

THE SIX VILLAGES NEWSLETTER



July 2015
Banham, Old Buckenham, New Buckenham,
Quidenham, Eccles & Wilby

THE SIX VILLAGES NEWSLETTER

What do you want from your newsletter?

The new committee has been producing this newsletter for the past eighteen months and is constantly looking for new ways to improve it, making it more interesting and useful for everyone in the six villages. We would like to hear from you whether we are getting it right!

This newsletter was started about 20 years ago by the Quidenham Group of Parishes to give information about the churches in the six villages. Today it is a community magazine with information for the everyone, while still giving church information in the middle pages.

It is run by a committee of volunteers who look after the advertising, editing, printing. More volunteers help to put it together on folding day, and still more volunteers endeavour to deliver copies to every house in Banham, Old Buckenham, New Buckenham, Quidenham, Eccles and Wilby. If you would like to help come along to a folding day, 1pm on the last Thursday of the month in Old Buckenham's Church Rooms or contact one of the committee members – their details are at the bottom of page 24.

The newsletter is paid for by the advertising revenue and any surplus money is offered as grants to a wide range of community projects. See page 23 for details if you are involved with a project which would benefit from a grant.

We rely on you to let us have information and articles to fill these pages every month. If you are looking for more members for your group or want to publicise an event please let us have the details. Remember the information doesn't just go to people in your village but to all six. This means that everyone has more choice of events to attend and enjoy.

We started a Notice Board for villagers to sell unwanted items or to air their opinions and grievances. Don't forget to use this and if you would like another feature added please contact us and let us know what you would like to see here.

You can send us articles about anything of local interest, fund-raising or whatever! Reports on your local club, team or group; who won what etc.

In addition to advertising in the pages of the newsletter, you can also put fliers in an issue either to all the villages or just to one. A fee is payable for this but it is a good way of getting your information out there or to advertise your company services (again the contact details are on page 24).

Neighbours Jump for Charity

Three neighbours from Old Buckenham will be doing a skydive for charity on 14th June.

Steve Miller from Fen Street was diagnosed with bowel cancer in July 2013. The Norfolk & Norwich University Hospital saved his life and with the support from the Big C is now in full remission. He would like to say a big thank you to all those people who have made this possible and he will be jumping for the Big C, a local charity that helps improve lives for those affected by cancer in Norfolk and Waveney.

Richard Dunseith and his son Will from Fen Road will be accompanying Steve to raise funds for Cancer Research UK. Richard's father-in-law and Will's grandfather, Chas Knight, sadly lost his battle with cancer five years ago. They would like to remember him with this jump whilst helping to support Cancer Research UK's vital work.

All donations to these worthwhile charities would be gratefully received.

To sponsor Steve go to: www.justgiving.com/Stephen-Colin-Miller

To sponsor Richard and Will go to: www.justgiving.com/Deborah-Dunseith

Attleborough and District Horticultural Society

The meeting on 20th May, treated us to an enthralling talk by Ben Thomas. Ben owns "Ben and Lulu's" plant shop in Attleborough. He also works in a nursery and apart from giving talks, he will also design gardens and is on the Society's show committee. Ben's talk took us through numerous perennials and shrubs, all of which he had brought as examples. He described their soil type and sun tolerance, flowering habits and growth rate. It was an excellent talk and well received by the membership. Ben sold off his plants at the end of the meeting. The next meeting will be The Rose and Sweet Pea Show, on Wednesday 17th June at 7pm. It will be held at 1, Mill Cottages, Mill Road, Old Buckenham. NR17 1SG. Non members welcome. Schedules can be obtained by phoning Betty Stacey 01953 454790.

Afternoon Whist.

There will be Afternoon Whist in the Church Rooms, Old Buckenham on Monday 11th May 2pm -4pm. Then every second Monday in the month. Transport can be arranged. Just 2 hours of fun.

£1 including score card, tea and biscuits.

Everyone most welcome.

News from Norfolk County Council

Are you a 'hidden carer'?

The Carers Council for Norfolk and Norfolk County Council are trying to encourage some of the county's 'hidden' unpaid carers to get in touch and find out about the support that's available to them. Caring for someone covers lots of different things, like helping with their washing, dressing or eating, taking them to appointments or keeping them company when they feel lonely or anxious. The support available to carers in Norfolk ranges from one to one support, short breaks, befriending, emotional support and grants to help people continue to do the things that are important to them outside of caring. Caring for someone can be a rewarding but lonely experience. Carers often feel they need to be strong for the person they're supporting and sometimes that means they don't recognise when they need a bit of help themselves. It is important to know they're not alone and that support is there if they need it. **If you are a carer and could do with some support contact the Carers Agency Partnership helpline on 0808 808 9876 (free from a landline), or visit www.carersagencypartnership.org.uk.**

"Future You" App

A new "APP" is being launched at the end of June by NCC designed for 13 to 21 year olds to aid them in choosing a career path. The "FUTURE YOU NORFOLK" app will help work out what careers could best suit them with their skills and traits and tell what qualifications and courses will help them get there. The App gives handy tips for building a CV, applying for courses and apprenticeships and enables the user to browse jobs by salary, hours and qualifications.

Volunteering

Have you ever considered volunteering? Do you want to do something totally different from your 'day job'? Anyone interested in finding out how they can get involved with volunteer work to suit them can visit the Voluntary Norfolk website. You can also search the Community services directory for voluntary organisations. Visit http://www.norfolk.gov.uk/Community_and_living/Volunteering/index.htm

Stephen Askew NCC Member for Guiltcross Division

News from your Breckland District Councillor - Adrian Joel

The Tour of Britain Cycle Race will be going through Old Buckenham on Saturday 12th September 2015. Details to follow.

Thanks to strategic investment by Breckland Council, power from a new 45 MW straw-powered biomass plant now under construction looks set to support regeneration of the Snetterton area, bringing new jobs and wider economic and community benefits to residents and businesses.

Is your organisation looking for funding to get a project off the ground?

Do you qualify for a Breckland Council Community Grant? Contact me.

Tel: 01953 860663, Mobile: 07917 317866, E-mail: adrian.joel@breckland.gov.uk



Garden Jottings from Ken



Gardening is very diverse and everybody's taste is a little different. One of the best ways of improving your garden and gardening skills is to go and see what other people have achieved, and take home a few ideas. You're never too old to learn something new, and it's nice to see that in many cases they share the same problems that you do, if you look closely you will discover that a few weeds and various pest/disease problems are normal, and it's not Nature's personal attack on you.

Wherever you go, look around at the plants, whether it's in supermarket car parks with their tough and reliable easy maintenance selection, vast herbaceous borders in stately homes, or municipal parks displaying labour intensive carpet bedding, all of these offer inspiration that can be applied to your own outside space. If the opportunity arises go and have a look at some 'open gardens', particularly those in local villages, where residents bravely open their side gates for a good cause, and allow the public a sneaky peek into their private space. These are genuine gardens maintained on an average budget in the owners' spare time, giving you a realistic snapshot of what you can achieve on your plot.

Britain has a wealth of gardening tips and traditions, and the nice thing about gardeners is their willingness to share a little time passing on some of their wisdom to others. Ask a gardener the best time to prune a rose bush, or how to stake a tree, and he or she will happily tell you, but ask a top vegetable showman for the secret to growing such perfectly flawless and sometimes ridiculously enormous produce and you'll probably get an evasive answer such as 'patience my friend, patience' because for the very best showmen there's celebrity status and money to be made.

Big horticultural events and county shows all have competition sections: floral and floristry, vegetable classes, plus baking and preserves, but their roots all hark back to events that take place up and down the country in towns and villages, and there will be some taking place near you soon. So why not join in, take a look or better still enter a few classes, it's great fun, very friendly, and a bit of healthy rivalry will improve your growing skills no end. The rules are very simple (but must be obeyed) and schedules of classes are available a few weeks beforehand, listing all the categories including junior, just choose a few and have a go, you've nothing to lose and you may even win a prize. Some of the most overheard sayings at these events are 'they're not as good as mine' or 'I could do better than that' - so come on, prove it!

Cheers, Ken

The Garden Enclosure, Banham - full of show-stopping plants!

The Garden Enclosure

Independent Plant Centre and Garden Shop
01953 888043 www.gardenclosure.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 – July visits

Route CEN5412			Friday 10th July		
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 22nd July		
Banham	14.30 Mill Road				
	15.00 Pound Close		15.20 Apple Close		
	16.00 The Green				
Route CEN128			Monday 18th July and 29th July		
Eccles	09.55 Station Road				
Route CEN5415			Friday 3rd July and 31st July		
Quidenham	11.25 ex. Post Office		14.30 St Edmunds Lodge		

Local Transport

Bus

H. Semmence & Co		10A		Norfolk Coachways		NC1	
Outward		Mondays to Fridays		Outward		Sat	
Banham, adj sch	0700	0928		Attleborough,	0901		
OB, adj Green	0707	0935		OB, adj Green	0909		
NB, adj Green	0712	0940		NB, opp Green	0916		
--				Banham, opp sch	0923		
--				Kenninghall, adj PO	0930		
--				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		
--				Kenninghall, opp PO	1232		
--				Banham, adj sch	1239		
NB, opp Green	1404	1655	1830	NB, adj Green	1246		
OB, opp Green	1408	1701	1836	OB, opp Green	1253		
Banham, opp sch	1412	1705	1840	Attleborough	1302		

Other options

Flexibus – book your journey (by 3pm the day before) - 0300 1231145

Concessionary travel – O.A.P.? – apply for free bus travel pass – 0344 800 8020

Food Bank Collection

A big thank you to all who continue to give so generously to the Food Bank that is collected in St Mary's church, Banham.

You are helping a lot of deserving people in great need.

New Buckenham Junior Football Club recruiting players for next season

We are looking for Under 8's and Under 9's (players in current school years 2 & 3)

We aim to help young players maximise their skills in an enjoyable and supportive environment. We welcome players of all abilities from surrounding communities.

All managers and coaches have criminal record checks clearance. FA Charter Standard Club.

For more information contact the club secretary Michelle Wilford on 01953 861160, 07775 635040 or michelle.wilford@btinternet.com

Norfolk open churches week annual Bunwell Lecture

“Navigating a sustainable future for humanity and the planet”

St Michael and All Angels Church, Bunwell, NR16 1SN, Wednesday 5th August 2015 at 7.30pm. Light refreshments from 6.45 p.m. Tickets £7.50 in advance (or £10.00 on the night). Tickets from Mrs S M Pennell tel: 01953 788283 email: sue.pennell@live.co.uk.

This promises to be a fascinating and illuminating talk by an acknowledged international expert in the field who is widely known across the world for his passion and deep knowledge of his subject. Professor Tim O'Riordan of the UEA is an expert on sustainability and will offer a thought provoking insight on where we are today and what is acceptable, necessary and achievable for humanity and the planet to survive.

Breckland Flower and Garden Club Meeting

Members who attended June's meeting thoroughly enjoyed a workshop, led by Joy Tunmore, and all took home an arrangement in a pot containing roses and foliage.

The Competition was “Carnival” won by: Old Hands - Alison Vivian, (who was also awarded the monthly cup) and Alyson Walker. New Hands - Mauren Ashfield and Sheila Gill.

The winners of the table show “1st Rose of summer” were: Alison Vivian, Alyson Walker and Sylvia Briggs.

Congratulations to Chairman, Christine Hewson and Vice Chairman, Joy Tunmore, representing the club with their Chelsea exhibit which won a Silver medal. The title was “Heritage” and their design depicted W.I. 100 years.

July's meeting will be a garden visit to Dale Farm Garden, Dereham. Please contact Christine on 01953 454528 if you need a lift or directions. Meet at the garden at 2pm. No cost entry for members, Visitors £5. £2 for tea and cake.

At the time of writing this, our newly elected Prime Minister is participating in the 41st G7 meeting at a Schloss in the Bavarian Alps of south-eastern Germany: a moral summit, its agenda aptly symbolised by slippery, snowy, steep mountains.

There are plenty of issues worthy of discussion; not least the alleged flouting of International Law by Russia in the Ukraine and institutional corruption around the globe highlighted by the festering FIFA scandal. And, as we commemorate the first of the notable wars of the 20th century, have we passed the brink of many more in the 21st? Or, as we grieve the lives lost at the start of a century reckoned by some to have seen more humans slaughtered by other humans than in history's previous millennia, are we about to go a few million 'better'?

The outworking of the 'evolution' we've latched into seems to hint at worse to come! Given dwindling nature and burgeoning humanity red in tooth and claw. A theory offering anything but a peaceful world-view. Contrast a reaction to 'all hell being let loose' sometime in the 6th century BC: "the earth trembles and the mountains tumble into the sea; the ocean roars and foams and its raging waves shake even the mountains. Nations rage and kingdoms fall – but we won't be afraid." Why not? Sigh says, "Panic!" Faith hears a voice saying, "Calm down, and learn that I am God." [Bible Psalm 46 with 2 Kings chapters 18&19.]

The Voice that said that, exclusively to Judeans then, spoke again universally in AD 30-33, "Come to Me and I will give you rest." [Bible Matthew ch.11, vv 25-30.] To prove His words we have one of the best attested facts in ancient history: not just the Cross but also, importantly, the Resurrection of Jesus.

This Jesus with his 'Good News', despite Saul's literally murderous opposition, broke into the Apostle Paul's life with dramatic consequences. Instead of him killing, it had him walking and/or sailing countless miles in Asia-minor and into eastern Europe. This time with Jesus, despite "afflictions, hardships, calamities, beatings, imprisonments, sleepless nights and hunger", telling God's dramatically hopeful message to us all. Able to say, "We are of good courage ... we live by faith not by what we see ... we are certain ... that God was in Christ offering peace and forgiveness to the people of this world ... Christ never sinned! But God treated Him as a sinner, so that Christ could make us acceptable to God ... God is begging you to listen to our message ... we speak for Christ and sincerely ask you to make peace with God." [Bible (Contemporary English Version) 2 Corinthians ch.5.]



at **St. Mary's Church, Banham.**
For young people over 11.
Contact Steph or Jonathan on
01953 887396



Banham Café
St Mary's Church
Saturday 11th July
10-12 noon

All the usual goodies such as bacon rolls,
cakes, fresh coffee, chocolate, tea
All welcome

Friday Club

Fridays 6.15–7.15pm (term time)
For children up to 9 years.
Bible stories, quizzes, songs,
games & craft activities.
Meets at Rowancroft,
Kenninghall Road, Banham.
Contact Steve and Gill
Eggleton. 01953 887579

Open Door

St Mary's Church, Banham
Tues 21st July 3 - 4.30pm
Tea, cakes and a friendly chat



Messy Church Picnic
Banham Church 4-6pm
Sun 12th July

If you would like to get involved or help please
contact Kate on 01953 888862.

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 £5 per year. To join please pick up a form from one of our events or in the Church.



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 Phil Moore [01953 888333](tel:01953888333) or bailcott@gmail.com

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

Evening Garden Party - All Saints Church, Old Buckenham

The Annual Evening Garden Party at 1 Mill Road Old Buckenham (by kind permission of John and Barbara Frost) is on Saturday 18th July at 6pm. Tickets £5.00 are available from the Frosts Tel: 860841, or from PCC members.

Please note: Closing date for church material for the August 2015 middle pages will be **Mon 20th July**. Send to Phil bailcott@gmail.com

St. Martin's New Buckenham Patronal Celebration Weekend. 3rd -5th July
Friday July 3rd, 7pm Garden party and side shows evening in the church yard.
Saturday July 4th, organ recital and gift day. George Burrows is arranging for a number of organists to play throughout the day. There will also be the opportunity to contribute towards the recent interior improvements since the completion of the repairs made possible by The British Heritage Lottery.
Sunday July 5th Evensong 6.30pm. Rev Keith Hawkes will lead our service of hymns and anthems.
 We will need extra voices on Sunday and welcome any who would like to sing with us. We will be practising on Sunday at 5.30 pm in church. For further information: contact Jean 860025.

Please don't sit on the wall

The wall around the Old Buckenham Church will be made safe in the interest of Health and Safety. Recently local members of the community have witnessed persons climbing the wall to sit on it, resulting in the damage. The wall is hundreds of years old and certainly not fit for that purpose.

Local residents and visitors are asked to be vigilant and report any suspicious action to either the Police or Churchwardens, John Frost on 860841, Francis Darrah 861360.

Important Notice

For those who may not yet have heard:

"I can confirm that, following an interview in the benefice last month, Canon Stephen Wright, most recently Chaplain within the Chaplaincy of Dubai and Sharjah with the Northern Emirates, has been offered and has accepted the post of Priest-in-Charge of the Quidenham benefice.

Graham Cossey

PA to the Bishop of Thetford
 and the Archdeacon of Norfolk

Contact details

For Banham	Rev Michael Richardson	01953 888958
For Old Buckenham	Rev Alistair Monkhouse	01953 860845
For New Buckenham	Rev Alan Smith Rev Alan Wright	01953 860550 01953 860300
For Eccles, Quid. & Wilby	Mrs Helen Pearson (Reader)	01953 860251
Benefice Administrator	Rev Derrick Sheppard	01953 681445
	Jan Burrow-Wilkes	01953 887520 wolbw@supanet.com

Services for July 2015

Sunday 5th

Banham	09.30	Family Eucharist	
New Buckenham	18.30	Patronal Evensong	
Old Buckenham	08.00 09.30	Holy Communion Parish Eucharist	
Quidenham	09.30	Morning Worship	
Readings: Ezekiel 2: 1-5 Psalm 123 2 Corinthians 12: 2-10 Mark 6: 1-13			

Sunday 12th

Banham	09.30	Parish Eucharist	
New Buckenham	11.00	Matins	
Old Buckenham	09.30	Parish Eucharist	
Wilby	09.30	Holy communion by Ext	
Readings: Amos 7: 7-15 Psalm 85: 8-end Ephesians 1: 3-14 Mark 6: 14-29			

Sunday 19th

Banham	09.30	Parish Eucharist	
New Buckenham	11.00	Matins	
Old Buckenham	09.30	Parish Eucharist	
Eccles	18.30	Evensong	
Readings: Jeremiah 23: 1-6 Psalm 23 Ephesians 2: 11-end Mark 6: 30-34, 53-end			

Sunday 26th

Banham	09.30	Parish Eucharist	
New Buckenham	11.00	Morning Service	
Old Buckenham	09.30	Parish Eucharist	
Quidenham	11.00	Parish Eucharist	
Readings: 2 Kings 4: 42-end Psalm 145: 10-19 Ephesians 3: 14-end John 6: 1-21			
Old Buckenham	09.30	Parish Eucharist	
Readings: Isaiah 6:1-8 Psalm 29 Romans 8: 12-17 John 3: 1-17			

Holy Communion: All Saints, Old Buckenham – 1st Tuesday of the month followed by coffee in the church.

Banham APCM is being held on Friday 10th April at 7.30pm in St. Mary the Virgin Church, Banham

Old Buckenham Village Hall Fete – 4th July 2015, 1pm - 4pm

This American-themed fete is one not to be missed. We have lots of food, a beer tent, ice creams, children's entertainment, games, tombolas and stalls as well as an American-themed fancy dress parade at 3.15pm with Prizes for adults and children.

There is an Art Exhibition, photographs from the Old Buckenham 365project and art displays by Old Buckenham Community Primary School.

There is lots more – come along and enjoy a good afternoon.

Evening Garden Party – All Saints Church, Old Buckenham

The Annual Evening Garden Party will be held at 1 Mill Road, Old Buckenham (by kind permission of John and Barbara Frost) on Saturday 18th July at 6.00pm. Tickets £5.00 will be available from the Frosts or from PCC members.

Christian Aid Collections

Thanks to all who generously gave to the house to house collection in Old Buckenham during Christian Aid week in May. £570.55 was collected and the cake stall raised another £42.65. Well done and thanks to all donors and collectors.

Norfolk Village Games

Old Buckenham is setting out to prove it is the best village in Norfolk at sports by competing in the Norfolk Village Games. The event is being held at the **Sportspark, UEA, Norwich** on **Sunday 12th July 2015** and is certain to be a fantastic day of fun and competition. The competition is made up of ten events, Archery, Athletics, Badminton, Darts, Gymnastics, Tour of Britain Cycle Challenge, Five-a-side Football, Rounders, Short Mat Bowls and Tennis. There will be trophies for each sporting event and for the winning village.

If anyone from Old Buckenham or Stacksford is interested in taking part please contact Michele Wilford 01953 861160 or michelle.wilford@btinternet.com.

Walk of Remembrance helps to raise vital funds

Rosedale Funeral Home is inviting families who have lost a loved one to join them on their Walk of Remembrance, to help raise valuable funds for The Salvation Army.

Last year's walk was the first of its kind in Diss and we received such positive feedback from those who joined us that we have decided to make it an annual event. The Walk of Remembrance is a way for us here at Rosedale to give back to the many families that we have worked with since Rosedale was formed but it is also open to anyone who has been bereaved of a loved one or those who want to help us raise valuable funds for The Salvation Army" said Derrick Leeder, one of the founding Funeral Directors at Rosedale. "We want the whole family to come along and enjoy the historic Market town of Diss and the beautiful surrounding countryside."

There are two routes which will take place on Sunday 2nd August, a 3.5 mile walk or a shorter route of one mile taking in the town centre.

After a 1 minute silence has been acknowledged, a dove release will mark the start of the walks at 11.30 am and both walks provide the opportunity to visit St Marys Church where Rosedale will place special 'Book of Remembrance' for families to leave a message and if you wish, light a candle.

"We hope that the walk will allow families and individuals the opportunity and time to reflect and remember as well as helping to make a difference to other people's lives nationally and internationally" said Richard Green, founding Funeral Director. "In order to raise the most that we can we are asking for a £10 registration fee, as well as strongly encouraging sponsorship and children under 12 years are free"

To register please contact pippa@rosedalefuneralhome or 01379 640810 for a registration pack and sponsorship form.

Banham Open Flower, Vegetable and Handicraft Show

Will be held on 29th August 2015 in Banham Community Centre. This is an open flower, vegetable and handicraft show and includes a chicken, bantam and duck egg competition. Doors open at 9am for exhibitors, 11am judging. Open at 2.15 pm to the public. 3pm presentation of prizes. Schedules available at the post office. Ray Snow 01953 860010

Christian Aid Collection - Banham

Thank you to all who helped raise money for Christian Aid in Banham, and specially those who gave. We raised nearly £500. Joy Stanley

What's going on at our community venues?

Banham Community Centre

60's Dances 8pm (£7) Sat 4 July – Tobacco Road, Sat 1 August – Hi-Definition Telephone 01953 888628 to enquire about the above or hire of the halls

Yoga Classes - Mondays 1–2.15pm in the small hall at Banham Community Centre with June Roberts. For more information contact June on 01953 498343

'Banham Bats' table tennis club welcomes all new players (of high school age), experienced or beginners. Come along on a Tuesday evening (school term only) 7:15 - 8:30pm. Your first week is free and then it is only £1 per week. For more details contact Mark Nash on 01953 888308 or mark.nashy@tiscali.co.uk

Banham Good Neighbours - A friendly Club that exists for the over 60s of Banham and the surrounding district. Most meetings are held on Thursday afternoons at 2.00 pm (see P. 24 for dates). Activities include speakers, entertainers and social afternoons. Coach outings take place during the year at a cost of £10.00. New members are always welcome. Annual subscription is £8.00 per person. Contact *Sandy or Fred Collinson, Secretaries, 01953 887448*

Banham Belles is a monthly social group for ladies. Meetings are held at 7.30pm on the 2nd Wednesday of each month. Subscription is £15 per year, or £2 per meeting. Activities consist of talks, quizzes, meals out, dvd evenings. New members are welcome. Contact Annette on 01953 888283

Garnier Village Hall/Social Club, Eccles

The hall is available for private hire and for groups and meetings. There is a Social club with Bar, open Thurs and Friday evening. Social events include themed food evenings, Bingo, Quiz nights. **All welcome.**
Contact: 01953 454528/887720 for further details www.garnierhall.co.uk

Keep fit classes starting from 18th April every Tuesday 9.30 - 10.30am, Friday 6 - 7pm & Sat 9 - 10am. Contact Carrie Harvey fitness Instructor: 07885757846

Flower arranging classes every Wed from 9.30am to 12.30pm.
Contact Christine (NVQ City Guilds Qualified Tutor) on. 01953 454528 or email: hewsonchristine103@gmail.com

Quidenham Reading Rooms

Quidenham Reading is a small, cosy, period room with many original features including a log fireplace. A 'Coffee Morning' is held on the first Saturday of the month 10.30a.m.-12noon (excluding Jan) primarily for the upkeep of the room and donations to local charities. Occasionally, a book sale is held and seasonal gatherings of residents and families can be booked. Contact:-01953 888086

Old Buckenham Village Hall

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

Old Buckenham Village Hall Fete will be on Saturday 4th July – with an American theme, of course! Put the date in your diary now.

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 – next meeting on Thursday 9th April with a presentation by Lois Gill entitled; 'Spring is in the Air'. All welcome. £4 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, Mardle afternoon, Karate, Wine and Social Club, Green Rights and other occasions such as Funerals, Weddings, Sunday School. Contact Jean Norton 01953 860025 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, drumming, Fitsteps, sewing and historical war games use the hall together with the Good Companions, annual art and photography exhibitions, the Village Show and various theatrical productions. Meetings and conferences also use our facilities. We have a brand new kitchen so we can cater for parties and weddings. For further details and booking phone 01953 860463 or visit www.newbuckenhamvillagehall.co.uk

Fitness & Martial Arts Classes take place in the Village Hall and on N.B Cricket Green (children and adults). 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, afternoon tea. There is also a summer outing and Christmas Lunch. Membership is open to all from any of the villages, and everyone welcome. Annual subscription is £8 per person. Further details from Brenda on 01953 860547 or Dianna on 01953 860636. See P. 24 for meetings & outing dates



Six Villages Notice Board



Unwanted 4ft box bed base and headboard – free to collector. Contact Wendy On 01953 888165 or email wendy.pontin17@gmail.com

Send items to sixvillagesnews@yahoo.com

Betty Harvey has kindly agreed to coordinate our Notice Board so if you are not on email contact her on 01953 887093 to discuss.

The Six Villages Newsletter is now online – find the Newsletter on line on our local website at www.banhamandthebucks.co.uk/sixvillages. You can now view and download the current issue and an increasing number of back copies. www.banhamandthebucks.co.uk is a not-for-profit site run for the community and all listings are free. Just call or email your details to Paul Girling on 07584 000442

Do you have difficulty reading the small print in the Newsletter? We can provide a copy of the content in larger print. Please contact Wendy on 01953 888165 or email sixvillagesnews@yahoo.com if you would like to receive a copy in larger print

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

Bunwell Camera Club

We 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. We welcome new members. For details see <http://www.bdcameraclub.co.uk/>

Diary of regular events July 2015

Fri	3	6.15-7.15	Friday Club	Rowencroft, Banham
Fri	3	8-10pm	Youth Cafe	Banham Church
Sat	4	10-12	Banham Café	Banham Church
Sat	4	10.30-12	Coffee Morning	Quid. Reading Rooms
Sat	4	8pm	60s Dance	Banham C.C.
Tue	7	10-12	Coffee & Chat	O.B. Church Rooms
Tue	7	11-12	Coffee Morning	Walnut Tree, K Rd, Banham
Tue	7	8pm	Bunwell Camera Club	Tibenham Com. Hall
Wed	8		Luncheon Club Outing	
Wed	8	7.30pm	Banham Belles	Banham C.C.
Thu	9	2pm	Breckland Flower Club	O.B. Village Hall
Thu	9	2pm	Good Neighbours	Banham C.C.
Thu	9	7.45pm	O.B. Wine & Social Club	O.B. Church Rooms
Fri	10	6.15-7.15	Friday Club	Rowencroft, Banham
Fri	10	8-10pm	Youth Cafe	Banham Church
Sun	12	2-6	War Games	O.B. Village Hall
Sun	12	2-5pm	O.B. Windmill open	Old Buckenham
Mon	13	2-4pm	Afternoon Whist	O.B. Church Rooms
Wed	15	7.30pm	Att. & District Hort. Soc.	Att. Junior School
Thu	16	2.30pm	Good Companions	N.B. Village Hall
Tue	21	3-4.30pm	Open Door (coffee & chat)	Banham Church
Tue	21	8pm	Bunwell Camera Club	Tibenham Com. Hall
Wed	22	10--1pm	Luncheon Club	O.B. Village Hall
Thu	23	9am	Good Neighbours	Outing
Thu	23	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

Newsletter Notes

Items to be sent to the editor, Wendy Pontin, at sixvillagesnews@yahoo.com
 Contact Joy Stanley on 01953 887175. For enquiries on advertising contact Chris Mehew on 01953 887344. Distribution – 1680 copies hand delivered.
 Closing date for the August 2015 issue is by 6pm on Monday 20th July please.
 Folding Day is on Thursday 30th July at 1.00pm, O.B. Church Rooms.
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.