

AUGUST 2026

The Palgrave Star

PALGRAVE ALL-STARS

JOIN US FOR A FUN, **FREE** AFTERNOON EVENT!



PLUS



PLUS BOARD GAMES AND CRAFT ACTIVITIES INSIDE

BRING A PICNIC

and dress for the weather -
Don't forget your water!



LOCATION:

Palgrave
Community
Centre

DATE:

Sunday
30th August

TIME:

2-5pm

Contact George: 07507862660

Charity No: 269132

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. 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.

The Palgrave Star

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



News and articles can be submitted via the editor at:

thepalgravestarc@gmail.com

The deadline for the September issue is **8pm on Monday 17th August.**

The Palgrave Star is also available online at www.pdcc.co.uk

Chair: Nick Duncumb
ChairPDCC@gmail.com

Vice-chair: *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 pdccbookings@gmail.com

Other Trustees:
Di Brown, Wendy Cooper, George Georgiou, Lee Lockwood, Jean Potter

Parish Council Representative:
Susan Hollowday

Centre Coordinator:
Jane Lockwood, 07415 401577

Website: Phil Dyer

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 on 07415 401577
pdccbookings@gmail.com

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. Printed by Town and Country Printers, Diss.

Welcome to our August issue!

After a few very busy months at the Community Centre, August and September will be a bit quieter, although many regular group meetings and the monthly Cinema will be taking place as usual, as advertised.

The big events – Garage Sales, Open Gardens and the 40th Celebration – provided opportunities for us all to socialise and also raised over £3,000! Much needed funds are also raised through regular hirers and bookings, clubs and other events.

We hope you're enjoying the recent decorations and improvements at our Community Centre. Your Centre continues to be a valued place where people of all ages can meet, learn and socialise. To keep it safe and welcoming, we've also had to fund essential, unexpected repairs, including resolving long-standing toilet drainage issues and managing fallen trees, with unplanned costs exceeding £8,000. The Trustees remain committed to investing in the Centre, with future plans to improve accessibility, upgrade play area surfaces and enhance the sound system for everyone to enjoy.

The wind turbine and access to the field

We have recently experienced several incidents of anti-social behaviour at the Community Centre, two of which required attendance by the emergency services. The most serious involved young people climbing the wind turbine, with one reaching the basket at the top – a life-threatening act that could easily have ended in tragedy. Earlier that evening, a car and e-bike were driven recklessly around the field. As a result, the Trustees must now invest in additional safety measures to help protect everyone who uses and enjoys the Centre. **Please call 999 if you witness such dangerous activities.**

To help deter this behaviour, we will

be locking the vehicular entrance gates to the field during evenings and at weekends. We apologise for any inconvenience this may cause to genuine users, but hope you understand that these measures are necessary to help keep the Centre safe, protect our facilities and ensure it remains a welcoming place for everyone. We would also be grateful if parents and local residents could encourage young people to respect this shared community space and use it responsibly.

What's on

 The August film is ***Song Sung Blue*** which is being screened as a Sunday afternoon matinee with strawberry tea. Sunday 16th August, doors open 1.30pm, film starts at 2.00pm. £10 including strawberry tea. Booking only – please contact 07415 401577.

 **Coffee, Cake & Company** for refreshments, book and jigsaw puzzle swap and guest speakers with lots of useful information. 10am–12pm, 17th August and 21st September (third Monday of the month).

 **Needles and Pins** 2.30pm–4.30pm, 28th August and 25th September (last Friday of the month).

 **AllStars activities for children** 2pm–5pm, Sunday 30th August – see front cover for details.

 The September film is ***Michael***. Saturday 19th September, doors open 7.00pm, film starts at 7.30pm.

 **Community Club Members Bar** every Friday 7.30pm – 10pm in the lounge. Please join at least two days before you come along. Contact Lee 07884 972957.

Hope to see you at one of our summer events this month!

News from your Parish Council



There is no August meeting so the next meeting is on Thursday 10 September at 7.30pm in the PDCC lounge. This will be preceded by a Cemetery Meeting at 7.00pm.

The Lows footpath: Unfortunately our regular contractor has let us down and will no longer be cutting the Lows footpath which we took over from Suffolk County Council. A quick 'short back and sides' was very kindly done by a local farmer as a stop gap, with the PC maintaining it in the short term while we try and find another contractor. If you know anyone that would like to take on this small job 3 – 4 times a year, weather and growth dependant, please **do** let the clerk have their details or ask them to get in touch.

Priory Wood: We are still awaiting the management plan to assist volunteers to look after the wood. We have a few interested names for this small ongoing work party, but if you would like to be involved, please let the clerk know. Any major work will still be carried out by MSDC e.g. tree felling, canopy work etc.

Did you know that dumping your garden waste in Priory Wood constitutes fly-tipping and as a result can be reported to MSDC. This includes the area at the back of Martyn Close and Hilling Gardens. The footpaths around and through the wood are green spaces for the enjoyment of everyone. We earnestly request that whoever is using it as their own personal 'brown bin' should immediately stop – this is a community space which you are spoiling. Your thought process might be that it's just garden waste that will eventually rot down, but it is NOT a dumping ground and you could be reported and fined if you persist. Please be considerate and think of other people. Thank you!



Date for your Diary: Spruce up Palgrave
Saturday 17 October 10am – 12 noon
Meet at the church at 10am

Our annual Spruce Up of the village will take place on the above date. More information to follow in the next 2 editions. Volunteers always needed so please give us 2 hours of your time to help tidy up the village. Contact the Clerk.

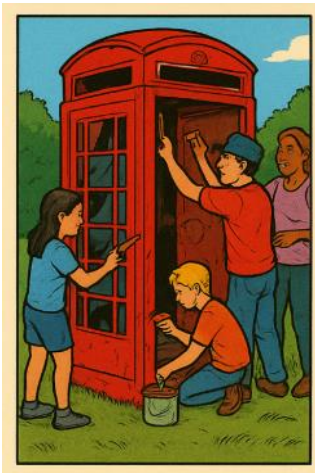
Phone box project update – *Out of the Box!*

Bringing Palgrave's Telephone Box Back to Life

STOP PRESS! On 1 July the phone box made it's way to Beccles for the 'professional' work to take place to bring the paintwork back to life. The moving of it was fascinating to watch and our huge thanks to AN Fabrications for their help in this. The machine they brought on site was extraordinary – a bit like a giant spider with outstretched legs balancing the main body while it lifted the box and laid it on the truck. Our fantastic volunteers, Peter, Hugh and Heribert arrived early to release the box from the concrete base, and our appreciation to them for their ongoing support. By the time you read this, the kiosk will be back in situ, but we still have work to do as detailed last month.....

A new base will be prepared, with a cement screed to hold the box in place. Then the real work for us volunteers starts again! The door needs rehanging, the metals frames then glass panels need putting back in. The inside needs a back panel.

Please, please, please come along and help us with some of this work. A date will be advertised on the Palgrave Facebook page and on Next Door - probably the first week of August. **We need you!** Please volunteer your time, even if it is just a few hours. It all helps and makes this a *community project* which is what the concept was when we first mooted it! You can contact the Clerk in advance or look on FBook / Next Door.



**GRAND OPENING
AND UNVEILING**
**Palgrave's Historic Trail
Interpretation Board &
Revitalised Red Phone Box**
4.15pm Wednesday 2 Sept

On site! You know where!!



You are invited to come along to the official opening of this unique combined project and toast a glass to the many people involved with the project.

(Please let the clerk know your intention to be present for catering purposes)

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/>

NEW

Needles & Pins

Last Friday of the month 2.30 – 4.30pm

Palgrave Community Centre

Come along with your craft project and enjoy a chat and a cup of coffee or tea.

£2.00 a session, includes tea or coffee.

Contact Helen Thorburn 01379 651749

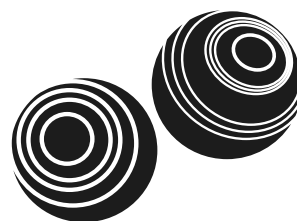


Carpet Bowls

Mondays 2.00pm–4.00pm Palgrave Community Centre

£2.00 a session, includes tea or coffee. Limited spaces

Contact Jean Potter 07415 401577



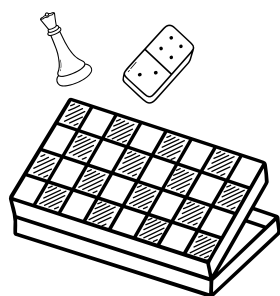
Friendship Club

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

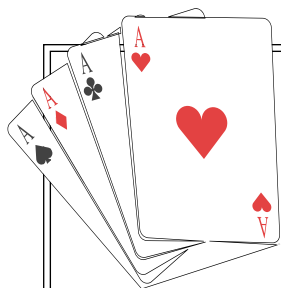
**Mondays
7.00pm – 9.00pm**

Palgrave Community Centre

Experienced players welcome

£3.50 a session

Contact Jean Potter 07415 401577





A Message From Palgrave Primary School

This summer, we bid a fond farewell to our Headteacher, **Mrs Waters**. Over 14 years of dedicated leadership, she has helped shape Palgrave Church of England Primary School into the thriving school community it is today, where children flourish, families are supported and everyone is encouraged to achieve their very best. On behalf of the Governors and the whole school community, we thank Mrs Waters for her incredible contribution, vision, compassion and commitment.

We also say thank you to two valued members of staff, **Mrs Cooper** and our Class 1 Teacher, **Mrs Tatum**. After more than 30 years of service, Mrs Cooper has served in many roles, including Caretaker, Midday Supervisor, Teaching Assistant and 1:1 Support. Our thanks to both Mrs Cooper and Mrs Tatum for their dedication, kindness and care for our children and families over the years.

To **our Year 6 pupils**, we offer our congratulations and every good wish as they move on to the next stage of their education.

We also send our warmest congratulations to **Mrs Lawson**, our Office Manager, as she begins her maternity leave. We wish her and her family every happiness during this special time.

In September, we will be delighted to welcome **our new Headteacher, Mrs Knights**, together with **our new Class 1 Teacher, Mrs Eaton**. We also look forward to welcoming back **all our pupils and families** after the summer break. A special Palgrave welcome awaits those joining our school community for the first time.

Finally, our sincere thanks go to all **our wonderful staff, governors, volunteers, families and members of the community** for their continued support throughout another successful year.

We wish everyone across our parish and neighbouring villages a happy, peaceful and restful summer.

Hannah Cooke

Chair, Palgrave School Governance Committee

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 7.30–10pm 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.



Charity Coffee Morning

Thursday 27th August From 10.30 to 12.00

Come and join us at The Palgrave Community Centre

A very warm welcome to everyone

Donations for the Refreshments this month are to
Thelnetham Windmill

An Historic Tower Mill in the beautiful Suffolk Countryside



The mill was purchased for restoration by mill enthusiasts in 1979 who managed to complete this work by 1987. The mill that can be visited today is the result of this restoration and the ongoing efforts of a team of volunteers.

[Charity Number 265212](#)

If you need transport please contact Anne 644931



The Help & Hope Team - Benefice of North Suffolk

Thelnetham Windmill



Thelnetham windmill was built in 1819 and lovingly restored to working order in the 1980s. In 2013 ownership was transferred to the charity Historic Suffolk

The mill is now regularly maintained by highly skilled volunteers and has been producing flour since 2015

For more information go to thelnethamwindmill.org.uk

If you are interested in volunteering please contact Thelnetham.windmill@gmail.com or speak to us on open days

Thelnetham windmill charity number
265212

OPEN DAYS 2026

The mill will be open between
11 am and 4pm*
(*Last tours of the mill
commence at 3pm)
on the following days and wind
permitting the sails will be turning

Monday 4th May
(Bank Holiday)

Sunday 24th May **

Sunday 21st June

Sunday 12th July

Monday 31st August
(Bank Holiday)

Sunday 27th September

Guided tours:

Adults £5 :15 and under free if
accompanied by a responsible adult
*Children under 5 are not allowed in the
mill*

Windmill cream teas and other
refreshments are available

Cash payments only at the mill

**** CREATIVE FEN ART GROUP EXHIBITION
AND SALE IN THE GRANARY
Cash or card accepted**

**LOHP GUIDED FENLAND WALK
13:00 TO 15:00
MEET ON PARKERS PIECE**

North Suffolk Benefice Church Services – August & September 2026

The following are services for the whole Benefice – all are welcome at any of the services.

An online service of Morning Prayer is held every Monday at 9.30am via Zoom. All are welcome to join us.
Please email the Benefice Administrator (lyn.northhartismere@gmail.com) for the link.

AUGUST 2026

Sunday 2nd – Trinity 9

Jam, Joy & Jesus! at Palgrave

9.30am Breakfast and Worship starts at 10.00am
(including a short celebration of Rev Frank &
Rosemary's 60th wedding anniversary)

8.45am BCP Communion Rickinghall
9.30am CW Communion Thrandeston

Sunday 9th – Trinity 10

9.30am Morning Worship Stuston
10.30am CW Communion Redgrave
11.00am CW Communion Wortham
11.00am CW Communion Palgrave

Sunday 16th – Trinity 11

9.00am Breakfast Church Brome V/Hall
10.30am CW Communion Rickinghall
11.00am CW Communion Burgate
11.00am CW Communion Palgrave

Sunday 23rd – Trinity 12

9.30am CW Communion Oakley
10.30am CW Communion Botesdale
11.00am Café Church Burgate
11.00am CW Communion Palgrave

Sunday 30th – Trinity 13

10.30am **BENEFICE COMMUNION at
PALGRAVE**
followed by light refreshments
ALL ARE WELCOME

SEPTEMBER 2026

Sunday 6th – Trinity 14

Jam, Joy & Jesus! at Palgrave

9.30am Breakfast and Worship starts at 10.00am
8.45am BCP Communion Rickinghall
9.30am CW Communion Thrandeston

Sunday 13th – Trinity 15

4.00pm Celebration of the new North Suffolk
Benefice with Archdeacon Rich
at Rickinghall.
Followed by Pimms & nibbles
ALL ARE WELCOME TO ATTEND

Sunday 20th – Trinity 16

9.00am Breakfast Church Brome V/Hall
10.30am CW Communion Rickinghall
11.00am CW Communion Burgate
11.00am CW Communion Palgrave

Sunday 27th – Trinity 17

10.30am **BENEFICE HARVEST SERVICE**
at St Mary's Wortham, with the
Benefice Choir
followed by a Bring & Share Lunch

OCTOBER 2026

Sunday 4th – Trinity 18

Jam, Joy & Jesus! at Palgrave

9.30am Breakfast and Worship starts at 10.00am
8.45am BCP Communion Rickinghall
9.30am CW Communion Thrandeston

Please contact the Administrator, Lyn Pelham Burn, if you wish to be added to the circulation by email of the Sunday Pew Sheet, which also has updated details of all forthcoming services.

St Peter's Church, Palgrave



Annual Sponsored Cycle Ride

Palgrave Church will be open as usual to welcome visiting cyclists and walkers on the **Suffolk Historic Churches Trust Ride & Stride on Saturday 12th September.**

If you are new to the area and interested in old buildings, this is a great way to explore the countryside. There are sponsor forms available in the church but if that seems like hard work, any donation will help. Half of the amount raised goes to support the chosen church building, and the other half to SHCT. They are a major source of grant funding for church repairs, and as we are likely to need their help soon it would reflect well if we have contributed something this year!



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

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.

1ST SUNDAY OF EACH MONTH:

9.30am: coffee and croissants.

10.00am: a shortened gathering to suit all ages.

The Palgrave Welfare Trust

The Palgrave Welfare Trust (Registered Charity No. 257293) was formed in 1970 from a number of older charities, one of them dating back as far as 1653. It continues to offer financial help in the form of grants to residents of Palgrave in cases of difficulty or hardship. The Trust can help, for example with travel expenses for repeated hospital visits or frequent visits to someone in hospital. It can also make grants for educational activities such as school field trips and visits, and various other unforeseen expenses.

The current Trustees are Sian Bunbury, Charles Flack, Rev. Helen Grover, Ian McClintock and Pam Whistlecraft.

If you feel that the Trust could help you, or if you know of someone in need of help, please do not hesitate to approach any of the Trustees or email palgravewelfaretrust@gmail.com or phone **01379 643635**. All matters are dealt with in the strictest confidence.



All welcome!



COFFEE, CAKE & COMPANY

Come and join us for tea, coffee and cake at Palgrave Community Centre. It's FREE, but donations are gratefully received.

We also have a book swap and jigsaw puzzle swap, and the occasional guest speaker.

For more info, call **07415 401 577** or email **pdccbookings@gmail.com**



Just turn up, no need to book!



Palgrave Community Centre,
Upper Rose Lane, Palgrave,
IP22 1AP

**THIRD MONDAY
OF THE MONTH
10AM -12PM**



c-a-f-e (coffee and friends events) network developed by The Rural Coffee Caravan

www.ruralcoffeecaravan.org.uk

u3a Diss

August's monthly meeting will take place on **Thursday 6th August** at the United Reformed Church, Mere Street, Diss IP22 4AD. We'll start the morning with refreshments, socialising, and catching up on the interest groups and notices, followed by a talk from our guest speaker **Derek Adams**, whose talk is entitled *Lee Miller. 20th Century Women*. Lee Miller is a model turned photo-journalist, whose legacy consists of over 60,000 images & documents.

Doors open at 9.45am and the meeting starts at 10.30am. Refreshments are available free of charge until 10.15am. Visitors/non-Members welcome. We ask for a £3 donation towards refreshments and the speaker.

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

The Arts Society, Diss

We are a friendly and welcoming society that meets at the Corn Hall at 2.00pm on the third Tuesday of the month to enjoy a wide range of illustrated talks about the arts, given by highly qualified speakers.

15th September

THE ARTISTS' VILLAGE – Mark Bills
G.F. and Mary Watts in Compton

20th October

CARTOONS & CONTRACTIONS – Barry Venning
The wonderful world of Heath Robinson

17th November

STANLEY SPENCER – Amy Lim
Cookham, a village in heaven

December – no meeting

19th January 2027

AUSTRALIAN ABORIGINAL ROCK ART – Paul Bahn
The world's longest art tradition

16th February 2027

THE BANKSY EFFECT – Mariska Beekenkamp Wladimiroff
Art with attitude

For more information, visit: <https://artsocdiss.org.uk>
or email: info@artsocdiss.org.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 and right.

August's Ambles

<i>date</i>	<i>where</i>	<i>led by</i>	<i>miles</i>
11th	Newton Flotman Leave Palgrave at 9.45am The postcode is NR15 1AH which is St Mary's Close, but as soon as you pass the village sign of Newton Flotman, take the third little road left towards the bus shelter and follow the road round up the hill and park anywhere on that road. We can all gather at the bus shelter. We do need to cross the A140 half way through the walk so caution is required. Refreshments can be taken at the Foundry Garden Centre.	Margaret T	4.5
18th	Thornham Woods Departure time TBC Postcode is Thornham Magna IP23 8HH. Weather dependent, also start time but would confirm nearer the time. The cafe is open from 10.30am every day during the school holidays for coffee and scones etc.	Diane & Elaine	4 or 5
25th	Needham Lakes - The Darmsden Walk (Picnic) IP6 8NU As we did last time we visited this venue, we will meet at the cafe before we set off around 10.30am. For those who wish, bring a picnic, and we can enjoy lunch under the trees. The cafe will also be open.	Margaret T	4

Borderhoppa Outings

August 2026:		<i>Price per person</i>
Mon 1st	Cromer	£25.00
Thurs 3rd	Oulton Broad Waveney River Boat Trip and Lunch at The Wherry Hotel	£30.00 (Includes boat ticket)
Mon 10th	Great Yarmouth	£20.00
Thurs 13th	Peter Beales Roses	£15.00
Mon 17th	Southwold	£20.00
Thurs 20th	Felixstowe Town	£20.00
Mon 24th	Breckland Retail Park and Thetford Garden Centre	£15.00
Thurs 27th	Woodbridge Market Day	£20.00
September 2026:		<i>Price per person</i>
Tues 1st	Bressingham Garden Centre – Dial-a-Ride	-
Thurs 3rd	The Chip Inn, Long Stratton – Dial-a-Ride	-
Mon 7th	Lunch at Earsham Hall Tea Rooms	£8.00
Wed 9th	Bury Market Day (Diss Area)	£18.00
Mon 14th	Anglia Retail Park, Ipswich	£18.00
Thurs 17th	Attleborough Market Day	£15.00
Mon 21st	Brunch at Wortham Tea Rooms – Dial-a-Ride	-
Mon 28th	Stowmarket	£15.00

- 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



Palgrave Community Centre Cinema

**Sunday afternoon
matinee with
strawberry tea**

SONG SUNG BLUE

Sunday 16th August 2026

**WITH
STRAWBERRY
TEA FOR £10!**



**Doors Open 1.30 pm
Starts at 2.00 pm**

BOOKING ONLY, PLEASE CONTACT 07415 401577.

CHARITY NO. 269132

List of Regular Hirers

Contact:

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	clerk@palgrave-pc.gov.uk
	Palgrave Photographic Group	Phil Dyer 07597 495408
	Palgrave School	
Fri	Drama Tots	Donna Corbyn 07535 709969
	Community Club Members' Bar	Lee Lockwood 07884 972957
Sat/Sun	Palgrave Community Cinema (Sat) Private hire (Sat and Sun)	07415 401577 pdccbookings@gmail.com

		Andrew Gaskin Gardening & Groundwork 01379 783515 07638938486 a.gaskinggardening@yahoo.com
	Grass Cutting Pressure washing Small tree work Hedge work Gutter clearing Fence repairs and painting Shed felting Patios General maintenance	



AJB Electrical
For all your electrical needs!

Ashley Bridges
18th Edition Electrician

12 Victory Court
Diss, Norfolk, IP22 4GN

07955656332

AJB-Electrical@hotmail.com



Diss Garden Centre
Victoria Road
Diss
IP22 4JG
tel.01379 642873

For all your Gardening,
Pet Supplies and Wild Bird Food



Deliveries available. Helpful service and advice at all times

Advertise your business here!

To advertise your business in the
Palgrave Star, please contact:
palgravestar.adverts@gmail.com

Small box: £40 (H45 x W60mm)
Qtrr page: £60 (H90 x W60mm)
Half page: £110 (H90 x W130mm)
Full page: £175 (H190 x W130mm)

Prices are for 12 months' advertising.

EST 1977




**CONSERVATORIES ♦ WINDOWS ♦ DOORS ♦ FASCIAS
ORANGERIES ♦ GUARDIAN WARM ROOFS**

NIGEL SAYWOOD
Design Consultant
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Show Site: 01379 688 488
nigelh_saywood@yahoo.co.uk

SHOWSITE
Bressingham
Garden Centre
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