

JANUARY 2026

The Palgrave Star

THE ARCTIC PEOPLES, BIODIVERSITY & THE QUEST FOR ITS RICH RESERVES



JOIN PHIL DYER

on a story of hope, expectation and ultimate failure, as Shell's ill-fated quest to exploit the Arctic's rich reserves unfolds against a backdrop of one of the planet's most unique and fragile ecosystems

PALGRAVE COMMUNITY CENTRE

JANUARY 23RD AT 1900

TICKETS £6/£5 (MEMBERS) AVAILABLE FROM
bookingspdcc@gmail.com / 07415401577

PALGRAVE COMMUNITY CENTRE CINEMA

CINEMA NIGHT



LICENSED
BAR OPEN

ICE CREAM
DURING THE
INTERVAL!

MEMBERS £5
NON-
MEMBERS £6

BOOKING IS
ESSENTIAL!

10TH JANUARY
2026

R S V P :
0 7 4 1 5 4 0 1 5 7 7

DOORS OPEN AT 7.00PM FOR A 7.30PM START

CHARITY NO. 269132



We would like to wish all
our readers a very

Happy New Year

Our very best wishes to
you all for 2026, and we
look forward to welcoming
you to one or more of our
events this year.

Palgrave & District Community Centre

Palgrave & District Community Centre (PDCC) is a local charity managed by a committee of trustees. The trustees are local residents who volunteer their time to enable the Community Centre, the playing field and the children's play area to provide leisure and recreational activities in our local community.

Chair	Nick Duncumb	ChairPDCC@gmail.com
Vice-chair	<i>Position vacant</i>	
Secretary	Sian Bunbury	pdccsec@gmail.com
Treasurer	Val Firth	treasurerpdcc@gmail.com
Membership Secretary	Helen Thorburn	01379 651749
Bookings	Jane Lockwood	07415 401577 pdccbookings@gmail.com
Other Trustees	Di Brown, Wendy Cooper, George Georgiou, Lee Lockwood and Jean Potter	
Parish Council Representative	Susan Hollowday	
Centre Coordinator	Jane Lockwood	07415 401577
Website	Phil Dyer	

The charity has to generate income to cover the running costs of the Centre, the playing field and the children's play area. We do this through membership subscriptions, fundraising events and the hire of the Centre for private functions and by regular activity groups and clubs. We do not receive funding to cover our running costs from public bodies.

The PDCC offers a membership scheme which is open to any adult in Palgrave and the neighbouring areas, including Diss. Membership is currently set at £10 per year. As well as helping us to keep the Centre running, the scheme also gives members price reductions for some PDCC events, such as the monthly cinema evenings, garage sales etc.

Did you know that the PDCC funds and produces our village's monthly magazine *The Palgrave Star*? It is delivered by volunteers. *The Palgrave Star* keeps the community in touch with village life and is delivered free to every household in the village.

It is also available online at <https://www.pdcc.co.uk>

Notice of Palgrave and District Community Centre Annual General Meeting

NOTICE IS HEREBY GIVEN that the Annual General Meeting of Palgrave and District Community Centre will be held at Palgrave and District Community Centre, Upper Rose Lane, Palgrave at 7.30pm on Wednesday 4th February 2026 to transact the following business:

- I. Consideration of the Chairperson's annual report.
- II. Consideration and adoption of the annual accounts.
- III. Consideration of the level of annual subscription payable by Members.
- IV. The election of Officers and Trustees.
- V. The Continuation of the Independent Examiner of the Charity's Accounts.
- VI. Notice of Approved Membership Organisations.
- VII. Such other matters as the Chairperson shall deem necessary.

The Annual General Meeting is open to all paid-up members of the PDCC. It is your opportunity to hear about this year's activities, to ask questions and to make suggestions about future activities.

Officers and a Trustee Committee will be elected for the coming year at this meeting.

Events at the Community Centre: Dates for your Diary

Saturday 10th January Cinema: **Black Bag** (re-scheduled). *Cate Blanchett and Michael Fassbender star in this sophisticated spy thriller.*

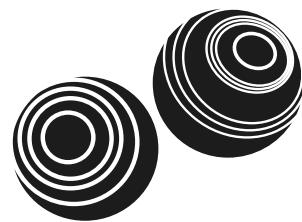
Friday 16th January **Catastrophic Bleed Packs for Palgrave** – free training and awareness session (see page 8)

Friday 23rd January Talk: **The Arctic** by Phil Dyer (see front cover)

Saturday 7th February **Coffee Morning** with art and craft on display, created by Palgrave residents.

Carpet Bowls

Mondays 2.00pm-4.00pm Palgrave Community Centre
£2.00 a session, includes tea or coffee. Limited spaces
Contact Jean Potter 07415 401577



Friendship Club

Alternate Tuesdays 2.00pm-4.00pm

Palgrave Community Centre

All welcome. Come along and enjoy a chat, cup of tea and play board games, bingo etc



Contact Jean Potter 07415 401577

Crib

**Mondays
7.00pm - 9.00pm**

Palgrave Community
Centre



Experienced players welcome

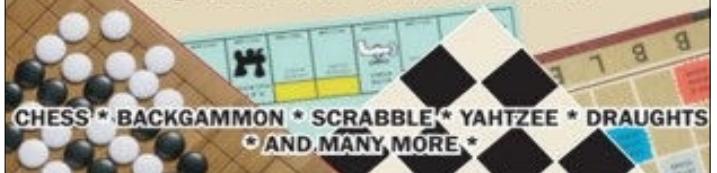
£3.50 a session

Contact Jean Potter 07415 401577

PALGRAVE BOARDGAME CLUB

Palgrave Community Centre. Every Wednesday 1 - 3.
See Facebook page for evening sessions.

Contact:
George 07507 862660 * Pauline 07503 161785.



Recycling at the Community Centre

Real Christmas tree recycling

You can take your real Christmas tree to the collection point at the Community Centre to be recycled. Don't forget to remove all your decorations first! Please leave your tree at the collection point no later than **Sunday 11th January** (for collection on Monday 12th January).

Please note: Large trees over 7ft tall or with a trunk thicker than 7cm cannot be collected. Instead, they can be taken to a recycling centre (such as Bury St Edmunds or Stowmarket).



Bottle Bank

Please make use of the bottle bank at the Community Centre. Please dispose of bottles carefully and do not leave glass outside the containers.

Blister packs

These can be recycled in the entrance hall at the Community Centre. When the centre is closed please use the wall-mounted collection box beside the main entrance doors.

Please note: only *empty* blister packs can be recycled. Please check that the packs are empty and that you have removed all medication before putting the packs into the collection box.

The Community Club Bar

The Community Club Bar is run separately from the PDCC, which is a requirement of the Charity Commission. It is run as a members' bar, which anyone over the age of 18 is welcome to join. Children under 16 must be accompanied by an adult. The bar is also available to hire for events held at the Centre.

We open every Friday from 7.30pm – 10pm in the lounge.

We are currently offering **free membership**. To join, please call our bar manager Lee on **07884 972957**.



This is a great facility to have in the village, so why not pop down next Friday evening, meet the bar staff who volunteer each week and also meet other members. Don't forget to make that call first and become a member! We hope to see you here soon.



PLEASE NOTE: You must be a member for two days before you can drink at the bar. Members can sign in one guest per evening.



Palgrave Village

SAVE A LIFE

Catastrophic Bleed Packs for Palgrave

Palgrave PCC has invested in 2 Catastrophic Bleed Packs, which will be added to the AED cabinets: one by the school and one by the Community Centre.

Now you may ask yourself: What is a Catastrophic Bleed Pack? Why would we need one? What can you do with them?

Well, if you have these questions, and you would like to know more, we've got THE event for you!

A free training and awareness session (sponsored by Palgrave PCC and the PDCC) will be held in the Community Centre on Friday 16 January at 7:30PM.

The session will be about 90 minutes (depending on your questions, of course) and there will be an opportunity to practise your life saving skills as our 'Annie' will make a guest appearance.

In adherence with our crowd management procedures, this is a ticketed event, so secure your place and register at

www.ticketsource.co.uk/palgrave or scan the QR Code.

More information: Heribert & Kathryn Westerveld 644007 or email

Palgrave.VETS@hotmail.com.



Charity Coffee Morning

Thursday 22nd January from 10.30 to 12.00

Come and join us at The Palgrave Community Centre

All are welcome

Donations for the Refreshments this month are to



Waveney Food Bank

HELPING LOCAL PEOPLE IN CRISIS



If you need transport please contact Anne 644931



The Help for Hope Team - Benefice of North Hartismere

It was fantastic to see so many people – around 150 – at our carol service. We hope it was enjoyed as one of the essential ingredients of Christmas. Our thanks go to the choir, the readers, decorators, refreshments team, to Rosedales for our wonderful Christmas tree, and to everyone involved.



SERVICE MOST SUNDAYS at 11.00am

Our morning service is a blend of traditional and modern form of worship, with hymns, Bible readings, prayers and Holy Communion.

Informal and friendly. All are welcome.

NEW FOR THE 1ST SUNDAY OF EACH MONTH

On Sundays 4th January and 1st February we're doing something a little different.

9.30am: coffee and croissants.

10.00am: a shortened gathering to suit all ages.

For details of all services around the Benefice, please see our Parish News magazine in the church porch.



News from your Parish Council

The next meeting is 8 January @ 7.30pm in PDCC lounge



The Parish Council extends warm wishes to all parishioners for the coming year, and we look forward to another productive year.

Solar Farm update: The Parish Liaison Group (PLG) met with PS Renewables (PSR) in late November and feel a good understanding has been reached with them. The site construction will begin in earnest at the start of January. Monthly on-site meetings will take place between PLG and PSR. There is a full traffic management plan issued to all contractors advising them to use Lion Road and the A143, not Palgrave village.

If you see any large lorries using Palgrave as a short cut, please try and take a photo of the vehicle, its livery & registration number, date & time of incident, and send it to the clerk. If the vehicle is linked to PSR, they will let us know and reprimand the contractor(s). Please bear in mind that there may be other guilty parties involved, in which case, if we have photographic evidence we can report it via Lorrywatch. Or you can report it direct using the following:

<https://connect.suffolk.gov.uk/hgv/>

Regarding the mud / stones experienced on Lion Road in November, a local road sweeping contractor is on call to deal with such issues so this shouldn't reoccur.

Devolution and Local Government Reform (LGR) : Devolution is about the creation on one (1) Mayoral authority covering both Norfolk and Suffolk. The term Mayoral Combined County Authority (MCCA) will become well known to us over the next year or so. The Government is mandating that all counties in England will undergo this process. Elections for the post of Mayor have been delayed until May 2028.

Ahead of the Devolution process, the LGR is happening. The Government's statutory consultation on LGR is now open, but you only have until 11 January to respond, if you wish to submit comments on the 2 proposals submitted for Suffolk: the Three Councils for Suffolk case submitted jointly by the District and Borough councils; and One Suffolk, submitted by Suffolk County Council. Both plans are available under our website Devolution tab.

Suffolk residents, businesses and local organisations are being urged to take part in a once in a generation opportunity to shape how council services are delivered for their local communities. More details on our website under Devolution /LGR.

Speedwatch: We are forging ahead with reinvigorating this Speedwatch team and are in discussions with the Police as to our old equipment etc. If you would like to be involved, please contact Keith Charman or the clerk who will pass on your details. We need a minimum of 6 persons for this to go ahead.

Norwich to Tilbury Pylon scheme: Have you strong views about the project. Do you know how close they will be to Palgrave? As part of the work behind getting our comments registered with the Planning Inspectorate, **we need you**, the people of Palgrave, to let us know what you think about the project. There is information on our website under the External Energy projects tab, but you can read more detailed information on the following national grid website:

[https://www.nationalgrid.com/electricity-transmission/network-and-infrastructure/infrastructure-projects/norwich-to-tilbury.](https://www.nationalgrid.com/electricity-transmission/network-and-infrastructure/infrastructure-projects/norwich-to-tilbury)

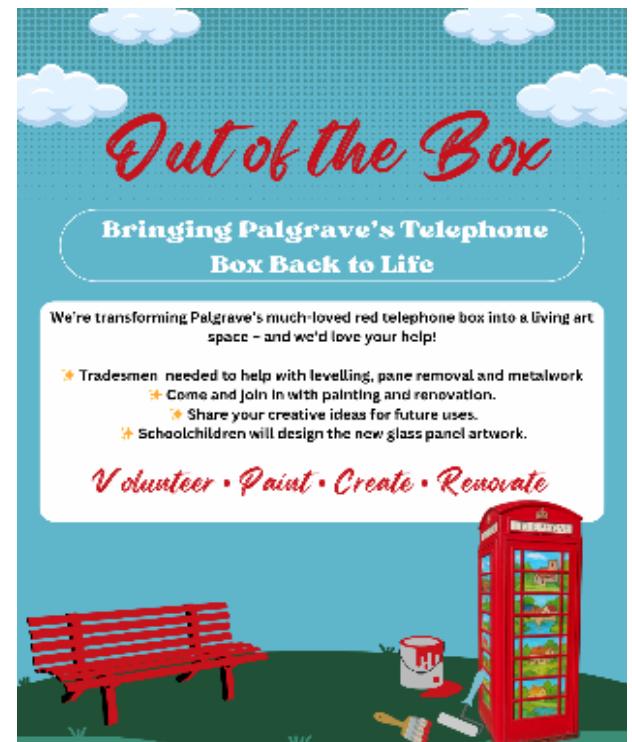


Please send your comments to the clerk so we can collate the views of Palgravians for future use with the planning inspectorate if we are able to comment further. This would be greatly appreciated and is necessary to show community engagement with the project.

Out of the Box! *Bringing Palgrave's Telephone Box Back to Life!*

*This is a big project Palgravians should be proud of, so get in touch with your **ideas**, your **energy**, your **dynamism** and help keep the momentum going.*

*The next part of the project, if successful, will be the levelling of the box itself. This will be before any other major works are carried out but we still **need you** to come forward and volunteer for the spring when things should really start happening. Please contact the clerk to offer your support.*



If you have any matters you wish to raise, please come along to a meeting or contact the clerk, Caroline Emeny, E: clerk@palgrave-pc.gov.uk T: 01986 798422 (answerphone). Website address: <https://palgrave-pc.gov.uk/>

Palgrave Walking Group

Everyone is welcome to join our free friendly group, but it is regretted that dogs cannot be allowed on our walks unless it is specifically announced as such in the newsletter. Additionally Palgrave Walking Group, or its walk leaders, cannot be held liable for any injury sustained whilst on any walk they organise. If you have any questions, or if you wish to unsubscribe from the newsletter, please contact Andy by email: andy@oglog.com

if you wish to join us on any of the walks, please feel free to join us at the Palgrave Community Centre or individual walk starting points. If you want to join us for the first time from Palgrave, please make contact in advance so we can be sure there will be a car seat if necessary. **If you are new to the walk, please ensure sensible footwear and it is advisable to bring a change of shoes if it is muddy.**

Unless it's a local walk, for most walks we meet at the Community Centre for car sharing, normally leaving sharp at 9.45am on the 2nd, 3rd and 4th Tuesday of each month but please check the individual walk details below.

January Walks

Tuesday 13th – Martine & Lorraine – REDGRAVE & LOPHAM FEN (IP22 2HX) Leave Palgrave at 9.45am **5 miles**

The walk will start at 10.15am. This is a free car park, although donations to Suffolk Wildlife Trust are welcomed. The Thrive cafe at the visitor centre should be open for refreshments.

Tuesday 20th – Jean – Yaxley. **5 miles**
Leave Palgrave at 9.40am (approx)

Depart Yaxley Village Hall IP23 8BX at 10am
Refreshments afterwards at White Horse, Stoke Ash IP23 7ET.

Tuesday 27th – Bob – Local Walk. **4 miles**
Leave Fair Green at 9.45am

Gather at the car park of the Angel Café.

Our monthly meetings are held on the first Thursday of each month at the United Reformed Church, Mere Street, Diss IP22 4AD. We start the morning with refreshments, socialising, and catching up on news from our interest groups. After that, enjoy an inspiring talk from a guest speaker.

Doors open at 9.45am and the meeting starts at 10.30am. Refreshments are available free of charge until 10.15am.

Everyone is welcome. We ask for a £3 donation towards refreshments and the speaker.

This month's talk will be about Norfolk's Blood Bikes

For more information visit <https://diss.u3asite.uk/>

u3a is a 'self-help, self-managed Society' dedicated to lifelong learning for people no longer in full-time work. **u3a** welcomes all people irrespective of their age, gender or ethnicity.

Borderhoppa Outings

January 2026:

Mon 5th	Cherry Lane Garden Centre, Pulham Market – Dial-a-Ride	
Thur 8th	Bury St. Edmunds Town	£18.00
Mon 12th	Highway Garden and Leisure, Loddon, Norwich	£15.00
Thur 15th	The Four Horseshoes, Thornham – Dial-a-Ride	
Mon 19th	Waitrose Café & Wymondham Garden Centre	£15.00
Thur 22nd	Notcutts Garden Centre, Norwich	£15.00
Mon 26th	Stoke Ash White Horse – Dial-a-Ride	

- Door to door dial-a-ride service
- Weekly members outings throughout the year
- Group hires for not-for-profit organisations

For more information and to book, please call 01379 854800 or visit www.borderhoppa.org



A word from Sarah at Rosedale Bereavement Support

Sarah Howard, Rosedale Funeral Home Bereavement Support Group Facilitator

As a family, this year has brought us many changes. Amongst other things, our eldest son has now flown the nest and the younger, having finished schooling, is now moving onto the next phase in his life.

Whilst it is a cause for celebration to watch your children grow in independence and begin to live their own lives, as a mum it can also be tinged with some sadness. Major life changes are seldom straightforward and are often accompanied by many conflicting emotions.

'Midlife' (I'm giving away my age now!) can feel like a crossroads as you realise that a significant part of your life is over and a different, uncertain chapter is beginning.

Life is full of change, sometimes exciting and self-instigated. Other changes, such as bereavement, can be shocking, unwelcome and out of our control.

Perhaps 2025 has brought you a major life change – house move, retirement, changing job, moving house or a bereavement?

As we know, bereavement is a unique experience and different for everyone.

In addition, some responses to grief can be complicated. Perhaps the relationship we shared with the person who has died was difficult. We may not have been on speaking terms with them. We grieve for what the relationship might have been but now never will be. We may have regrets or unresolved issues that can lead to prolonged grief. One-to-one counselling can be helpful to deeply explore all the other issues involved. **Marriages and relationships within families are not always filled with love and harmony – this is reality.**

For those whose loved one has died from dementia or a similar condition, they may have already started the

grief process when they 'lost' the person they knew, the first time. This can feel like a double bereavement.

If the death involved long, painful suffering, some people can feel relief when it is finally over and their loved one is released. This can be accompanied by feelings of guilt.

A bereavement can also change relationships within families or friendship groups. There may be disagreements about funerals, wills and what to do with possessions.

Deciding on the final resting place of a loved one's ashes may also cause fall-outs. At such a difficult time, emotions are raw and I have seen many families torn apart because of a bereavement.

We begin to feel less alone when we meet with others who are bereaved and talk through the issues that many people face.



If you've had a bereavement this year (or at any time in the past) and would like to talk to others in a similar position call **01379 640 810** to reserve a free place on our next bereavement group. Local to Norfolk and Suffolk, Rosedale's Bereavement Support Groups are safe and confidential, and provide a safe, trusted place to talk about bereavement and be listened to.

More information about support following a bereavement can also be found at rosedalefuneralhome.co.uk

Palgrave's own **Volunteer Emergency Team** is trained and ready to assist with **CPR and defibrillation** in the critical moments before emergency services arrive.

In a cardiac emergency:

1. Call 999 first

2. Then call our local number: 01379 844989

A nearby volunteer will respond and be with you as quickly as possible.

Save precious time – store this number in your phone or keep it somewhere visible at home, like the fridge or noticeboard.

To find out more or join this vital local initiative, email us at: Palgrave.VETS@hotmail.com



Palgrave VETS Number:

01379 844989

For cardiac emergencies, call **999** first.



The Palgrave Star

The Palgrave Star has been produced in good faith but errors may occur during production. Please let us know if this happens so that it can be corrected.

The deadline for the next issue is **8pm on Saturday 17th January.**

News and articles can be submitted via the editor at:
thepalgravestar@gmail.com

Advertising in The Palgrave Star

To advertise your business in The Palgrave Star contact:
palgravestar.adverts@gmail.com

Prices for 12 months advertising are:

Small box 5 x 6.5cm: £40

Large box 6.5 x 9.5cm: £60

Half page: £110

Full page: £175

Booking rates for Palgrave Community Centre

Main Hall

Monday to Friday – £11.00 per hour

Friday evening (6pm onward), Saturday and Sunday – £15.00 per hour

Lounge

Monday to Friday – £6.00 per hour

Saturday and Sunday – £10.00 per hour

The lounge is not available on Friday evenings.

Contact our Booking Secretary:

Jane Lockwood

07415 401577

pdccbookings@gmail.com

Regular Hirers

Mon	Line Dance for Beginners	Simone Holden 07576 315458 simsfitnessnorfolk@gmail.com
	Carpet Bowls	Jean Potter 07415 401577
	LK Dance	Lynne Bailey 07835 021439 lynne@lksschoolofdance.co.uk
	Line Dance	Melissa Hawkes montereydance@hotmail.com
	Cribbage	Jean Potter 07415 401577
Tue	Drama Tots	Donna Corbyn 07535 709969 donna@dramatots.co.uk
	Diss Art Group	Phil Dyer 07597 495408
	Friendship Group	Jean Potter 07415 401577
	Yoga	Susie Wonfor 07761 603061 Susiewonforyoga@gmail.com
Wed	Zumba	Simone Holden 07576 315458 simsfitnessnorfolk@gmail.com
	Extend	Polly Lavender 01379 643212 or 07739 529449 Polly.lavender72@gmail.com
	Board Games	George 07507 862660 Pauline 07503 161785
	Discovery Tutors	Di Grantham 07425 171970 di@discoverytutors.co.uk
	LK Dance	Lynne Bailey 07835 021439 lynne@lksschoolofdance.co.uk
	Bereaved by Suicide support group	Susan Whymark 01379 871168 susan@susanwhymark.co.uk
	Palgrave School	
Thu	Line Dance for Beginners	Simone Holden 07576 315458 simsfitnessnorfolk@gmail.com
	Help for Hope coffee mornings	Ginny Manning 01379 644229
	Conversational French	Di Grantham 07425 171970
	Discovery Tutors	Di Grantham 07425 171970 di@discoverytutors.co.uk
	Ukaholics Anonymous (Ukulele group)	Pete Arnold 07934 432185
	Rocking Foxes	Sharon Wentworth 07803 045536 info@rockingfoxes.co.uk
	Palgrave Parish Council	palgravepc@gmail.com
	Palgrave Photographic Group	Phil Dyer 07597 495408
Fri	Palgrave School	
	Drama Tots	Donna Corbyn 07535 709969
Sat/Sun	Community Club Members' Bar	Lee Lockwood 07884 972957
	Palgrave Community Cinema (Sat) Private hire (Sat and Sun)	07415 401577 pdccbookings@gmail.com



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- Ley House,
11a London Road,
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Design Consultant

Mob: 07909543905

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advertise in the Palgrave
Star please see page 2 for
details on how to do so.**

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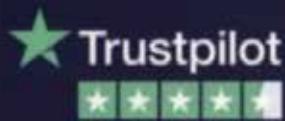
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YOUR BIN COLLECTION IS CHANGING!

From June 2026, every council in Suffolk will start to collect a core set of materials for recycling. This scheme is called 'Better Recycling' and means that more materials will be collected at the kerbside. To find out more, visit www.midsuffolk.gov.uk and search for 'Future changes to bin collections'

Paper & Card			Cardboard		Paper
Containers			Glass bottles & jars		Metal food & drinks cans
			Cartons		Plastic pots, tubs, trays & bottles
Food Waste			Plate scrapings		Meat (inc bones)
			Fish (inc bones)		Fruit & veg
			Tea bags & coffee grounds		Breads
			Dairy		
General Rubbish			Soiled fast food containers		Bagged vacuum contents
			Nappies		Other non recyclable waste
Garden Waste Subscription only			Small branches		Leaves
			Dead plants & flowers		Grass trimmings