

# The Palgrave Star

Palgrave Community Centre Cinema

Saturday  
13th April 2024

# WONKA!



ALL AGES WELCOME!

Starts at 7.00 pm

BOOKING IS ESSENTIAL, PLEASE CONTACT  
07415 401577.

CHARITY NO. 269132

APRIL 2024



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 April.

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

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



# Forthcoming Events

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

13TH APRIL

CINEMA

WONKA

7.00PM

DOORS OPENS 6.30PM

*12th May*

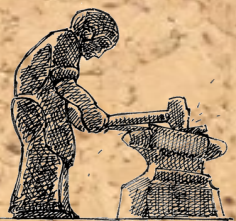
*Garage Sales*

*17th May*

*Hidden Gems  
of  
East Anglia*

*7-9pm*

25th, 26th  
& 27th May  
Open  
Gardens



PALGRAVE & DISTRICT COMMUNITY CENTRE  
**PDCC**



# Diary Dates



**Open Gardens with some Scarecrows**  
**Bank Holiday Weekend**  
**25th, 26th & 27th May 11.00am - 5.00pm**



The clocks sprang forward on Easter Saturday and there are now more daylight hours to spend in the garden. If you have been hesitating there is still time to change your mind and open your garden to visitors on the Bank Holiday weekend. All gardens are welcome, large, small, tidy, or less than tidy! One open garden will have a few classic vehicles on display.

It is known an artist never retires and local resident of Diss Express fame Mike Webb will be in Longs Farm Barn with his work A Mere Quacks Retrospective, Watercolours plus new work.

The Community Centre will be serving refreshments including light lunches. See the May Star, PDCC Facebook page or visit the website [www.pdcc.co.uk](http://www.pdcc.co.uk) for more details.

**Volunteers needed:** Volunteers are needed to serve refreshments, sell the maps and help on the plant stall at the Centre during the weekend, if you can spare a couple of hours please contact Helen or Jane. Offers of cakes are also appreciated (we will reimburse the cost of ingredients). Please contact Helen Thorburn 01379 651749 (evenings) or Jane Lockwood 07415 401577

**Scarecrows** During our open gardens weekend Palgrave villagers are invited to make and display their very own scarecrow. A great opportunity to get involved whatever age. There's no set theme so you choose - the more scarecrows the better. This is open to everyone in the village not just those opening their garden, you just need to display your scarecrow for all to see. If you would like to take part in our scarecrow trail, please contact Jane on 07415 401577 by 30th April so we can put you on the map.

**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.

The Open Garden event proceeds will help fund the running of the Community Centre.



# Diary Dates



***The Community Centre including the car park and drive will be closed for one week commencing Monday 1st April for resurfacing.***

This month's film screening is Wonka suitable for all, from children to grandparents. It features several well-known actors, Olivia Colman, Hugh Grant, Rowan Atkinson, Jim Carter and Matt Lucas to name a few. Parents please note - a film suitable for all and you do not have to worry about inappropriate language or content.

**Please note we have brought forward the start time to 7.00pm for this film, next month we revert back to 7.30pm**

May will be a busy month with the Garage Sales on the 12th and Open Gardens on the last weekend. Lucy Kayne and Phil Dye return with an evening of photos "Hidden Gems of East Anglia" on Friday 17th May - see the back cover of this edition of the Star.

In June we are holding another Music Festival organised by Red Heart. More details next month.

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# Thank You

A very big thank you to everyone who came along to support our CHOCOLATE BINGO on Saturday, kindly hosted by our Palgrave resident Celia Last to whom we are extremely grateful, a fantastic time was had by all.

It was so rewarding to see the hall full of happy bingo players, the participation of everyone from young children to grand-parents was just brilliant and lots of chocolate was won by many.

Eyes down for the next game coming soon !!!

Don't forget to book early to avoid disappointment.



# Palgrave Community Cinema presents

**Saturday 13th April 2024**



## Wonka

A modern remake of one of Roald Dahl's greatest stories following one of the world's famous chocolatiers.

**7pm start time this month only**

Our next film will be *One Life* on 11th May

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.



# Palgrave Garage Sale Day

**Sunday 12th May 9.00am - 2.00pm**

Palgrave Garage Sale Day is fast approaching but there is still time to turn out cupboards and sheds ready for May 12th.

This is an event the Community Centre has organised for several years and the event has been popular with folk travelling several miles to visit Palgrave eagerly looking for (and finding) bargains. We produce a map with a list of the participating garages, which we sell on the day from the Community Centre for a nominal amount.

**This year the fee remains at £10.00 but for PDCC members it will be £5.00.**

Funds raised from this event go towards maintaining the Community Centre which is self funding.

**To make sure you are on the map please contact Helen Thorburn 01379 651749 (evenings) by 27th April.**





## Parish Council Monthly Update

Next meeting: 11 April at 7.30pm, PDCC lounge.

**Parish Council Roles and Vacancies:** The Parish Council regret to advise that Neil Weston resigned with immediate effect at the meeting on 14 March. Val Pudney took over as Chair, remaining in post until May. The Chair and other positions are voted in annually at the May meeting. This means there are now 3 vacancies on the Parish Council and we earnestly urge all parishioners to consider joining the PC so we can fill the roles. There is a whole page of information about *Being a Parish Councillor* on the website – look under Parish Council / Role of a Parish Councillor and also Councillor Details and Vacancies. We're a friendly bunch and our meetings are very informal. The more diverse the make-up of the Parish Council, the better for the village, so what are you waiting for? Contact the Clerk or a Councillor for more information.

The Parish Council would like to express its gratitude and thanks for all the hard work Neil has put into serving the PC for the last 15+ years. He has steered the ship admirably and has certainly done his 'stint' for Palgrave, as he moves onto pastures new. We wish him well for the future. His passion and knowledge when dealing with planning applications will be sorely missed, especially the energy he put into fighting the solar farms destined to envelop us. Thank you once again, Neil, for all your efforts.

**Suffolk Devolution:** Suffolk County Council are holding a public consultation about entering into a new style of deal with the Government, known as the County Deal. This would transfer certain powers & funding from the Government to Suffolk, meaning more local, rather than national, decisions about Suffolk's future. If the deal is finalised, Suffolk would receive new decision-making powers and greater local control of funding in areas including adult education, transport & regeneration, and control of a new investment fund worth £480 million over the next thirty years. The public consultation is now open until 25 May. Hard copies are available in all Suffolk library buildings or can be requested by contacting Suffolk County Council's customer services team. If you would like to find out more please visit: <https://www.suffolk.gov.uk/council-and-democracy/devolution>

**SID Volunteers:** We would also like to say a huge thank you to Adrian Mitchell who is stepping down as one of our lead SID volunteers. He's been an enormous help to the Clerk over the last few years and will be missed. We have a new volunteer taking over his reins and are very grateful to him for doing so.

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.

**Annual Meeting of the Parish (APM)** is due to take place on Friday 19 April in the PDCC hall at 7pm. This is an opportunity for all the local clubs and groups to present a report and it is a meeting of the village. The PC only hosts the meeting as it is NOT a PC meeting. Please come along – teas / coffees etc will be available after the meeting.

**Palgrave SpeedWatch:** We disbanded the LorryWatch program a few years ago but we would like to replace this with SpeedWatch instead. We have the speed guns and the hi-viz jackets, we just need a cohort of volunteers. SpeedWatch programs are operated ad hoc by volunteers on whatever days and times they wish to run. There are no hard and fast rules about frequency etc. This would be another plus in our armoury of trying to get drivers to be speed aware, as they will not have advance warning of where and when our volunteers will pop up. If you would like to be involved, please contact the Clerk.

## Litter Pick

With wet weather forecast, a last minute decision was taken to postpone it. As it turned out the weather wasn't too bad (?) but our volunteers would still have got wet and we didn't want to be responsible for colds and chills!

The revised litter pick date is Sunday 14 April

Meet at the PDCC at 10am to get your food and drink as your fuel to start the morning off. We only ask that you commit a couple of hours of your time. Come and help make Palgrave a clean, litter free village. These community days are so important for the village so please **DO** come along, and bring your children. It's good to get them involved so they grow up aware of the environment and the benefits of events like this.

Please let the clerk know if you can help out so we can plot routes in advance, and plan refreshment needs, or just turn up on the day!



## Help shape the future of travel and transport in the East!

Transport East is running a survey to better understand how you travel across [Essex/Suffolk/Norfolk/Southend-on-Sea/Thurrock]. The data provided will help shape decisions on future transport investment in the local area.

Whether you walk, drive, cycle, take the bus or train, the views of people living and working in [insert local authority] are important to help us understand how as a partnership, we can work to improve access to work, education, health services and opportunities for socialising. The information you can provide will be make a difference towards making the East a thriving region.

The survey is open until 17 April and you can take part here: <https://alligator.focusvision.com/survey/selfserve/54a/240252?list=99>

Completed surveys have the chance of winning a £100 Love2Shop voucher!

For more information on Transport East: [www.transporeast.gov.uk](http://www.transporeast.gov.uk)



TRANSPORTEAST

WIN A £100  
LOVE2SHOP  
VOUCHER!

Share your views on how  
you travel in the East!

The image is a promotional poster for a survey. It features a background photograph of a street with brick buildings and parked cars. The text 'TRANSPORTEAST' is at the top left. A blue circular badge on the right contains the text 'WIN A £100 LOVE2SHOP VOUCHER!'. At the bottom, a green banner contains the text 'Share your views on how you travel in the East!'.

# BOTESDALE HEALTH CENTRE PATIENT PARTICIPATION GROUP (PPG)

## Direct Access to Physiotherapy at Botesdale Health Centre

The Health Centre has a new process whereby patients will need to see the Practice Physiotherapist first before they can see a GP for any physical function and mobility issues. Being reviewed by the Physiotherapist first will ensure specialised attention can be provided for your musculoskeletal issues as well as helping with streamlining care. Patients can book an appointment with the Physiotherapist by contacting Reception. Patients are still able to self-refer to physiotherapy at Allied Health Professionals through: [ahpsuffolk.co.uk/self-referral](http://ahpsuffolk.co.uk/self-referral).

## Parking at Botesdale Health Centre

Following a review by Suffolk Highways and discussions with Botesdale Parish Council and local residents regarding the parking outside of the Health Centre on Backhills and The Fairstead's, a decision has been made to extend the double yellow lines on the highway adjacent the Health Centre Car Park Entrance.



The planned additions will ease entry and exit from the Health Centre, including greatly improving the line of sight on exit and remove the congestion for vehicles turning right from the Drift and left from the Health Centre. The changes and are illustrated:

We are awaiting notice as to when the works will be carried out. Arrangements will be in place to manage the parking at the Health Centre on the day.

Patients are requested to respect the new parking restrictions and if not using the Health Centre Car Park to please park with consideration for the highway regulations and local residents.

## Getting Started with the NHS App

The NHS App gives you a simple and secure way to access a range of NHS services. Download the NHS App on your smartphone or tablet via the Google Play store or the App store. You can also access the same services in a web browser by logging in through the NHS website at [www.nhs.uk/nhs-app/account/](http://www.nhs.uk/nhs-app/account/)

Events are taking place in Eye, Woolpit and Stowmarket during April and May where Digital Champions will be on-hand to offer support in downloading and using the NHS App. There is no need to make an appointment, simply turn up. Further information: [suffolkandnortheastsex.icb.nhs.uk/your-health-and-services/primary-care-gps/accessing-services-digitally/getting-started-with-the-nhs-app/](http://suffolkandnortheastsex.icb.nhs.uk/your-health-and-services/primary-care-gps/accessing-services-digitally/getting-started-with-the-nhs-app/)

Alternatively, the rural coffee caravan assists people who live in rural communities across Suffolk. The caravan brings people together and helps them to access services and information. The caravan crew could also help you navigate the NHS App. Further information: [ruralcoffeecaravan.org.uk/events/](http://ruralcoffeecaravan.org.uk/events/)

## Wanted - Your Thoughts on Women's Healthcare in Suffolk

Whilst many have positive experiences of NHS care in general, it is all too common for people to have felt dismissed by services when it comes to specific women's health issues. That's why you being invited to share your experiences and views to help with the planning of future care and support. Survey link: [smartsurvey.co.uk/s/SNEEWomenshealth/](http://smartsurvey.co.uk/s/SNEEWomenshealth/) Please respond before the end of March 2024.

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. Your comments as a Patient are of immense importance to both the PPG 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)



Our Next Collection is :

## Wednesday 15th May

If you have anything that you could contribute then please call us on **07809158890** or email **friendsofpalgraveschool@gmail.com** and we will arrange collection from your doorstep!

They collect the following items for re-use: clothes, paired shoes, handbags, hats, bags, scarves and ties, bras, jewellery, socks, belts, soft toys, household linen, curtains, bedding and towels.

They do not accept the following: duvets and blankets, pillows and cushions, carpets/rugs/mats, soiled or ripped clothing, any school uniform, corporate clothing and workwear, textile off cuts, furniture and batteries.

*Thankyou from the Friends of Palgrave School*



***'MONTHLY MASTERPIECE'***  
**AT PALGRAVE COMMUNITY CENTRE**



***HOGARTH'S 'PAINTER AND HIS PUG' and  
other dogs in art (including works by Hockney,  
Goya, Rembrandt, Velazquez and Gainsborough)***

**THURSDAY 11<sup>th</sup> APRIL 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)**



**Help for Hope**

# **Charity Coffee Morning**

## **Thursday 25<sup>th</sup> April**

### **from 10.30 to 12.00**

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



**All are welcome**

## **Donations to 'Beyond The Wall'**



**The charity is based in the 'Walled Garden' on the Thornham Estate. They work with people from 16 years upwards who have a disability.**

**their aim is to remove barriers to enable everyone to attain a fulfilling and meaningful life. All funds raised go to meet the needs of their clients.**

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



**Benefice of North Hartismere**



**Eye Bach Choir**  
JS BACH B MINOR MASS  
SATURDAY MAY 25TH  
7.30PM, EYE PARISH CHURCH

Tickets: adult £20 or two for £36\*  
under 16s £7

\*offer valid until April 15th

Bookings: [www.eyebachchoir.co.uk/book-tickets](http://www.eyebachchoir.co.uk/book-tickets)  
or from The Handyman Store, Eye  
Email: [tickets@eyebachchoir.co.uk](mailto:tickets@eyebachchoir.co.uk)

Eye Bach Choir is a registered charity. No: 1114948



**One of the gardens that will  
be open over the May Bank  
Holiday weekend - see page 7  
for more details.**



# 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.

Diane & Elaine's walk – April 9<sup>th</sup>. This is a 4.5/5-mile walk starting from the Memorial by the Santiago Art Cafe, Botesdale. An easy walk which we have done before on grassy tracks, no stiles and we can have a halfway stop in Hinderclay Church. The views across the Back Hills, Botesdale are lovely. We then make our way up the hill and onto more grassy tracks back to Rickinghall/Botesdale. The Cafe is open for soup, coffee etc, and also The Bell Inn, Rickinghall for refreshments and if anyone wants to eat lunch, they can arrange with the pub direct. We will leave Palgrave the usual time 9.45am and start walk 10.05am from Botesdale. Car parking is along The Street, Botesdale which can sometimes be busy so suggest as usual if possible, car sharing.

Sue & Kathy's away walk - April 16<sup>th</sup>. The walk starts and finishes at the White Swan pub on the Green at Gressenhall - postcode NR20 4DU. It is a pleasant, easy going walk with no stiles and takes in quiet lanes, fields and woodland. Near the end of the walk is the Gressenhall Museum of Norfolk Life. The walk is approximately 4.5 miles.

The White Swan is a friendly community pub which is open every day and serves meals and light snacks. We have provisionally booked a table to cover 12 people on the day at around 1.00 p.m. although I'm sure this can be flexible. They have promised to email an updated menu in the coming weeks which I will circulate when received. They do request that for bookings of 8 or more they prefer to have pre-orders for the lunches. There is not much parking at the pub but across the road is a parking area and adjacent roads do not appear to have any parking restrictions.

Hilary's walk - April 23<sup>rd</sup>. Here's a walk that hasn't been tested it but if we've had a lot of rain, it might be impassable in places, so I'll need to make adjustments or go back to the drawing board completely!! **A Royal Route around Hoxne** - the village is where the last King of East Anglia - Edmund - was captured by the Danes and met his untimely death in AD 870. This is a pretty 5 mile walk in Spring. It follows mainly country lanes, field, and woodland paths across farmland and through spinneys down to the Waverney and later on, to one of its tributaries, the Dove. There are 2 stiles .... and hills! Well-deserved refreshments will be taken in the Swan Inn (IP21 5AS) where we will have left our transport.

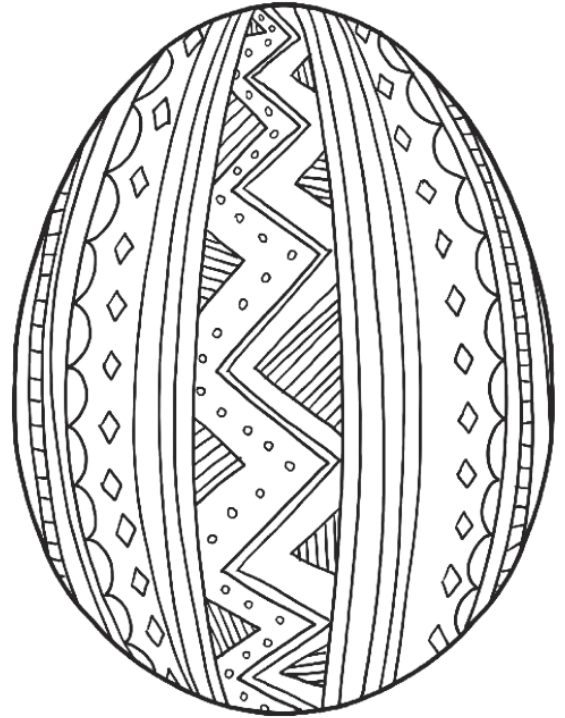
Margaret T's extra walk – April 30<sup>th</sup>. Mendlesham off the A140 (The Wimble Walk). I was unable to map and measure the length of the walk but it took me 2 hours, so I guess it is less than 5 miles. Normal starting time from Palgrave as it is only 20 minutes away. Parking is at the Community Centre on Old Station Road IP14 5RU which is the closest post-code but be sure to take the first entrance into the car park as it is a one-way system. We make our way through the Millennium Wood and hopefully the wild Fritillarias will still be in bloom. After that we walk on mainly natural footpaths with a little road walking. There are no pubs etc in Mendlesham that are open during the day but 10 minutes away in Finningham is the White Horse pub IP14 4TL where we can take refreshments. This is a bit of a "S&S" pub, a real pub! The natives are friendly but do not do food except for crisps etc but we are welcome to take our own food if anyone would like to do so.

# Easter Word Search

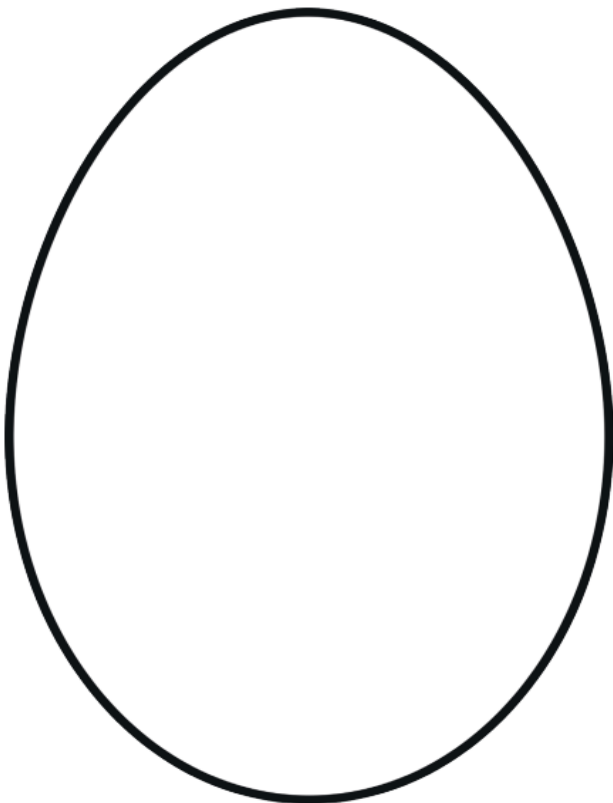


- Word list:  
 BASKET  
 BUNNY  
 CARROTS  
 CHICKS  
 DYE  
 EGGS  
 FIND  
 FLOWERS  
 HIDE  
 HOP  
 PEEP  
 RABBIT

Colour the egg in your favourite colours

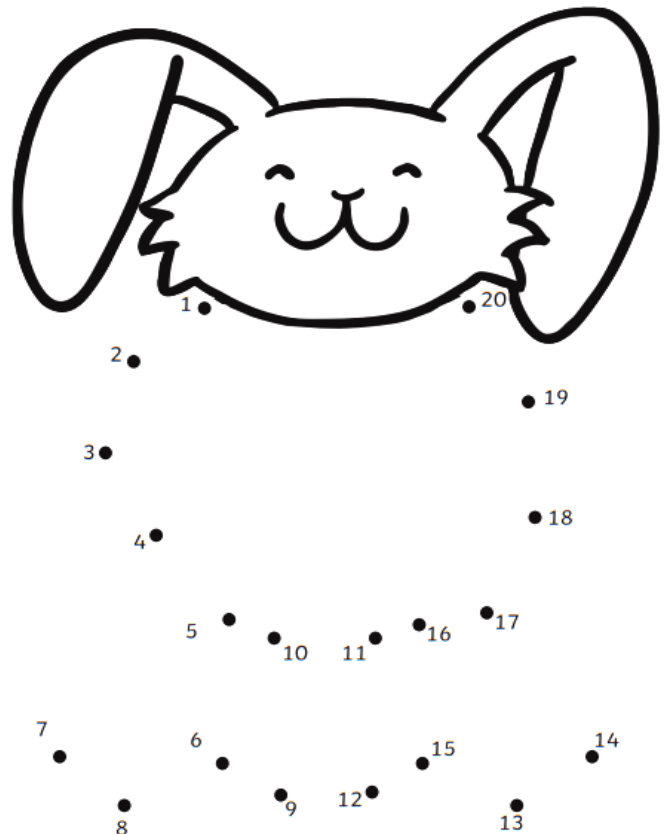


Design your own pattern and colour it in



## Dot to Dot

Join the dots to reveal the full picture!





## Diss Garden Centre

Victoria Road

Diss  
IP22 4JG

tel.01379 642873

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*Deliveries available. Helpful service and advice at all times*



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18th Edition Electrician

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Diss, Norfolk, IP22 4GN

07955656332

AJB-Electrical@hotmail.com

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yours.

To advertise see the  
details at the front of the  
magazine

# John Doe of Diss

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# botesdale**dental**

PRACTICE & IMPLANT CLINIC

High quality dental treatment in a **calm, comfortable** and **relaxing** environment



Tel: 01379897176  
Email: [reception@botesdaledental.co.uk](mailto:reception@botesdaledental.co.uk)  
Botesdale Dental Practice, Holly Close,  
The Drift, Botesdale, Suffolk IP22 1DH

Find us on  
[www.botesdaledental.co.uk](http://www.botesdaledental.co.uk)



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April	May	June
1 Mo <b>Easter Monday</b>	1 We	1 Sa
2 Tu	2 Th	2 Su
3 We	3 Fr	3 Mo
4 Th	4 Sa	4 Tu
5 Fr	5 Su	5 We
6 Sa	6 Mo <b>Early May Bk. Hol.</b>	6 Th
7 Su	7 Tu	7 Fr
8 Mo	8 We	8 Sa
9 Tu	9 Th	9 Su
10 We	10 Fr	10 Mo
11 Th	11 Sa <b>Cinema Night</b>	11 Tu
12 Fr	12 Su <b>Garage Sales</b>	12 We
13 Sa <b>Cinema Night</b>	13 Mo	13 Th
14 Su	14 Tu	14 Fr
15 Mo	15 We	15 Sa
16 Tu	16 Th	16 Su
17 We	17 Fr <b>Hidden Gems of East Anglia</b>	17 Mo
18 Th	18 Sa	18 Tu
19 Fr	19 Su	19 We
20 Sa	20 Mo	20 Th
21 Su	21 Tu	21 Fr
22 Mo	22 We	22 Sa
23 Tu	23 Th	23 Su
24 We	24 Fr	24 Mo
25 Th	25 Sa <b>Open Gardens weekend</b>	25 Tu
26 Fr	26 Su	26 We
27 Sa garage sale deadline date	27 Mo <b>Spring Bank Hol.</b>	27 Th
28 Su	28 Tu	28 Fr
29 Mo	29 We	29 Sa
30 Tu Scarecrow deadline date	30 Th	30 Su
	31 Fr	

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