

The Palgrave Star

May 2025

Palgrave Community Centre



Saturday 17th May

7.30pm

Doors Open 7.00pm

Licensed Bar * Raffle

Teams of up to 6
Book by 10th May

Contact Jane Lockwood

07415 401577

pdccbookings@gmail.com


£10.00 per person

includes a Baked Potato with Chilli
(Vegetarian Option on request)




PDCC Charity No 269132




Goodbye




Today marks the end of an era for myself. I joined the PDCC approximately 18 years ago as a Trustee, shortly after I took over as Treasurer. After numerous years doing that, I took on the role of Secretary, whilst also doing the Palgrave Star. In 2022 I left the PDCC committee but continued to do the Star each month. Earlier this year I made the decision that I wanted to hand over the reins to someone else and so this is my last edition of the magazine.



I'd like to say a big thank you to the PDCC committee, contributors and advertisers who I have communicated with over the many years.



A big thank you also to the Trustees for the beautiful bouquet of flowers that I received.



With very best wishes

Heather Goddard



Thank You



Thank You



Can you help ? : Volunteer role compiling The Star

PDCC Trustees are looking for a volunteer to compile the monthly editions of The Star, which is delivered, free to each house in Palgrave.

Trustees will have selected the content for inclusion.

The monthly duties would include:

- Formatting and sizing individual pages for the magazine including adverts, articles and events posters.
- Checking that the standardised information pages conform to the overall layout.
- Liaising with Trustees for content, layout and final approval before submission.
- Submitting to the printer as a PDF and dealing with any queries.

The volunteer will need:

- Appropriate IT skills, in particular related to publishing software such as Publisher, Canva or InDesign.
- Approx 4 hours per month (depending on experience) to carry out the duties and meet publishing deadlines
- Previous experience of this type of work would be desirable but not essential

The role will suit anyone with the appropriate skills and time. School students seeking practical volunteering experience in this type of production will also be considered.

If you are interested or would like more information please contact:

Helen Thorburn 01379 651749 h.thorburn@hotmail.co.uk

Or Sian Bunbury 01379 643635 pdccsec@gmail.com

We would love to hear from you. Thank you.

Forthcoming Events at the Community Centre

- | | |
|-------------------|--|
| Sunday 11th May | 9.00am - 2.00pm
Palgrave Garage Sales
(see page 9 & back page) |
| Saturday 17th May | Quiz (see front page) |
| Saturday 24th May | Film night (see page 8) |
| Sunday 22nd June | Summer Fete (see pages 10 & 11) |



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: Wendy Cooper, Donna Duncumb,
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/>

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 **17th May**.

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

To advertise your business in The Palgrave Star contact:
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

Contact our Centre Coordinator: Jane Lockwood 07415 401577 or
pdccbookings@gmail.com

List of Regular Hirers

Day	Group	Contact
Monday	Mini & Me	Danielle 07936026940
	Carpet Bowls	JeanPotter via 07415401577
	LK Dance	Lynne Bailey 07835021439
	Line Dance	Melissa Hawkes monte-reydance@hotmail.com
	Cribbage	Jean Potter via 07415401577
Tuesday	Drama Tots	Donna Corbyn 07535709969
	Diss Art Group	Phil Dyer 07597495408
	Friendship Group	Jean Potter via 07415401577
	Yoga	Susiewonforyoga@gmail.com
Wednesday	Zumba	Simsfitnessnorfolk@gmail.com 07576315458
	Extend	Polly Lavender 01379 643212 07739529449
	Board games	George 07507862660 Pauline 07503161785
	Discovery Tutors	Di Grantham 07425171970
	LK Dance	Lynne Bailey 07835021439
	Bereaved by suicide Support Group	Susan Whymark. susan@susanwhymark.co.uk 01379 871168
	Palgrave School	
Thursday	Help for Hope coffee mornings	Ginny Manning 01379 644229
	Conversational French	Di Grantham 07425171970
	Discovery Tutors	Di Grantham 07425171970
	Ukaholics Anonymous (Ukulele group)	Pete Arnold 07934432185
	Rocking Foxes	Sharon Wentworth 07803045536 info@rockingfoxes.co.uk
	Palgrave Parish Council	palgravepc@gmail.com
	Palgrave Photographic Group	Phil Dyer 07597495408
	Palgrave School	
Friday	Drama Tots	Donna Corbyn 07535709969
	Beanstalk creative Hub	beanstalkcreativehub@gmail.com
Saturday	Private Hire	pdccbookings@gmail.com 07415401577
Sunday	Private Hire	pdccbookings@gmail.com 07415401577

Palgrave Community Centre Cinema

Saturday
24th May 2025

Doors Open at 7.00 pm for a 7.30pm film start.



WICKED

BAR OPEN • ICECREAM DURING INTERVAL



£5 non members
£4 members
£2.50 Child - PG

BOOKING IS ESSENTIAL, PLEASE CALL
07415 401577 TO BOOK NOW.

CHARITY NO. 269132

VICTORY IN EUROPE (VE) Day 8th May 2025

To mark the 80th anniversary of the end of the Second World War in Europe you are invited to tea and cake at the Community Centre at 12.30pm on Wednesday 7th May.

Please come along if you would like to join us for our contribution to these celebrations.

Palgrave Garage Sale Day **Sunday 11th May 9.00am - 2.00pm**

Miss the deadline - then you miss taking part in the event

Palgrave Garage Sale Day is fast approaching but still plenty of time to turn out your cupboards and sheds and much easier than packing up the car - let the buyers come to you.

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.

DO NOT DELAY BOOK TODAY

To make sure you are on the map please contact Jane Lockwood 07415 401577, pdccbookings@gmail.com by 30th April.

Blister pack Re-cycling

Blister Packs, used for tablets contain a mix of aluminium foil and plastic and cannot be recycled in your recycling bin at home.

However, they can be recycled, and Mid-Suffolk District Council is trialling a project with a recycling provider to test the viability of the service.

Trustees have had a few questions about the service which has delayed the placing of the recycling container, and we are aware that some of you already have some packs and have tried to drop them off.

The recycling container will be inside the Community Centre for residents to drop off their used blister packs. However, we have decided that, as the Centre is not always open, we will position a box (like a post box) on the outside wall to the left of the main entrance, marked FOR EMPTY BLISTER PACKS ONLY, and it will be regularly emptied into the main container, so that you can drop off your packs even when the building is locked.

We hope that this trial will be successful.

Save this dateit's the Palgrave Mid Summer Fete, with Music

Sunday 22nd June 12noon - 4.00pm

For those of you who are disappointed that the Music Festival is not happening this summer, we are pleased to announce that two of the musicians featured at the two previous Music Festivals will be appearing at the Mid Summer Fete on June 22nd. This will be the third time the popular duo Painting the Silence will have performed at the Centre and there is also a welcome return from the vocalist Heidi Marie and Ukaholics Anonymous. After a 6 year interval caused initially by the covid epidemic we decided by popular request to reinstate this event in our calendar.

We have been busy planning the fete for the past few weeks but still need a few more helpers on the day for setting up, packing away at the end of the day and manning some of the stalls. Stalls will include tombola and a bottle tombola and any donations would be appreciated, bottles could be ketchup, bubble bath, squash or anything else in a bottle glass or plastic. For previous fetes we have organised a door to door collection in the village but due to the lack of collectors and some negative comments received we have decided this is no longer viable.

So....there is a box in the entrance foyer for donations. Contact Jane Lockwood if you are unsure when the Centre is open to drop these off, or bring them to the bar, which is open on a Friday evening from 7.30pm. Donations for the raffle are also needed and will be gratefully received.

Waterfields of Scole will be on the site with a digger : test your skill and dexterity and try to move objects from A to B (the only digging on site is being organised by the local mole population) and you will be stationary not moving around the field. The Church will be running a book stall and local business man and Palgrave resident Derek Clarke will bring along his flight simulator, an opportunity to "fly" that doesn't happen in Palgrave very often.

Refreshments will be served, please bring cakes etc on the day. The BBQ will be sizzling under the watchful eye of Eric.

Hopefully there is something for everyone to enjoy during the afternoon.

Come along with your pockets and purses full of small change as although we have leapt into the 21st century with a card machine it will be cash only on the field, other than for the bar and teas.

There is probably more which I have omitted to mention, so come along on the day to find out! Good weather has been ordered but cannot be guaranteed.

Please contact Jane Lockwood 07415 401577 or pdccbookings@gmail.com if you are able to **help with your time or a donation.**



PALGRAVE SUMMER

Sunday 22nd June 2025
12pm - 4pm



FETE

- BBQ
 - Refreshments
 - Ice cream
 - Flippin' Marvellous
 - Digger challenge
 - Tombola
 - £1 bucket
 - Face painting
 - Hook a duck
- ... Plus more!!



Live Music Acts:

HEIDI MARIE



PAINTING THE SILENCE
UKAHOLICS ANONYMOUS

CHARITY NO. 269132

Palgrave Community Centre

The Community Club Bar

The Community Club Bar is run separately from the PDCC which is a requirement of the Charity Commission. This is run as a Member's bar which anyone over the age of 18 is welcome to join. Children under 16 must be accompanied by an adult.

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

We are currently offering free membership, So, if you haven't joined yet call our bar manager Lee on 07884972956

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.

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

This is 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.

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

Hope to see you there soon.



SINGING WORKSHOP with TOM APPLETON ~ 10th May

Join us for a fun morning of singing with local musician Tom Appleton.

Palgrave Arts Festival is delighted to invite singers of all ages and abilities to a vocal workshop, with music to suit all tastes, led by Tom at St Peter's Church, Palgrave on Saturday 10th May between 10 a.m. and 12 noon. The two-hour workshop will culminate in an informal showcase at 11:40 a.m. to which friends and family are invited.

Tom is a professional singer, choir trainer and presenter. He is a former member of The Monteverdi Choir and currently is the Director of Music at Aldeburgh Music Club and a member of the Norfolk and Suffolk Music Hub Executive Board. Tom is passionate about music education and is known to many for his infectious enthusiasm and humour. For more information about Tom, please visit www.tomappletonarts.co.uk

Tickets on the door or via ticket source: www.ticketsource.co.uk/paf. £5 for adults, under 18s free. All under 18s to be accompanied by an adult. Proceeds to East Anglia's Children's Hospices (EACH).

For more information about the workshop email: palgraveartsfestival@gmail.com

Cup Winners

Palgrave would like to congratulate Palgrave Wanderers FC on their being Bury & District Division 4 Champions, and also winning the Days Sports Division 4 Cup Final 2-1 vs Stanton FC.

For a team that's only been in existence for a couple of years, that's impressive. A massive well done to the players and management, long may it continue.



Nature Notes

The natural world is in trouble - not just in Palgrave or the UK but globally, as we all know only too well - and we are constantly reminded of such perils as climate change and species depletion. It can all get too depressing. But not all is bad news – there is always something cheering to be found in nature, if only we are prepared to look and take pleasure in what is still out there. This was my thought as I read an article in the British Wildlife magazine about the problems facing the Lesser Spotted Woodpecker (LSW), a once common British species that has now seriously declined after an early surge in numbers in the 1960s and '70s with the resurgence of Dutch Elm Disease. So, let's celebrate the LSW and its family.

The woodpeckers (the Picidae) are certainly one of the more easily recognised bird families in Britain. We have just four species, three of which can perhaps be seen here in Palgrave if you are very lucky, but realistically there are now just two, both currently classed as 'fairly abundant'. Parts of mainland Europe, however, are apparently home to eleven species, two of which are now extending their ranges north-westwards and may well become permanent residents here in time – the Black Woodpecker and the Middle Spotted Wood. If it does so the Black will become our largest 'pecker by some margin, being almost a third larger than its familiar Green cousin; the Middle Spotted Wood, as its name suggests, is smaller than our Greater Spotted but with a heavier bill, and both sexes having a red crown, absent on the familiar GSW except when the latter is still in juvenile plumage.

In Palgrave the most frequently seen and heard 'pecker seems now to be the Green Woodpecker, though hitherto this has not always been the case. In recent years the most likely place to spot one was the western end of Wortham Ling, but that is no longer almost exclusively so. Presumably the reason is an apparent upsurge in ant populations, for despite the well-publicised dearth of insects generally, these tenacious little creatures can be found in open countryside almost anywhere but mostly in grassland on sandy soils, as on The Ling. Ants are the main (preferred?) food for a Green Wood (a birder's abbreviation) and is very often seen on the ground, though in winter it is more likely to be found in any isolated mixed copse. The plumage makes it an unmistakable sighting: green upperparts, much paler beneath and, particularly the male, a bright yellow rump (visible only while in its typical woodpecker's undulating flight). Both sexes sport a red crown with black around the base of the bill and a pale yellow eye; both have a prominent stripe below the eye, red and black in the male, black only for the female. The juvenile bird is patterned similarly but heavily spotted and generally duller. More common in Palgrave than in the last century, but more often heard than seen, the Green Wood's strident 'laughing' call is now very familiar around the village. A handsome, noisy bird, but often rather shy.

The prize sighting amongst the woodpecker family in this country is undoubtedly the Wryneck, a small, unobtrusive brown bird with prominent lateral black lines on neck and back. Common enough in the nineteenth century but now officially extinct as a British breeding species, it's still recorded somewhere in the country in most summers (being migrants they overwinter south of the Sahara). It is not easily seen anywhere, but if you're keen to add to your life list it is likely to be encountered searching for ants in open grassland or heath like The Ling, a trademark woodpecker pursuit.

One of the most hopeful natural sounds heralding the onset of spring is the drumming of a woodpecker. This will almost certainly be a Great Spotted (GSW), one of our two pied (black & white) woodpeckers, easily recognised by size as well as its colour patterning. Almost as big as its green cousin, it is black with large white ovals and extensive white bars on its head and wings; it has a deep red vent often extending onto the white belly, but only the adult male has a red patch behind the crown.

Census results show that there are currently more pairs of GSW than of the Green, for, despite the more impressive colouring of the latter and its preference for an open grassland habitat, the Great Spotted is more secretive and less obvious in its preferred habitat, the tree canopy. As for the drumming, which is exclusive to late winter and spring, the GSW drums more frequently and audibly: both sexes drum in short bursts (about 0.5 to 0.8 seconds' duration) but at an almost incredibly fast rate (thought to be 15-20 strikes or more per second) on a tree trunk or branch, which acts as a sounding board. The purpose is probably just to attract a mate. It is now realised that the sound is made simply by banging the beak on wood, rather than produced vocally as once thought. So why does this not damage the bird's brain, or at least give it a severe headache? The answer is the shock absorbent pad between the base of the bill and the skull, a successful evolutionary adaptation that may also be why they always nest in their own hole excavated in soft wood, perhaps birch or conifers in preference to the much harder oak, rather than using one ready-made and stolen from another resident.

And so to our fourth and final UK woodpecker, the Lesser Spotted. Currently the LSW is red-listed as a 'species of serious conservation concern' with an estimated UK population put at 1750-2300 pairs, 'a decrease of 91% between 1967 and 2022' and 'a range contraction of 41%' (Smith & Smith, BW 36-2). It's confined to southern Britain. A tiny woodpecker the size of a sparrow, this is a bird with a preference for open, wet deciduous woodland that includes a range of tree species, of which a number will be dead and decaying. Old orchard trees were popular in the last century for nest sites, but for some reason not entirely understood they are now rarely used (but of course few old orchards remain). The LSW itself looks very similar to its much larger cousin: black and more heavily barred, the male sports a red crown but no red nape or vent, whilst the female is entirely black and white. However, size difference alone makes any confusion most unlikely. The reasons for the spectacular decline of this little bird are still largely just speculation but now subject to intense research. So far this has shown that a lack of breeding success is a major factor, many nestlings failing to survive their first few days after hatching, especially in a wet spring. I do hope that things soon improve for Lesser Spots as I have to admit to a particular liking for them: since my early birding years I have watched their increase in the wake of the Dutch Elm disaster followed by an agonising, slow decline ever since. They are a great little bird to watch.

Ian McC. March 2025.



Question of the month to the Team at Botesdale Health Centre (BHC):

Q: After having an appointment at Botesdale Health Centre, could you please explain the process for picking up a prescription issued during a consultation?

A: After your appointment, please go to the dispensary counter and inform the staff that you are waiting for a prescription. You do not need to join the queue, once you have given your name to the counter assistant, please take a seat on either the chairs in the foyer or on the bench seats in the waiting room. Then, please wait for the prescription to be dispensed. The dispensary team will call your name when your prescription is ready.

Enjoy the outdoors this spring and summer but be tick aware

Ticks can cause infections such as Lyme disease or tick borne encephalitis. **Being tick aware** by using the following information can help to reduce the chance of tick bites and of being infected.

Avoiding ticks

- walk on clearly defined paths, to avoid brushing against vegetation where ticks may be present
- use an insect repellent (for example DEET) that can repel ticks and prevent them from climbing onto clothing or attaching to skin (always follow the manufacturer's guidance)
- wear light-coloured clothing so that ticks crawling on clothing can be spotted and brushed off immediately
- wear long trousers and long-sleeved tops to reduce the direct exposure of ticks to your skin, making it more difficult for them to find a suitable area to attach
- regularly checking clothing and exposed skin for ticks that might be crawling on you and brushing them off immediately

Carry out a tick check

- after participating in outdoor activities (for example, walking, running, gardening, camping, picnicking, orienteering) always carry out a thorough tick check. A tick check is carried out by looking and feeling for ticks that may have attached to the skin. By performing a tick check, the chance of infection is reduced because feeding ticks are spotted and removed promptly.
- ticks can bite anywhere on the body, including in your hair. More than one tick can be attached to you at a time

If you have been bitten

- remove ticks as soon as possible
- the safest way to remove a tick is to use a pair of fine-tipped tweezers or a tick removal tool
- grasp the tick as close to the skin as possible and pull upwards slowly and firmly, as mouthparts left in the skin can cause a local infection
- clean the bite area with antibacterial wash/soap and water, and monitor it for several weeks for any changes
- contact your GP or 111 promptly if you begin to feel unwell with flu-like symptoms or develop a spreading circular red rash (which usually appears within 1 to 4 weeks after being bitten). Remember to tell them you were bitten by a tick or have recently spent time outdoors.

Further information: <https://www.gov.uk/government/publications/tick-bite-risks-and-prevention-of-lyme-disease> Here you can find leaflets and flyers.



Macmillan Cancer Support
and
Botesdale Health Centre
Patient Participation Group

We are very pleased to promote the commencement of a

Cancer Support Group

to which all will be most welcome ... those newly diagnosed.... going |
through treatment --- or who have completed treatment. An
opportunity to share your experience and be encouraged by others
Carers are welcome too.

Date of next meeting

Tuesday 27th May 2025 from 11:00 - 12:00

at the Park View Chapel The Street, Botesdale, IP22 1BX. Entrance
from the car park side. Car parking available in the Chapel car park

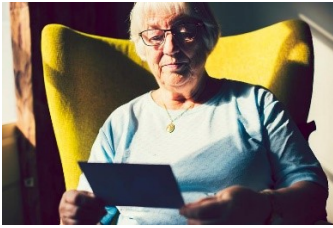
Further planned meetings on Tuesdays in 2025 at the same venue:

27 May

24 June

*Any queries please contact Janet Russell (07787148947) or email
botesdaleppg@gmail.com*

A word from Rosedale.....



Here at Rosedale, when we run our bereavement support groups, week three can be quite a difficult week for participants. We ask them to bring in a photograph of their loved one and talk for about five to ten minutes about them. Most people feel trepidation about doing this as they worry they will get upset or freeze. For some, even bringing in a photograph is a major milestone as they may not have been able to look at photos since their bereavement.

Just for this week, we ask that participants focus on the life of their loved one, rather than their illness or the circumstances of their death. In this way, we are trying to see the big picture and understand that their death is a small part of who they are and the full life they have lived. Everyone is different but being with someone as they died can be a mixed blessing. We may feel grateful we were with them as they passed away but also be traumatised by the experience. Some find that their mind keeps replaying unpleasant memories they would rather forget. Sharing photographs is about reframing what has happened and putting their death into the much bigger context of their life.

In reality, as is true with so many things, the build-up and anticipation is usually worse than doing the thing itself. As they recall how they met, special moments, holidays or their funny quirks, there are often tears and usually lots of laughter. Almost without exception, most participants find that talking about their loved one's life offers a therapeutic release and an opportunity to recall and appreciate the happy times they shared. As facilitators, it is always lovely to see the group members bonding together as they reach a deeper level of empathy.

Memories can be bittersweet and we may get upset, but crying is a normal response to grief. Our loved ones will always be part of us. We are the person we are today, partly because of them. They live on in us.

Talking to others who are also grieving can be very supportive. Rosedale's groups are free and open to everyone. Call 01379 640 810 to reserve your place.



This article was written by Sarah Howard, Rosedale Funeral Home Bereavement Support Group Facilitator



Babergh and Mid Suffolk District Councils

HAVE YOUR SAY ON HOW YOU GET NOTIFIED OF NEW PLANNING APPLICATIONS

Planning Consultation running until

Monday 12 May at 23:59.

**Please take a copy of the questionnaire or scan
the QR code below to have your say.**

Thank you.



<https://www.babergh.gov.uk/w/planning-consultations>

<https://www.midsuffolk.gov.uk/w/planning-consultations>

Babergh and Mid Suffolk District Councils

Endeavour House, 8 Russell Road, Ipswich IP1 2BX

Telephone: (01473) 12 34 000

www.babergh.gov.uk www.midsuffolk.gov.uk

50% off eco-friendly insulation for Suffolk residents



**WE'LL PAY HALF THE COST OF
INSULATING YOUR LOFT**

But the offer ends soon!

Don't let 25% of your heating escape through your roof. Call or order online today.

Anyone in Suffolk can receive a 50% discount off their purchase of 200mm or 370mm wide insulation rolls (up to £200) with free delivery, from High Loft, the UK's leading eco loft insulation brand.

Go to www.bit.ly/suffolkloft and fill in the short form to receive your personalised link to order, or call High Loft's insulation experts on 01706 248203. The offer is open to anyone in Suffolk and will close once the allocated funding has been spent.

According to The Energy Saving Trust, an uninsulated home loses a quarter of its heat through its roof. For the second year in a row, help to afford eco-friendly loft insulation is now available.

The Suffolk Climate Change Partnership (Suffolk County Council, Babergh & Mid Suffolk District Councils, East Suffolk Council, Ipswich Borough Council and West Suffolk Council) has teamed up with High Loft to help Suffolk residents make their homes warmer and save money on their energy bills.

High Loft also offers Klarna as a payment option, allowing you to spread the cost of your insulation purchase.

To find out more visit www.greensuffolk.org/at-home/funding.



Charity Coffee Morning

Thursday May 22nd from 10.30 to 12.00

Come and join us at The Palgrave Community Centre

All are welcome

Donations this month are to



The British Red Cross - The Myanmar Earthquake Appeal



BritishRedCross

For the last 150 years, we have put kindness into action
The British Red Cross has been helping millions of people in the UK and
around the world get the support they need when crisis strikes.

If you need transport please contact Anne 644931



The Help for Hope Team - Benefice of North Hartismere

St Peter's Church, Palgrave
SERVICE MOST SUNDAYS at 11.00am

Morning Service ~

A blend of traditional and modern form of worship:
Hymns, Bible Readings, Prayers and
Holy Communion

Informal and friendly;
All are welcome

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

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 Andy, 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.

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 individual walk details.

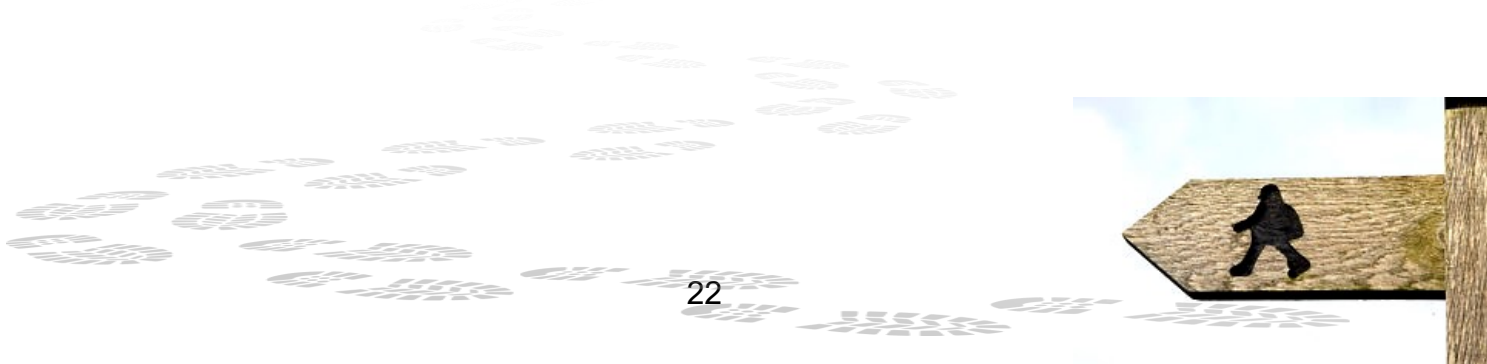
Walks

13th May - Alison's Walk - [Great Livermere Lakes](#). 4.5 miles.

Meet Palgrave Community Centre 9.30am Meeting point at The Great Livermore War Memorial IP31 1JT 10.15am for 10.30am start. Parking should be easy in Church Road. 4.5-mile walk, with paths so should not be muddy. Walk to the lovely pub The Cadogan Arms for lunch snack drinks etc at Ingham. Pub opens at 12pm on Tuesdays.

20th May - Margaret T's Walk – Old Newton near Stowmarket, around 4.25 miles. Meet Palgrave Community Centre 9.45am to start the walk at 10.15 am. I went via Finningham on the B1113 which most will be familiar with by now. This is a lovely country walk over rural footpaths and lanes which go through the Gipping Valley and the hamlet of Tyrell Oak. Parking will be outside the church, nearest post code is IP14 4ED but once on Church Road, follow on the road and down the hill to the church. If there are no spaces left, then turn right past the church and park in the lay-by opposite the school. Refreshments at the Trowel and Hammer, Mill Road, Cotton IP14 4QL.

27th May - Elaine & Diane's local walk. Meet The Angel Car Park on Fair Green Diss at 9.45am, 4.5-mile circuit via Diss Golf Club, Stuston, Palgrave with a loop heading back towards the Angel Cafe for refreshments .





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