

THE SIX VILLAGES NEWSLETTER



October 2018

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

SIX VILLAGES NEWSLETTER

At your convenience?

Last winter my husband, Roy, and I flew around the world to find the sun and I don't think we could have chosen a better time to go. Travelling means we inevitably had to use lots of public loos in all sorts of places!

We asked our Sri Lankan driver several times to find a loo for us. So, he stopped at a shop and after negotiations with the owner I was shown to a loo at the back, presented with a loo roll on the way, escorted back out and got a "hard sell" to buy something before I could leave (a soapstone elephant). Later at a cafe called "The Thirst Station" I was escorted by a lady who opened the door, turned the taps on, and passed me paper towels.

Most Sri Lankan loos have a small showerhead next to them and I wondered why the loo seats were often wet and muddy until we visited the grand colonial Queen's Hotel in Kandy where there was a sign "Please don't wash your feet in here".

Waiting for our tickets to enter an elephant orphanage I saw a "Ladies" sign so rushed in. The lock was broken, it was a hole in the floor type (not sure of the correct way to use this but I managed) and by this time someone was trying to get in (balancing with one hand on the door). No loo paper either. There was a high level cistern but no water in it, only a small bucket and a tap on the wall so I could leave it in the condition I found it. The lady waiting outside was wearing a beautiful, intricately folded sari – how did she manage?

At the Fullerton Hotel in Singapore there was an electric loo – the lid lifted as you approached and the seat was heated as you sat down. A panel on the wall had a button to lift the seat and a range of wash and blow dry options – interesting!

In Australia we have found on previous trips that some restaurants have no loos but you have to walk to the nearest public one and in some remote places there is cold water, no soap, no towels (hand gel swiftly purchased).

In South Beach, Miami, we found a lovely French patisserie called "Paul". Their croissants and coffee were very good so we went back several times. The only drawback was the ladies: just the one loo which unfortunately wasn't attached to the wall or the floor so needed to be used with extreme care or there could have been a nasty accident (could I have sued?).

Wooden shacks or grand buildings – if you need to go ...

If you would like to see some of the photographs (views and wildlife mainly) from our 3 1/2 month trip you can read our blog at patroyblt@blogspot.com (scroll down to December 2017 to find the first posts)

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

Reports from Local Clubs

Attleborough and District Gardening Club – Vice Chairman Peter Firman opened the prize giving, thanking those who attended, provided lunch and refreshments, set up the hall and all those who exhibited. The prizes were presented by Attleborough Mayor, Vera Dale.

Society's Cup was won by John Frost, Society's Runner up Shield - Pauline Garrad & John Phoenix. Ladies members Shield - Elfindale Trophy & Cookery Cup - Pauline Garrad. Pete's Trophy & Morgan Price Vegetable Challenge Cup - Dave Riches. Fruit Trophy - John Phoenix. Richard Fincham - Lock Cup. Peter Firman - Ruth Downes Shield. Cooper Cup - Joy Tunmore. John Brand - Jessie Moore Cup & certificate for Best Wine. Bev Spiby - Art Trophy, Rosemarie Davis - Certificate for The Top Vase, Betty Stacey - Certificate for Best Photograph, John Frost - RHS Banksian Medal. Next meeting: Wednesday 17th October at 7.30pm in Attleborough Primary School in Besthorpe Road. Visitors very welcome.

Old Buckenham WI – Many years ago we met with New Costessey WI and since then we have joined together for one meeting a year. It was Old Buckenham's turn as hosts at the August meeting.

After a buffet supper, the speaker, Sue Sursham, described her Trans Siberian Railway journey (with excellent pictures), she and her mother took in winter to avoid the crowds. This railway was instigated by Tsar Alexander II and was completed in 1915 by Tsar Nicolas II. Starting in Moscow with visits to St Basil's Cathedral, familiar onion domes surmount chapels to different saints, and department store Gomme which rivals Harrods. On to Kazan, Tartarstan's capital whose Kremlin is a world heritage site, then to Yekaterinburg and Irkutsk where they had their coldest day of -36C and visited Lake Baikal, the world's largest freshwater lake. After a detour to Ulan Bator in Mongolia (they lunched in an Irish pub) they arrived in Vladivostok at the end of the 6618 mile journey.

Next meeting: Thursday 25th October at 7.30pm which is Old Buckenham's birthday. Thanks to everyone who supported the recent Open Produce and Handicraft Show. *Visitors and new members welcome. Contact Pat on 01953 452604 for more info.*

Breckland Flower & Garden Club – September began with a visit to RHS Wisley. Four hours quickly passed, strolling the gardens, watching flower demos, admiring the wonderful display of Dahlias. Thanks to everyone who helped arrange the trip. At our monthly meeting Melanie Collins the guest speaker gave her talk titled "Hostas". It was a very informative and interesting talk describing Hostas – "a bit like Marmite; Love them or hate them". The competition: Foliage Design using Hostas was won by Maxine Mace and the table show "Harvest a selection of fruit and veg from the Garden", by Christine Hewson.

The raffle was drawn in aid of our NNUH Breast Cancer Charity, (reaching over £4000 pounds in just 6 months). 26th October 7.30pm : Flower demo at Eccles Village, tickets £8 (open to everyone) with proceeds to the charity.

Next meeting: 11th October. A demonstration by Lorraine Scott "Floral Fusion. Non-members are always welcome cost £6.

Further info contact Christine Hewson 01953 45428 or Sally Westrop 01953 788712.

Banham Community Centre Association (BCCA) - All user groups and patrons of BCCA. We would like to inform everyone that due to water damage it has been necessary to restrict some activities and cancel our usual monthly dances until further notice.

BCCA Committee

News from Norfolk County Council

Who can get free school transport?

Some 5-16 year olds in Norfolk will qualify for free travel. This depends on how old your child is, which school they go to, where they live, and whether they have any special educational needs or mobility issues. All applications are assessed against the criteria set in our Home to School Transport Policy. *Please visit <https://www.norfolk.gov.uk/education-and-learning/school-and-college-transport/home-to-school-transport/who-can-get-free-school-transport> for full details.*

Tackling the Budget Gap

The Council's medium term financial strategy had identified savings of £78.5m for the next four years, leaving a gap of £94.6m. This was due to a range of pressures including the expected loss of Government funding in 2020 and growing demand for social care. Now, the Council has devised plans to reduce the gap, leaving £45.3m to find. The Council is due to consider its latest budget proposals next month, so that committees can discuss them before the full council meeting sets the budget and council tax in February 2019.

Visit www.communitydirectory.norfolk.gov.uk/ for full details of services.

Stephen Askew, Member for Guiltcross Division

Stephen.askew@norfolk.gov.uk Tel 01953861481

News from Breckland District Council

Breckland landlords need to prepare for new HMO legislation Breckland Council is working with the district's landlords to ensure local rental properties remain safe and comply with changing government legislation. From October, landlords of any residential rental properties which have two or more households and a total of five people or more will need to apply for a house in multiple occupation (HMO) mandatory licence.

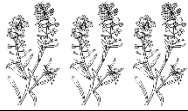
As part of the licence application Breckland Council will ensure the home is suitable and the landlord is a fit and proper person to run the property. In recent years there has been a growth in the multiple occupancy homes across the UK, so it is important that we make sure they are correctly licensed and are appropriate for the number of tenants.

Previous legislation required only HMOs with 3 storeys to be registered but the new legislation will be extended to all residential rental properties of multiple occupation. The HMO licence costs £399 and will in most circumstances last for a period of 5 years. More information for landlords at www.breckland.gov.uk/HMO

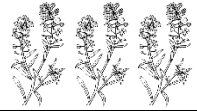
Breckland Rough Sleepers In August the Government launched Sleeping Rough Strategy. Breckland has seen no increase in Rough Sleepers in the district recently, and although we have not done a count for a couple of weeks. we expect it to be under 10. If you know of any Rough Sleepers would you please report them to me.

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

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



Garden Jottings from Ken



If you're new to gardening and thinking about choosing plants for your plot you may feel in need of a crystal ball to show you how your creation will look once it's finished and also in future years. Are the plants you like going to be happy to play their part in forming the garden you want, not only in terms of their size in time, but also is the position that you intend to place them in ok - will it be bright enough, is the soil suitable, do they require a bit of shelter from strong winds, are they hardy... and can you look after them?

Now you could go for the easy option of buying a few choice plants that catch your eye and simply shoving them in, then wait to see what happens, but this approach is a bit risky and often results in disappointment, leading to the conclusion that you haven't been gifted with green fingers. However, with a little bit of understanding your dream garden can slowly become a reality. If you're not sure about something then ask for advice, we're happy to help and we know a lot about plants, so if you're looking to fill a gap or even a whole border, call in, we always have a wonderful range of East Anglian sourced plants in stock and access to thousands of others, plus all you need to grow them and set them off to their best!

If your garden is capable of growing weeds then it's capable of growing something much more ornamental with just a little bit of effort. Shrubs are great in creating structure, and once established they're generally the easiest to look after, followed by hardy herbaceous perennials, a good mix of these will provide you with a long lasting succession of flowers year after year, they're the stalwarts of cottage gardens.

If you fancy a more contemporary look you could try combining perennials with some beautiful and airy grasses, or grow bold clumps in large pots or barrels, but don't forget to feed and water plants in containers regularly!

If you can spare some extra time to look after bedding and basket plants they're worth the effort as they're packed with lots of flower power to enjoy, they may only last one season but for sheer exuberance you just can't beat them, with glorious choices for any time of year!

Cheers Ken,
The Garden Enclosure, Banham - helping make gardens better!

e 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)

Mobile Library Service – October visits		
Route CENS5412 Friday 26th		
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 10th		
Banham	14.55 Mill Road	15.20 Apple Close
	16.00 The Green	
Route CEN5415 Friday 12th		
Quidenham	11.25 ex. Post Office	14.30 St Edmunds Lodge

Local Bus Services					
Semence Coaches 10A			Semence Coaches 1		
Outward	Mondays to Fridays			Outward	Sat
Banham, adj sch	0700	0928		OB, adj Green	0909
OB, adj Green	0707	0935		NB, opp Green	0916
NB, adj Green	0712	0940		Banham, opp sch	0923
--	--	--		Quid, opp Home Fm	0933
Norwich, St Stephens	0810	1032		Diss, adj Bus Station	1005
Return	Mondays to Fridays			Return	Sat
Norwich, St Stephens	1320	1610	1745	Diss, adj Bus Station	1200
--	--	--		Quid, adj Home Fm	1229
NB, opp Green	1404	1655	1830	Banham, adj sch	1239
OB, opp Green	1408	1701	1836	NB, adj Green	1246
Banham, opp sch	1412	1705	1840	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	Who to contact	Non Urgent	Urgent
Farm/Agricultural & gen advice	DC Andy Brown	Tel 101 or 07900 407106 OperationRandall@norfolk.pnn.police.uk	999
Metal Theft	DC Andy Brown	Tel 101 or 07900 407106 OperationRandall@norfolk.pnn.police.uk	999
Wildlife Crime	Insp Jon Papworth	Tel 101 or WildlifeCrime@norfolk.pnn.police.uk	999
Community concerns	Sgt Mark Askham	OperationRandall@norfolk.pnn.police.uk	999
Other enquiries	DC Andy Brown	OperationRandall@norfolk.pnn.police.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 £1. New member 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 **Tibeham 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/>

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

1 Oct, Shadwell, Forest Retreat Reception Centre Park (District & Maintenance Car Park), IP24 2RX (4mls)

8 Oct, Attleborough, Queens Square, NR17 2AE (4.45mls)

15 Oct, Old Buckenham, OB Country Park, Doe Lane, NR17 1PP (4.2mls)

22 Oct, Spooner Row, Primary School, Station Road, NR18 9JR (3.75mls)

29 Oct, Hethal, Potash Lane, NR14 8EZ (4.05mls)

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,

Badminton: A small friendly Club meets on Tuesday evenings from 6–7pm at Garboldisham Village Hall. All are welcome (over 14's preferably). Restarting 4th September. First 'go' is free, then £2.00 for the hour. Contact: Pauline 01953 888086 or pandgpalfaman@gmail.com



Garnier Village Hall, Eccles

On **Wed. 31st Oct.** we have a **Halloween event** with both a fancy dress and a children's carved pumpkin competition.

Entry per child £2 (1-12yrs) From 7pm (Bar open from 6pm).

Amy's Quiz raised £450. for Cystic Fibrosis.

The Flower arranging Class Autumn term starts on 5th Sep (9am-12). Beginners class, 13 Oct, 3 Nov and 1 Dec (9.30am – 12). To book contact Christine 01953 454528 or hewsonchristine103@gmail.com Everyone welcome, especially new members.

The AGM of Garnier Village Hall Trustees & Management 11 Oct, 8pm

Old Buckenham Village Hall

Re-dedication of the Memorial Hall in memory of the 453rd Bomber Group will be held on Saturday 3rd November 2018 at 2pm

A View from the Rectory - October

I like St. Luke's gospel as he writes in a storytelling style I warm to and his Book of Acts is a nice read too. He is described by St. Paul as 'the beloved physician', which is interesting because Luke was a Gentile, a foreigner, but he knew a lot about Judaism, the religion of Jesus, and I'm sure their friendship benefitted them both. St. Luke's Day is the 18th October and services on this day often include prayers for healing, as will ours in Old Buckenham, 7.30pm.



I have problems with praying for healing sometimes, particularly for the elderly and infirm. Am I praying that they are restored to the vigorous health of a 30-year-old? Would I feel my prayers unanswered until they were? There is a healing that is deeper than the eradication of a bodily ailment, as illustrated one time when Jesus, faced with a man on a stretcher, prayed for his sins to be forgiven rather than 'healing' him. Another time he asks a blind man, what can I do for you? Wasn't it obvious? Perhaps there was a bigger problem to be dealt with. Healing may bring the eradication of the problem, but it can also be a process that enables us to deal with the reality of our condition, or with what is happening, to us, bringing the ability to find peace and healing while, say, aging, or going through a terminal illness or dementia. Medical science alleviates the effects of our conditions but there is a healing needed inside from the weight lying heavily upon us.

If would like us to pray for you, we offer prayer and the laying on of hands for healing on the day we remember St Luke, 'the beloved physician' in All Saint's, Old Buckenham, 18th October at 7.30pm.

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



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 October
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 year.

meets at Rowancroft,
Kenninghall Rd, Banham

Contact Steve and Gill
Eggleton. 01953 887579

Open Door

St Mary's Church, Banham 3 - 4.30pm

Tuesday 16th October

Tea, cakes and a friendly chat

All Welcome



Messy Church
Banham Church 4-6pm

Sunday 14th October

If you would like to get involved or help please
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? For just £5 a night you can have the church spire lit up to celebrate your special day. Please contact Canon Stephen Wright on 01953 887183

Please note: Closing date for church material for **November** middle pages will be Thursday **18th October.** Send to sixvillagesnews@yahoo.com or contact Sally on 01953 888183.

Old Buckenham Methodist Church – future events

CFG - Chapel Friendship Group meetings (*monthly on Wednesdays*)

24th October 3pm - the speaker will be Heather Edwards, who pioneered Music Mirrors. This is about capturing musical memories for your loved ones. It helps carers, health professionals and families to connect with people who are losing their identity to dementia or who find communication difficult.

21st Nov –Talk by Rev Jacqui Horton “The wonder and magic of Origami.

5th December - Meeting will be taken by Gill Large as our Christmas event.

These meetings are open to everyone (gentlemen included). The start times of the last two meetings will be announced later.

The Fallen exhibition Banham – November. We are still on the hunt for old photos or postcards of Banham for the exhibition. Also we have information on most of the men listed on the war memorial but we are struggling with one from the First World War, William Wright. Do you have any information or family connections to this man, please contact davidhicks24@btinternet.com.

Armistice 100 - Have you or your family been members of the armed forces? Are you interested in local history? St Mary's Church Banham welcome you to a commemoration of those who have made the ultimate sacrifice for their country especially those from Banham, and all who have served in the Forces.

Monday 5th to Saturday 10th November - Free Exhibition 10am to 3pm - An opportunity to recognise those who gave their lives in both World Wars, a look at the village at the time of WW1 and about honouring *all* who served for our country in *all* conflicts. Come and join us for a tea or coffee, a chance to look around or just sit and contemplate.

Saturday 10th November 3.00pm - The Fallen - A commemoration in words, thoughts and music. Join us in St. Mary's Church for a poignant journey followed by free refreshments

For further details contact davidhicks24@btinternet.com **or 01953 887575**

Supported by Breckland DC, The Armed Forces Covenant Fund, Six Villages Newsletter, Friends of Banham Church and Banham Parish Council.

NSPCC Autumn Fair 2018

The NSPCC Autumn Fair is being held this year on Monday 12th November at New Buckenham Village Hall. Doors open from 10am - 2pm Entrance £3.00 to include coffee and biscuits.

Shop early for Christmas and help support the NSPCC too.
Lots of interesting stalls

Prize Bingo – Small Auction

Raffle – Refreshments

Saturday 20 October, 2pm

**Old Buckenham Methodist Church,
Hargham Road**

All welcome

*To donate to the Auction bring on the day.
(Nothing too big or heavy).*

*To give a prize for bingo contact Janet Moore
on 01953 452847 as soon as possible.*

*All money raised will go to the Methodist
Church.*

No Alcohol for Auction or bingo prizes

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

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

From Banham Post Office or contact 01953 887575.

Films start at 7.45pm. Join us at the church for a pre-film meal at 7pm (£4 additional charge). Drinks and refreshments available.

Saturday 6 October – On Chesil Beach - Based on the novella by Ian McEwan, it is the story of Florence and Edward (Saoirse Ronan and Billy Howle), young university graduates getting married in 1962. She is a talented and ambitious classical musician from a well-to-do family and he is a clever young man from humbler origins. Both have first-class degrees and, in consequence, no small opinion of themselves. The wedding night is a painful, intimately humiliating fiasco with devastating consequences.

Saturday 10 Nov (tickets £4.50 on the night, £4 in advance) - **Journey's End**

Set in a dugout in Aisne in 1918, it is the story of a group of British officers, led by the mentally disintegrating young officer Stanhope (Sam Claflin), as they await their fate. The main focus is on the conflicted character of alcoholic Captain Stanhope, whose six-day command encompasses a major offensive, but when old school chum Raleigh is drafted into his unit routine events become emotionally messier. The acting is stupendous, with Sam Claflin raising his game in the star role as the embittered alcoholic.



Can you spare 30 minutes a week to brighten someone's day?

Norfolk ageUK

We are looking for Volunteer Telephone Befrienders to make friendly calls to older people in Norfolk.



You are invited to our

PINK RIBBON EVENT

FRIDAY 26th OCTOBER 2018

JOIN THE BREAST CANCER FUNDRAISE GROUP.
FOR AN EVENING OF GREAT
FRIENDSHIP WITH FLOWERS & FRIENDS.

Doors open at 7:00 PM
FLOWER DEM start at 7.30 PM

Tickets £8
01953 454528

RAFFLE.
INC FLOWER ARRANGEMENTS.

BAR OPEN.

GARNIER VILLAGE HALL,
STATION ROAD,
ECCLES NR16 2JG

BREAST CANCER CHARITY FUND NNU HOSPITAL.

Thank you for your support!

Posterify/Wall.com

MacMillan Coffee Morning in Banham

A Coffee morning in aid of the work of the MacMillan Cancer Care nurses will be held on **Saturday 6th 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 or produce 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)



Feline Care Cat Rescue, East Harling

Our **Cats Christmas afternoon** at Feline Care, Roudham Road, Harling Road, NR16 2QN, **Sunday 18th November**. Please come along and support us.

Can you help? - We are in desperate need of more volunteers to help us care for and cuddle our furry friends! If you have a regular morning to donate to our cats please ring Mandy or Suzi on 07926 540294 between 9am & 1pm We also need help in our Charity Shops in Attleborough and Diss. If you have a spare hour or two to man our till and keep the shelves stocked and tidy then please give Louise a ring on 07840 921363.

If you would like to donate towards our work or would like to find out more about what we do email us at atfelinecarecats@gmail.com or visit our website at www.felinecare.org.uk



Multi Charity Christmas Shop

11th October to 15th December

The Portacabin, Millennium Plain, Norwich, Open 7 Days a week
10am-5pm (Mon-Fri) & 11am-4pm (Sundays)

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

Cards for Good Causes Limited (CFGC) pays the participating charities at least 70p in every pound from card sales. The retained amount covers CFGC's costs of running the temporary charity Christmas card shops. www.cardsforcharity.co.uk *Cards for Good Causes Limited is the trading company of the 1959 Group of Charities (Registered Charity No.249039)*

New Buckenham Arts will screen its next film on Saturday, 13th October, at 7.30pm in the village hall: "The Guernsey Literary and Potato Peel Society". A free-spirited writer (played by Lily James) hears from a mysterious literary club that had its origins in Nazi-occupied Guernsey. She visits the island and forms an unexpected bond with the residents when she decides to write a book about their experiences during the war. This richly layered film that is both uplifting and moving. It encompasses a war story, a mystery tale and a love triangle, all in a stunning Guernsey setting.

Old Buckenham United Eleemosynary Charities – Allocation of Benefits 2018 Any resident of Old Buckenham in financial need can apply for an annual grant of benefit, which may be for a long-term need or for a more temporary problem that has occurred recently. There is no age restriction and the Trustees will review all requests received during their annual meeting in early November: it should be noted that they will also take into consideration other benefits currently received by applicants.

Application forms will be available at the back of All Saints Church from the end of September and should be completed and returned to: Mrs Jennifer Sallnow, Arianne, Attleborough Road, Old Buckenham, NR17 1RF, Tel 860166. Present beneficiaries need not re-apply. **Last date for applications – 27 October 2018.**

What's going on at our community venues?

Banham Community Centre
<p>60's Dances 8pm (£7.50 unless otherwise stated) No monthly dances till further notice (due to water damage repairs) Telephone 01953 888628 to enquire about the above or hire of the halls</p>
<p>Yoga Classes - Mondays 1–2.15pm in the small hall with June Roberts. Contact June on 01953 498343</p>
<p>'Banham Bats' table tennis club welcomes all new players (of high school age), all abilities. Tuesday evening (school term only) 7:15 - 8:30pm. For more details contact Mark Nash on 01953 888308 or mark.nashy@tiscali.co.uk</p>
<p>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.</p>
<p>Banham Short Mat Bowls Club meets every Monday between 2 and 5 pm.</p>
<p>Banham Toddler Group – we are a friendly toddler group which takes place every Monday (except bank holidays) 10am – 12 noon in the small hall. The first week is free and then it's £2 per family, including a snack and drink. All welcome For more information see our Facebook page.</p>
Garnier Village Hall/Social Club, Eccles
<p>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 WFI Internet and a 'Mixed Glass' bottle bank is available in the car park for deposit of bottles, jars etc. Visit www.garnierhall.co.uk for information about future events.</p>
<p>Fish & Chip Van – every Tuesday, 5-7pm in hall car park</p>
<p>Open Mic nights - 1st Friday in every month. Come along and join in.</p>
<p>Cubs Tues, Scouts Wed, Beavers Mon, kenninghallscoutgroup@gmail.com</p>
<p>Line dance group Wed 1pm - 3pm - come along all welcome.</p>
<p>Petanque teams play outside during April - Sept from 7pm</p>
<p>Flower arranging classes Wed 9.30am to 12.30pm. Contact Christine on 454528 or email: hewsonchristine103@gmail.com</p>
Quidenham Reading Room
<p>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. Contact: 01953 888604.</p>

Old Buckenham Village Hall

Mondays: Invigorate Fitness; Rainbows; Beavers
Tuesdays: Zumba; Karate; Bowls
Wednesdays: 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 to find out more and join the class.

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

Breckland Flower and Garden Club – meets on second Thursday of the month. All welcome. £5 visitors. Tel. 01953 454528 for further details.

Old Buckenham Church Rooms

The Church Rooms are used regularly for events in the village ie. Scouts, Art Club, Children's parties, Photography, Table top sales, Coffee mornings, PCC meetings, Monthly Whist, and other occasions such as Funerals and Weddings. Contact Lydia Darrah 01953 861360 for more information and booking.

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 Thursday evening 6-7pm,
email heatherormerodpilates@gmail.com (other classes and times available)

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 also a summer outing and Christmas 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 P. 24 for meetings & outing dates

NB Silver Band – meets every Thursday, 8-10pm. All ages / abilities welcome.
Bookings secretary ali.austin@tiscali.co.uk

At a Glance**handy telephone numbers.****In an emergency****Police** 999 (Non-urgent 101)**Fire and ambulance** 999

(non-urgent ambulance 111)

Power cut 105**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

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.

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

Travel

Travel Line 08712002233

Diss and Attleborough

Stations' customer number

03456007245

Norwich Airport

01603 411923.

Local Schools

Banham Primary

01953 887293

OB Prim. 01953 860380

OB High 01953 860233

Chapel Green Sch, OB.

01953 453116

Eccles Hall School

01953 887217

Leisure Facilities

Theatre Royal, Norwich

01603 630000

OB Country Park

07557479199

Banham Zoo

01953 887771

Applewood Countryside

Holidays 01953 715319

Swimming pools

Diss 01379 654754

Thetford 0184753110

Wymondham

01953 607171

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

Old Buckenham Village Hall Quiz on Saturday October 6th at 7.30pm.Teams up to 6, £8 per person including fish and chips/sausage and chips, bar and raffle. Please contact Alison on andrew.frank@btinternet.com or phone 01953 860692.**Book Club**

Is anyone interested in forming a book club in the local area? So far there are 3 ladies who have expressed interest but we are looking for more to join us.

We would get together for the first meeting to discuss when and where to meet on a regular basis. If anyone is interested please contact me.

Mary Jack 01953 860875

Banham Christmas Fair**Sat 24th November 2018****Banham Community Centre***10.30 am – 4.30 pm***Visit Santa's Winter Wonderland***Homemade gifts, crafts & food**stalls*

Café with hot tasty food & drinks

Kids' corner & face painter

Diary of regular events October

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	10-1pm	Luncheon Club	O.B. Village Hall
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
Thu	11	2pm	Breckland Flower Club	O.B. Village Hall
Thu	11	7.45pm	O.B. Wine & Social Club	O.B. Church Rooms
Fri	12	6.15-7.15	Friday Club	Rowancroft, K. Rd. Banham
Fri	12	7.30-9 30	Youth Café	Banham Church
Tue	16	3-4.30pm	Open Door	Banham Church
Tue	16	8pm	Bunwell Camera Club	Tibenham Com. Hall
Wed	17	7.30pm	Att. & Dist. Gardening Club	Att. Junior School
Wed	17	10-1pm	Luncheon Club	O.B. Village Hall
Thur	18	2.30pm	Good Companions	N.B. Village Hall
Thur	18	7.15pm	Eccles Women's Institute	Art Centre, Eccles Hall Sch.
Sat	20	2.30pm	Good companions Sale	N.B. Village Hall
Thur	25	7.30pm	O.B. Women's Institute	O.B Village Hall
Sat	27	9 - 12.30	Lopham Farmers Market	Village Hall, North Lopham
Wed	31	10-1pm	Luncheon Club	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 (contacts below).

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 the **November** issue is by **Thurs 18 Oct** “Bundling day” on **Tues 30 Oct, 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: Bundles of newsletters for delivery can be collected from Banham Church after 3pm on Tuesday 30th October.