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

Please note: Closing date for church material for **April** middle pages will be **Thursday 14th March.**

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

Old Buckenham Methodist Church Chapel Friendship Group

A very happy, enjoyable afternoon was had by the group on 13th February. Jen Woodfin came along to talk about elephants. Our next meeting is 13th March when we have an afternoon to get the brain cells working with Word Searches and other brain teasing puzzles. On 10th April we have Sheila from Attleborough coming to talk about indoor bowls and will bring some of her trophies. We will also try to bowl ourselves! The following meeting is on May 8th when one of our members has compiled a Quiz to test us out. Please come and join us at 2:30pm each time. We have a lovely afternoon of companionship and entertainment.

Saturday 27th April, 7pm - Something Completely Different. THE OLD BUCKENHAM ALTERNATIVE QUIZ NIGHT. £4 per person including refreshments and food. Proceeds to be donated to St Martins Housing Trust. Bookings available for Teams of 4-6 (individuals also welcome to join or make up teams) Raffle on the evening. To book a place either email oldbuckenham.methodist@aol.co.uk or phone 01953 861207. NB. Due to the size of the building we can only accept a maximum number of 50.

Thursday 30th May - 7:30pm A Concert by New Buckenham Silver Band. Songs of Praise will be on **20th March** at 7:30pm

Thank you for generously supporting the rethatching project at All Saints Church. Your grant of £350 enabled us to engage a skilled advisor to help with our grant forms - in particular the big Heritage Lottery Fund application. The advice proved invaluable to those working on the application. The forms and all our information on the positive outcomes we hope to achieve as a result of the rethatching project are in, and we are waiting for news. Even if we are not successful in raising the significant funding we need, the professional input enabled us to think about new ways of working with local organisations (particularly our schools) in future. Thank you for your support
Old Buckenham PCC

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. 2 March – Kenny & The Motives Sat. 6 April – The Strollers
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

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 – a friendly toddler group which takes place every Monday (except bank holidays) 10am – 12 noon in the small hall. First week is free and then it's £2 per family. All welcome. 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

Fitness & Martial Arts Classes take place in the Village Hall. Also Kung Fu & Kickboxing, Circuit Training, Outdoor Fitcamp. Contact Jamie-Lee on 01953 860943 info@jwcorept.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

Norfolk County Council Budget

Norfolk County Council has agreed a £409m net revenue budget and a 2.99 per cent Council Tax rise. Full details at <https://www.norfolk.gov.uk/news>

Romance scams

Suffolk and Norfolk County Council Trading Standards marked Valentine's Day by hosting a conference to raise awareness of romance scams and what can be done to tackle them. Anyone who thinks they may have been a victim of a scam are encouraged to report it as they are likely to help others who are the next to be targeted by these criminals. If you believe you are a victim of a scam, or know someone who has been targeted, you can report it to the national Citizens Advice consumer helpline on 03454 04 05 06 or online.

Campaign launched to SCRAP fly-tipping in Norfolk

Norfolk has launched the SCRAP fly-tipping campaign which aims to fight the blight of fly-tipping in the county and cut the annual £1m clear up cost. The advice is **NOT** to give your waste to anyone you haven't checked out on our website at GOV.UK. (<https://www.gov.uk/government/organisations/environment-agency>) Alternatively you can call the National Customer Contact Centre on 03708 506506 who will check for you. If you believe the waste service offered to you is illegal you can report this anonymously to Crimestoppers on 0800 555 111.

Stephen Askew, Member for Guiltcross Division

Stephen.askew@norfolk.gov.uk Tel 01953 861481

News from Breckland District Council

The Breckworld app is a brand new app backed by Stephen Fry has been launched by Breckland Council to help people uncover some of the best local attractions.

It is thought to be a world first, bringing together existing and newly developed technology. Featuring ultra-high-definition 360° videos, some narrated by Stephen Fry, people can virtually explore Breckland's towns, attractions, free days out and independent cafes and also take part in a virtual treasure hunt which is designed to help visitors make the most of their visit while unlocking special offers along the way, such as discounts or a free cake! Breckworld is a free app and is available in the Apple App Store now. More information at www.breckworld.com

12 New Cotman Houses to be built in Old Buckenham

Planning approval has been given for 12 New Cotman Housing Association Houses in March Field Way, Old Buckenham and are available to Local People for Rent. To qualify you must live, work or have family in Old Buckenham. There are a mix of 1, 2 & 3 Bedroom Houses and building should start in March/April 2019. Those interested must add their name to the Breckland Council Housing list.

Adrian Joel, Breckland councilor for Buckenham's and Banham Wards

Telephone: 01953 860663 E-mail: adrianjoel@btinternet.com

NHS messages

HelpUsHelpYou.

Just a reminder from the NHS in Norfolk and Waveney about how to help us help you this winter.

All of us should be making sure our medicine cabinets are stocked. It's also sensible to order any regular medicines you need in good time so you don't run out, taking care to only order what you need.

But if you do feel poorly, seek advice from your local pharmacist before it gets worse.

If it's urgent, then a call to your GP or NHS111 is the next step, and they'll advise you what to do.

Common sickness bugs

Suffering from norovirus or other common sickness bugs? Don't spread it around by visiting your GP or other public places. Stay at home and rest.

NHS message - New Year, New You

With the start of a New Year people's thoughts turn to getting fit and improving their health. To stay healthy or improve health, adults need to do two types of physical activity each week: aerobic and strength exercises.

How much physical activity you need to do each week depends on your age. Adults aged 65 or older who are generally fit and have no health conditions that limit their mobility should try to be active daily by doing at least 150 minutes of moderate aerobic activity such as cycling or walking, and strength exercises on two or more days a week.

Why not join a local walking group, go for a swim or join a local class, your library should have information about groups near you.

There are many local services that can enable older people to be more active. A wealth of information can be found through the Norfolk Community Directory

Become a Custody Visitor

Unless you have spent time in police custody or work in the Police Investigation Centres where those detained are held, you probably won't have heard of the Independent Custody Visitors (ICVs) – volunteers who, unannounced and in pairs, turn up to check on the treatment and welfare of the people held there.

Last year, Norfolk's ICVs carried out almost 200 visits across the county, checking on over 700 detainees. Norfolk's Police and Crime Commissioner (PCC), who runs the scheme, is putting out a call for more people to volunteer.

Applications are being invited from individuals interested in joining any of the four ICV panels – King's Lynn, Aylsham, Great Yarmouth or Wymondham. For more information, please visit www.norfolk-pcc.gov.uk or contact the Office of the Police and Crime Commissioner for Norfolk on 01953 424455 or by email toopccn@norfolk.pnn.police.uk

explore

life, faith, meaning
films, discussions, food & games
for youth of high school age
6pm Sunday 3rd March for 10
weeks
in St. Mary's Church, Banham
Youth Alpha
Integrate/NLC/QGP

A huge thank you to everyone who came to support the coffee morning held in **New Buckenham** recently for **Nelia Worby**. This wonderful lady is only 34 years old and after having breast cancer was then diagnosed with two brain tumours. We wanted to help her go on the honeymoon of her dreams after she was unable to go originally due to her appointments and treatments.

We raised an incredible £838.70! The response from this community has been amazing with people and local businesses contributing cakes, generous raffle prizes and funds. The village hall committee paid for the hall hire out of their own pockets, a very kind young girl put leaflets about the event in all the local papers for us and Mill House Garage let us copy all the flyers for free.

Angel Cakes in New Buckenham even directed people to the coffee morning on Saturday. Every time I looked up on the day people were walking through the door with cakes and raffle prizes. People gave up their time to help with the washing up and serving cakes. We are so lucky to live in a community of the most generous and kind people. It is heart warming how many people stepped forward when they were needed.

To donate to the fund go to <https://www.justgiving.com/crowdfunding/nelia-craig>
Best wishes, *Dr. Mandy Hartley - Founder of "The Little Story Telling Company"*
Tel.: 01953 860080/07776396963 Email: TLSTC@outlook.com
Website: <https://www.thelittlestorytellingcompany.co.uk>

Come along to Bingo on Saturday, 2nd March, 2pm in Old Buckenham Church Rooms.



Greetings Biz Bods! TIME TO CATCH UP ON THE BIZ BUZZ:

This month:



An incredible opportunity to learn more about the dark arts of business! Free seminars in New Buckenham for all abilities- youngsters with Biz in mind, mature workers planning a start-up or experienced Biz geeks eager to learn more. You must act quickly on this. We have Euro funding...but for how long?



Heavy lorries in the village...Are they bad for business?



Good news on the cutting edge Fuel Cell Vehicle we reported on last month



AND...of course...the latest on the long running phone mast drama. Another urgent reason has emerged to get our mast....

If you have any biz notes you want spread around, do get in touch. If you know others who might benefit from being on the Biz Buzz list, pass on the email or info@np4nb.online

If you want to be removed from the list get in touch info@np4nb.online

Biz Buzz is a group of business folk and wannabes in and around New Buckenham spreading the news, offering support and swapping contacts.

| Mobile Library Service – March visits | | |
|--|---|-------------------------------------|
| Route CENS5412 Friday 15th | | |
| 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 27th | | |
| Banham | 14.55 Mill Road | 15.20 Apple Close |
| | 16.00 The Green | |
| Route CEN5415 Friday 1st and 29th | | |
| 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 March

| | | | | |
|-----|----|-----------|-----------------------------|----------------------------|
| 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 Café | Banham Church |
| Sat | 2 | 10.30- 12 | Coffee Morning | Reading Room Quid. |
| 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 |
| Tue | 5 | 8pm | Bunwell Camera Club | Tibenham Com. Hall |
| Wed | 6 | 10-1pm | Luncheon Club | O.B. Village Hall |
| 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 |
| 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 | 6.15-7.15 | Friday Club | Rowancroft, K. Rd. Banham |
| Fri | 15 | 7.30-9 30 | Youth Café | Banham Church |
| Tue | 19 | 3-4.30pm | Open Door (Outing) | Kenninghall Btstro |
| Tue | 19 | 8pm | Bunwell Camera Club | Tibenham Com. Hall |
| Wed | 20 | 10-1pm | Luncheon Club | O.B. Village Hall |
| 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 | 9 - 12.30 | Lopham Farmers Market | Village Hall, North Lopham |
| Thu | 28 | 7.30pm | O.B. Women's Institute | O.B Village Hall |

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