

# The Palgrave Star

Bank Holiday Weekend

**25<sup>th</sup>/26<sup>th</sup>/27<sup>th</sup> May**

**PALGRAVE  
Open Gardens  
11.00am - 5.00pm**

*Come and see the Scarecrows  
dotted around the village &  
ART IN THE BARN - Mike Webb Exhibition*

**Adults £6.00**

**Under 16's Free**

(must be accompanied by an adult)

Programme Covers all 3 days

**Refreshments including light lunches at  
the Community Centre**

**Maps & Parking available at  
the Community Centre**

***Assistance Dogs Only***

[www.pdcc.co.uk](http://www.pdcc.co.uk)

Palgrave & District Centre Registered Charity no 269132

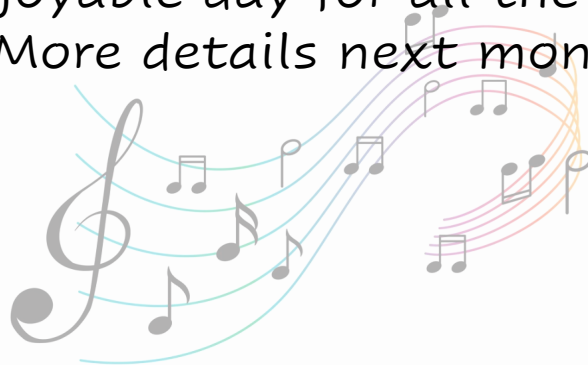
**May 2024**

**Your Surplus Plants Needed.** Now the days are getting longer and hopefully warmer and drier there is more time to spend in the garden to tackle those early Spring jobs. We are hoping to offer a plant stall (or two) at the Open Garden event. If you have any perennials that have seeded or need splitting, please pot up a few for us, and keep them well watered and somewhere shady until early May. Houseplants are also welcome. Please contact Jane McClintock 07719 922762 with plant offers.



## **Music Festival**

The details are being discussed and finalised with the band Red Heart. Keep the date of 22nd June in your diary. Last years event was very popular with all ages and we hope to have an enjoyable day for all the family again this year. More details next month.....



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.

Chairperson: Nick Duncumb - ChairPDCC@gmail.com

Vice-chairman: position vacant

Secretary: Sian Bunbury – pdccsec@gmail.com

Treasurer: Val Firth - treasurerpdcc@gmail.com

Membership Secretary: Helen Thorburn (01379 651749)

Bookings: Jane Lockwood 07415 401577 or pdccbookings@gmail.com

Other Trustees: Di Brown, Wendy Cooper, Donna Duncomb, George Georgiou, Jane Lockwood, Lee Lockwood, and Jean Potter.

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 and the editor is Heather Goddard. 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/>

# 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 20th May.

News and articles can be submitted via the editor at:  
[thepalgravestarc@gmail.com](mailto:thepalgravestarc@gmail.com)

You can also contact the editor, Heather on 07917355614. To advertise your business in The Palgrave Star contact:  
[palgravestarc.adverts@gmail.com](mailto:palgravestarc.adverts@gmail.com)

Advertising in the Palgrave Star

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 (from 6pm), Saturday and Sunday - £15.00 per hour

### **Lounge**

Monday to Friday - £6.00 per hour

(Lounge is not available Friday evening)

Saturday and Sunday - £10.00 per hour

### **Playing Field**

£15 per hour

Contact our Centre Coordinator: Jane Lockwood 07415 401577 or  
[pdccbookings@gmail.com](mailto:pdccbookings@gmail.com)

## Contact details for regular groups using Palgrave Community Centre

- Art History Monthly Masterpiece – [tkharrington@hotmail.co.uk](mailto:tkharrington@hotmail.co.uk)
- Carpet Bowls and Cribbage - Jean Potter [via 07415401577](tel:07415401577)
- Drama Tots - Donna Corbyn 07535709969
- Diss Art Group - Phil Dyer 07597495408
- Extend - Polly Lavender 01379 643212 or 07739529449
- Friendship Club - Mavis Balding or Jean Potter [via 07415401577](tel:07415401577)
- Help for Hope coffee mornings – Ginny Manning 01379 644229
- Line Dance – Melissa Hawkes [montereydance@hotmail.com](mailto:montereydance@hotmail.com)
- LK Dance – Lynne Bailey 07835021439
- Palgrave All Stars - George Georgiou 07507862660
- Palgrave Parish Council - [palgravepc@gmail.com](mailto:palgravepc@gmail.com)
- Palgrave Photographic Group - Phil Dyer 07597495408
- Discovery Tutors – Di Grantham 07425171970 [di@discoverytutors.co.uk](mailto:di@discoverytutors.co.uk)
- Ukaholics Anonymous (Ukulele group) - Pete Arnold 07934432185

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## **‘MONTHLY MASTERPIECE’**

### **AT PALGRAVE COMMUNITY CENTRE**



### ***PARMIGIANINO'S ‘SELF PORTRAIT IN A CONVEX MIRROR’***

*... and other mirrors in art, including works by Gertler, Velazquez,  
Bonnard, Vuillard and Escher*

**THURSDAY 9<sup>TH</sup> MAY 2024 AT 11 AM**

**(a one-hour talk followed by refreshments and discussion finishing at 12.30pm) NO BOOKING REQUIRED. ALL WELCOME. £10 ENTRY (CASH ONLY)**

**ANY QUESTIONS? email: [tkharrington@hotmail.co.uk](mailto:tkharrington@hotmail.co.uk)**

# Forthcoming Events

**Palgrave & District Community Centre**  
Charity no. 269132

11th May  
Cinema -  
One Life  
7.30pm  
Doors open 7pm

12th May  
Garage Sales  
9am - 2pm

17th May  
Hidden Gems of  
East Anglia -  
A photographic  
talk  
7-9pm

25th, 26th & 27th  
May  
Open  
Gardens  
11am - 5pm

8th June  
Cinema -  
A Haunting in Venice  
7.30pm  
Doors open 7pm





## Palgrave Open Gardens

**A reminder for Palgrave's Open Gardens weekend over the Spring Bank Holiday: Saturday to Monday, 25th, 26th & 27th May, 2024, daily from 11am to 5pm.**

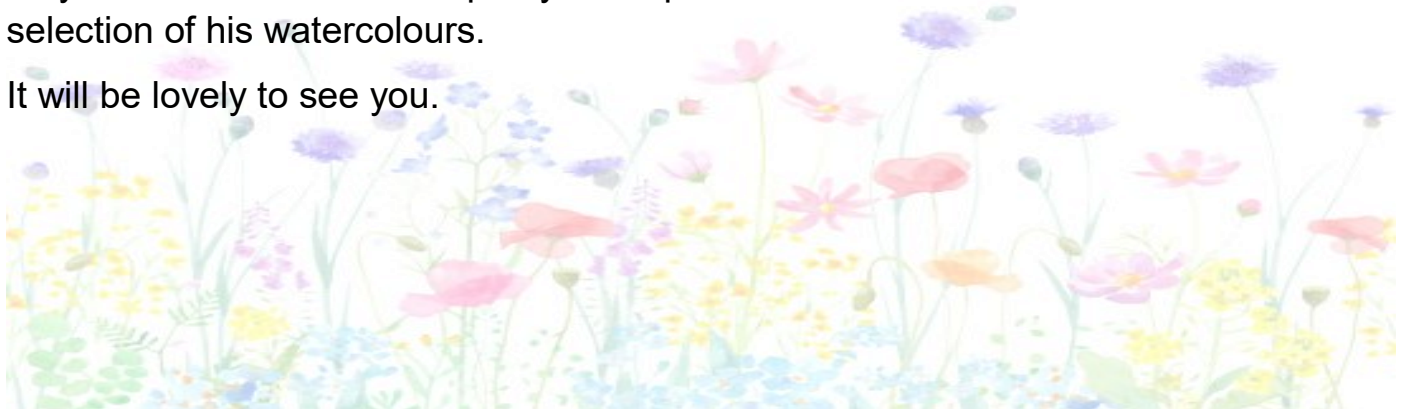
Palgrave Open Gardens is a special social event bringing people together to socialise and visit some of the spaces and gardens that are not normally open to the public. Twenty gardens, many of which have not opened before, will be open and thanks to their generous owners you will see delightful courtyards, carefully managed acres, and established and newly planted gardens, some manicured and some wild. Look out for plant stalls, art studios, wild flower meadows, a model railway and of course, our special feature this year, **Scarecrows** in gardens and around the village.

Entry to the Gardens will be by ticket only and will cover all three days: programmes will include a map and will be available from the Community Centre 'on the day', costing £6.00 per adult (no charge for children under 16). Not all gardens are open for all 3 days, but all are within walking distance with the exception of one which is on the outskirts of the village.

Teas and light lunches will also be available at the Community Centre.

Mike Webb will once again be exhibiting his work in Longs Farm Barn (by kind permission of Richard and Penny Talboys) on the same days as the Gardens, but please be aware that his opening times are slightly different, 10am to 4pm each day. It should be noted that his work will also be on display over the following weekend, 1st and 2nd June, times as before. Mike's cartoons have been a regular presence in the local press since 1972. His observations and references to aspects of Diss life, together with his wit, have entertained and amused us for over 51 years. This exhibition is partly retrospective but also has fresh new work and a selection of his watercolours.

It will be lovely to see you.





# Diary Dates



# **PALGRAVE GARAGE SALE DAY**

## **Sunday 12th May**



**9.00am - 2.00pm**

Maps on sale for 50p from 8.45am

at the Community Centre

(Upper Rose Lane)

**Bacon Rolls, Toilets & Parking available at  
the Community Centre**

*Proceeds from map sales to Palgrave Community Centre*

**PALGRAVE & DISTRICT COMMUNITY CENTRE  
REGISTERED CHARITY No: 269132**



# Palgrave Community Cinema presents



**Saturday 11th May**

One Life

The true story of Sir Nicholas Winton who, in the lead up to WW2 rescued over 650 children.

Our next film will be *A Haunting in Venice* on 8th June

To book seats for any of these films, please call or message:

07415 401577.

Email us at [Palgrave.Cinema@hotmail.com](mailto:Palgrave.Cinema@hotmail.com)

or private message our Facebook page @Palgrave Cinema

Doors open at 7pm for 7.30pm feature start time.

Book in advance, pay on the door.

Bar will be open and ice creams available to purchase during the interval.

# The Community Club Bar

The Community Club Bar is run separately from the PDCC which is a requirement from the Charity Commission.

The bar is open every Friday from 7.30 - 10 pm in the lounge, this is a members bar which anyone over the age of 18 is welcome to join, we are currently offering free membership. So if you haven't joined us yet it's very easy to do just call our bar manager Lee on 07884972957 to give your details, PLEASE NOTE.. you must be a member two days before you can drink at the bar.

Members can sign in one guest per evening.

The bar is also available to hire for events held at the Centre.

What a great facility to have in the village so why not pop down next Friday evening, meet the bar staff who volunteer to open each week and also meet other members, its great to get involved in the Community.

Don't forget to make that call first and become a member.

Hope to see you there soon.



# 2024

May	June	July
1 We	1 Sa	1 Mo
2 Th	2 Su	2 Tu
3 Fr <b>Members Bar 7.30pm-10pm</b>	3 Mo	3 We
4 Sa	4 Tu	4 Th
5 Su	5 We	5 Fr <b>Members Bar 7.30pm-10pm</b>
6 Mo <b>Early May Bk. Hol.</b>	6 Th	6 Sa
7 Tu	7 Fr <b>Members Bar 7.30pm-10pm</b>	7 Su
8 We	8 Sa <b>Cinema Night</b>	8 Mo
9 Th	9 Su	9 Tu
10 Fr <b>Members Bar 7.30pm-10pm</b>	10 Mo	10 We
11 Sa <b>Cinema Night</b>	11 Tu	11 Th
12 Su <b>Garage Sales</b>	12 We	12 Fr <b>Members Bar 7.30pm-10pm</b>
13 Mo	13 Th	13 Sa
14 Tu	14 Fr <b>Members Bar 7.30pm-10pm</b>	14 Su
15 We	15 Sa	15 Mo
16 Th	16 Su	16 Tu
17 Fr <b>Hidden Gems of East Anglia Members Bar 7.30pm-10pm</b>	17 Mo	17 We
18 Sa	18 Tu	18 Th
19 Su	19 We	19 Fr <b>Members Bar 7.30pm-10pm</b>
20 Mo	20 Th	20 Sa
21 Tu	21 Fr <b>Members Bar 7.30pm-10pm</b>	21 Su
22 We	22 Sa <b>Music Festival</b>	22 Mo
23 Th	23 Su	23 Tu
24 Fr <b>Members Bar 7.30pm-10pm</b>	24 Mo	24 We
25 Sa <b>Open Gardens weekend</b>	25 Tu	25 Th
26 Su	26 We	26 Fr <b>Members Bar 7.30pm-10pm</b>
27 Mo <b>Spring Bank Hol.</b>	27 Th	27 Sa
28 Tu	28 Fr <b>Members Bar 7.30pm-10pm</b>	28 Su
29 We	29 Sa	29 Mo
30 Th	30 Su	30 Tu
31 Fr <b>Members Bar 7.30pm-10pm</b>		31 We



## Parish Council Monthly Update

Next meeting: 9 May at 7.30pm, PDCC lounge.

**Parish Council update:** We have 1 parishioner wishing to be co-opted onto the Parish Council at the May meeting. This will only leave 2 vacancies but we urge anyone who is interested in getting involved, to come forward and join the PC. The more diverse our members, the more debate on matters and decisions that affect Palgrave. Contact the Clerk or a Councillor for more information. Note the May meeting is the Annual Meeting of the Parish Council (AGM) when various statutory matters must be approved including the appointment of the Chair, which is an annual process.

**The Annual Meeting of the Parish (APM)** took place on Friday 19 April and we would like to thank everyone who attended and for the reports submitted which can all be read on our website under the Annual Parish Meeting tab.

**Litter Pick:** A big thank you to the approx. 20 volunteers who turned out on 14 April. Although not as many bags were filled this year, it shows that regular pickers are making a big difference to the village, and we thank everyone, one off and regular pickers for their valuable contributions.

**Palgrave Speed Watch:** We are still hoping to resurrect a Speed Watch team in the village as we have the equipment sitting unused in storage. Please do not be put off by thinking you have to commit to the same time each week – the more ad hoc the better so traffic is caught unaware. We will be asking to borrow the ANPR device which will automatically send warning letters to drivers caught speeding through the village, in an effort to deter speeding. It would be wonderful to gather a merry band of volunteers to enable the Speed Watch to be up and running again. If you would like to be involved, please contact the Clerk.

**Solar Farms:** We don't expect any activity on the Grange Farm site until mid-2025 at the earliest. The Parish Liaison Group, made up of Parish Councillors and parishioners, will endeavour to keep Pace on their toes as we progress through the year and into next year. We are still awaiting the decision by Mid Suffolk District Council on the Aura scheme which lies between Palgrave and Wortham. No date has yet been set for the planning committee to review the application. With another huge solar farm planned between Mendlesham and Stoke Ash, we will be vigorously fighting the Aura scheme. We urge all parishioners to submit comments as our region becomes one dedicated solar site.

**Norwich to Tilbury Pylon Scheme:** All residents should have received a pack recently in the post giving the latest updates on the proposals. The current public consultation is open until Tuesday 18 June and we urge each and everyone of you to submit comments. The documents do not refer to the recent ESO East Anglia Network Study, published on 12 March 2024, by The National Grid Electricity System Operator, which was set up to explore if there were better ways to connect offshore wind in Norfolk, Suffolk, and Essex. The report has found potential ways to reduce the need for pylon lines across the three counties and is worth a read. It can be found via a link on the Suffolk County Council website.

The latest proposals can be seen at a Public Information Event at Diss Town Football Club, IP22 4QP, on Wednesday 15 May from 1 – 6pm.

**DDNP:** Although the Diss and District Neighbourhood Plan is approved and underway, we still need to have a village representative present at meetings to feed back to the PC re any updates etc. If this is an area of interest for you, please get in touch with the clerk as we would love to have you on board. Meetings are few and far between.

**Suffolk Highways:** The PC approved to have a pedestrian sign installed at the top of Priory Road, near the Lion Road junction. It also approved the installation of a kerb alongside the small strip of grass adjacent to Malt House. Together these schemes will cost approx. £6500 which will be paid for from our own CIL funds if no other funding can be sourced. It's been a bit of a battle with Suffolk Highways to reach this agreement and we have had to back down regarding our request for pedestrian signage near the Denmark Hill / Millway Lane junction.

The PC approved a motion to request a 20mph zone on Priory Road covering the area from Lion Road to Millway Lane. Our paperwork now needs submitting, which will happen in the coming weeks. It doesn't mean that Highways will approve it, but we have compelling evidence of public approval for the proposal and will do our very best to get this plan through. The cost is expected to exceed £10K which we will have to pay for, again from our CIL funds.

If you have any matters you wish to raise, please come along to a meeting or contact the clerk E: [palgravepc@gmail.com](mailto:palgravepc@gmail.com) T: 01986 798422 (answerphone). Please do not call on a weekend unless it is extremely urgent.



Help for Hope

# Charity Coffee Morning

## Thursday 23<sup>rd</sup> May

### from 10.30 to 12.00

Come and join us at  
**The Palgrave Community  
Centre**



**All are welcome**

## Donations to Christian Aid Middle East Crisis Appeal



“We are gravely concerned by the ongoing violence and mounting death toll. Our partners in Gaza are continuing to respond with aid and support.”

**If you need transport please contact Anne 644931**



**Benefice of North Hartismere**

## **ANYONE FOR TENNIS? OPEN DAY JUNE 9th WORTHAM TENNIS CLUB**

As we move from Winter into Spring and the weather improves, I thought it an appropriate moment to write about Wortham Tennis Club. However, that it is not to imply that the four courts are not used during the winter months. Members enjoy tennis so much that they play throughout all weather conditions!

The club originated in 1932 with one grass court and now, as many of you will know, consists of four tarmac courts with floodlights. In 2001 and 2009 Wortham was recognised as Suffolk LTA Tennis Club of the Year and Highly Commended for the same in 2011.

All ages play at Wortham and we have Kris as our coach who not only brings on the skills of the younger members but also the older players too, by way of individual and group sessions and the fun cardio sessions. Social tennis is of great importance as are Club tournaments and League matches. There is something for everyone.

Several events are already planned for the coming season, beginning with a BBQ, tennis and draw for the Club tournaments on 14th April. An Open Day will be taking place on June 9th when all of you who are interested can come to play for free. It is a friendly occasion when all ages are encouraged to try their skills with some expert help and refreshments throughout the day from 10.00am to 3.00pm. Coincidentally the occasion coincides with Wortham Open Gardens!

As an older member of the club who joined having had a gap from the constant tennis of my youth I can only say that the tennis brings total fun, not only for the sport itself but the friendships forged.

Frances Beasley

For any readers who would like further information here is the link <https://clubspark.lta.org.uk/WorthamTennisClub>

# 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. Any questions, or if you wish to unsubscribe from the newsletter please contact Bob, [bobsolley@aol.com](mailto:bobsolley@aol.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.

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

Steph's local walk from Fair Green on May 14<sup>th</sup> - set off from Fair Green for 10.00am start. Head off for Roydon Fen, straight over The Meadow, cross over the road to walk round The Mound. Head back across The Ling and pick up The Field footpath, about 5 miles was all dryish last week. Look forward to seeing you all. Coffee at the Angel or wherever preferred at the end of the walk.

Margaret T's walk - 21st May - Wetheringsett 5.25 miles, no stiles. Normal leaving time from Palgrave as it is only 20 minutes away. Parking at the Village Hall in Wetheringsett village, nearest post code is IP14 5PH. Easiest route is on the A140 via Stoke Ash then turn off at Brockford. When entering Wetheringsett the church will be in front of you, just turn right and the hall will be found a very short distance on your right, it is easy to pass the entrance as you cannot see the sign until you get to it. Wetheringsett is set on the heavy boulder clays of High Suffolk and we will enter wooded and ancient forest areas and pass its many small greens and medieval cottages. Mainly natural grass verges and quiet country lanes and we will walk past the Light Railway Museum but unfortunately their coffee shop will not be open on a Tuesday so we can find somewhere for those who wish to take refreshments.

May 28th walk leaders Steph and Maggie ML - will take us on a walk around Botesdale and Rickinghall. The walk will start from the Botesdale war memorial between 10.00am and 10.15am after those meeting at Palgrave Community Centre leave at the normal time of 9.45am. Refreshments afterwards can be taken at The Santiago Cafe or the pubs.







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# **BOTESDALE, REDGRAVE & RICKINGHALL PARISH BULLETIN BOTESDALE HEALTH CENTRE PATIENT PARTICIPATION GROUP (PPG)**

## **Pre-Children's and Family Summer Holiday Resuscitation Awareness Training**

West Suffolk NHS Foundation Trust Resuscitation Department are providing awareness training covering: main causes of cardiac arrests in children and babies, recognition of life-threatening scenarios, calling emergency services, assessing, and performing basic life support, use of automated external defibrillator (where appropriate), recognition and management of choking, and use of Epi pens. **Date:** Friday 5<sup>th</sup> July 2024 **Time:** 10.00 – 12.00hrs. **Location:** Rickinghall Village Hall, IP22 1HD. **Cost:** Free. Donations to 'My Wish Charity', West Suffolk NHS Foundation Trust are welcomed. **Booking:** Contact [botesdaleppg@gmail.com](mailto:botesdaleppg@gmail.com). Please note places are limited so please book quickly to avoid disappointment.

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## **Long COVID Support**

Information available about breathing well, staying active and managing fatigue while recovering from COVID-19 is available at: <https://www.esneft.nhs.uk/service/covid-and-long-covid/recovering-from-covid-19/>. The Long COVID Kids website has useful information for professionals, patients and families, as well as information about a Long COVID support group. Further information: <https://www.longcovidkids.org/>  
Citizens Advice are informing the public about support available to people with Long COVID through the NHS Suffolk and North East Essex Long Covid Assessment Service. Your GP can refer you if you have had symptoms for over 12 weeks that are thought to be COVID-related. Further information: <https://www.esneft.nhs.uk/service/covid-and-long-covid/suffolk-and-north-east-essex-long-covid-service/>

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## **NHS Healthy Start Scheme**

Healthy Start is a National Scheme for mums-to-be or families with children aged 0-4 on a low income. It includes free payments every 4 weeks to spend on: cow's milk, infant formula milk, fresh, frozen or tinned fruit and vegetables, fresh dried and tinned pulses. To find out more head to the NHS website <https://www.healthystart.nhs.uk/>

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## **Chronic Obstructive Pulmonary Disease (COPD) and You**

Healthwatch Suffolk are inviting you to share your experiences of living with Chronic Obstructive Pulmonary Disease (COPD). Your feedback will help to prioritise areas for improvement in COPD support that could help people stay well for longer in their communities. The findings will also assist local NHS and other decision-makers in planning better local care, especially in winter when people are at a higher risk of hospital admission. If you wish to share your experiences further information can be found at: <https://healthwatchsuffolk.co.uk/copdfor>

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## **Botesdale Health Centre PPG**

If you, as a patient of Botesdale Health Centre, have any comments you would like the PPG to be aware of please contact the below email address. Your comments as a patient are of immense importance to both the PGG and Health Centre. If you are interested to learn how the PPG assists the Health Centre, perhaps are new to the Health Centre or area and need more information or wish to volunteer in some way, please do contact [botesdaleppg@gmail.com](mailto:botesdaleppg@gmail.com)

*Join us  
for*

# HIDDEN GEMS OF EAST ANGLIA

*A photographic discovery*

*Presented by*

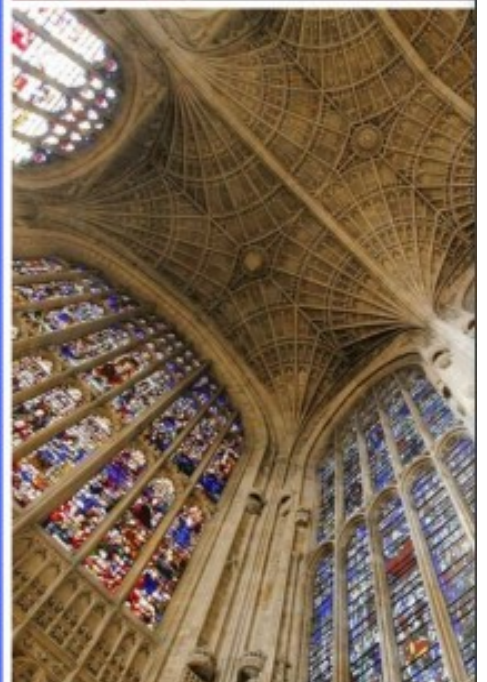
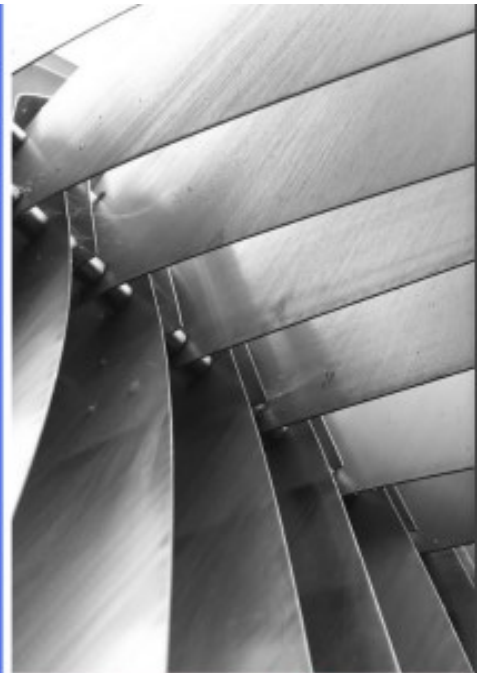
LUCY KAYNE  
AND PHIL DYER

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**PALGRAVE COMMUNITY CENTRE  
PALGRAVE**

**MAY 17TH  
7.00-9.00**

**TICKETS £6/£4 MEMBERS  
AVAILABLE FROM  
BOOKINGSPDCC@GMAIL.COM  
07415401577**



# Art in the Barn

paintings by Mike Webb



## Long's Farm Barn

Millway Lane Palgrave IP22 1AD



Weekends of  
May 25 • 26 • 27

&

June 1 • 2

10am 'til 4pm

Including "Mere Quacks"  
retrospective