

SEPTEMBER 2026

The Palgrave Star

PALGRAVE
COMMUNITY CENTRE

Line dancing
EVENING

HOSTED BY
★ SIMS ZUMBA & LINE DANCE ★

★ FRIDAY 2ND OCTOBER ★

6PM DOORS OPEN

7PM LINE DANCING STARTS

WILL BE GOING ON FOR
1 HOUR & 30 MINUTES
WITH A BREAK IN THE MIDDLE

★ **BAR** ★
WILL BE OPEN FOR
DRINKS THROUGHOUT
THE EVENING

★ **BOOKING ONLY** ★

★ **£10** ★
PER PERSON

★ CALL OR TEXT ★ **07415 401577** ★

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 October issue is **8pm on Thursday 17th September.**

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 bookingspdcc@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
bookingspdcc@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 September issue!

We do hope that you've been able to enjoy some of the activities at the Community Centre this summer, whether it was the matinee film with cream tea, coffee mornings, bringing your children or grandchildren to the All Stars children's activity sessions or simply enjoying time on the playing field. Walks with the Palgrave Walking Group, outings with the Borderhoppa, visits to Thelnetham Windmill or the Grange Musical Collection were all on offer in Palgrave or

As mentioned last month, we have invested in additional safety measures on the wind turbine, and we cut the wildflower meadow area to reduce fire risk during the very dry weather that we've experienced.

For the safety and enjoyment of all users please keep your dogs on leads when you are on the playing field. Unfortunately, some people are still letting their dogs run around off-lead, which can cause anxiety to others, particularly children.

Coming up in the Autumn will be some new events – a Line Dancing evening in October and an Arabian food night in November, as well as the usual coffee caravan and charity coffee mornings and the return of regular classes.

nearby. Or you may have helped with, or noticed, the return of the phone box and its transformation!

Do come along and try something different: you'll find further details of these and other events in this issue.

Dates for your Diary

- Wed 2nd September **Grand opening and unveiling of Palgrave's historic phone box** 4.15pm by the phone box, opposite the church.
- Sat 19th September **Film Night: *Michael*** 7pm for 7.30pm
- Mon 21st September **Coffee, cake and Company** 10am – 12noon
Refreshments, book and jigsaw puzzle swap and guest speakers with lots of useful information.
- Fri 25th September **Needles & Pins Craft and Coffee afternoon** 2.30 – 4.30pm.
Bring your sewing, knitting or crocheting to work on and chat.
- Fri 2nd October **Line Dancing Evening – see poster on front cover**
- Sat 17th October **Spruce up Palgrave** 10am – 12 noon.
Meet at the church at 10am.
- Sat 24th October **Autumn Quiz.** £10pp with baked potatoes, pulled pork and coleslaw, cheese or baked beans.
- Fri 13th November **Arabian Night – see poster on back cover**
- Sun 6th December **Evening of Clairvoyance** with medium John Julian.
6.30pm for 7pm. £12 entry, £10 for PDCC members.
Bar open and raffle.

News from your Parish Council

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.



Norwich 2 Tilbury Pylon Project (N2T): A Community Fund webinar last month indicated we may be eligible to apply to N2T for grants through this scheme. At this point we don't know how much exactly MIGHT be available to us as we await that guidance but it could be up to £200K per one (1) kilometre of overhead line. Without getting our calculators out, we are hopeful that we can get some form of monetary benefit for the community. But we ***need your feedback*** as without community feedback, no monies will be available.

☀️ Help Shape the Future of Palgrave! ☀️

If we're successful in securing funding from **N2T**, we'd love your ideas on projects that would make a real difference in our community. What would you like to see happen in Palgrave? Whether it's improving green spaces, supporting local activities, enhancing facilities, or something completely new—we want to hear from you!

💬 **Share your ideas and help us prioritise the projects that matter most to our residents. Together, we can make Palgrave an even better place to live.**

It doesn't matter how big or small your idea, talk to us, send your concept to the clerk, contact details on the opposite page. Without feedback, we might not receive a penny! There'll be another opportunity to share your ideas by way of a questionnaire at the CPR / First Aid refresher training course at the PDCC on Friday 16 October – see separate advert for this important event.

September Agenda item:

Please note there will be an agenda item under planning to discuss a new development of mixed homes on the eastern edge of Upper Rose Lane, comprising 23 new homes including 8 affordable units. A representative from the developer will be present to answer any questions about the plans, which have not gone to full planning yet. A Pre-application Enquiry to BMSDC has already been submitted. The Planning Officer's comments will be relayed to us.

GRAND OPENING AND UNVEILING

Palgrave's Historic Trail Interpretation Board & Revitalised K6 Phone Box



4.15pm Wednesday 2 Sept
On site! You know where!!

You are invited to the official opening of this unique combined project to toast a glass to the many people involved who have been instrumental in bringing it to life!



We are privileged to have the
Chair of Mid Suffolk District Council with us on the day.

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



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 info. to follow in the next edition. Volunteers always needed so please give us 2 hours of your time to help tidy up the village. Please contact the Clerk.

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

Palgrave Village CPR & AED Training

16 Oct. 2026 @7:30pm



**Early booking
recommended!**

- *Would you be able to save the life of a neighbour, friend or family member?*
- *Do you know how to recognise a Cardiac Arrest and what to do?*
- *Do you know what an AED is?*
- *Do you know how to use an AED when time really matters?*

**Trainer: Rachel Hillier, First Responder with
East of England Ambulance Service NHS Trust**

**Book your (free) ticket at
<https://www.ticketsource.co.uk/Palgrave>
or use the QR Code**



For information, contact Heribert at Palgrave.VETS@hotmail.com.

This event is a collaboration between and sponsored by
Palgrave Parish Council and Palgrave & District Community Centre

HOXON HUNDRED MORRIS

Hoxon Hundred Folk is the name of a Cotswold Morris team (who occasionally squeeze in a North West or Border dance in their routine). We practice in St Edmunds Hall, Hoxne, IP21 5AN every Wednesday from September through to May, from 7.30pm onwards.

We have a very enthusiastic, friendly team of dancers who all love the dancing and the social life which comes with it. However, we can't dance without music and this is a plea to anyone who has a musical instrument to come along and experience playing for Morris dancers.

The majority of tunes we play are very simple and are set in G or D scales. We don't expect anyone to walk in and just be able to play without help and guidance. We have an experienced melodeon player who will provide plenty of assistance and support, including score music if required.

We also hold little sessions every so often in our homes for those who would like to practice or learn tunes. All very cosy with tea, coffee, cakes and plenty of laughs!

So if you are musician of a good standard or someone who is just learning to play please, please come along and give our practice nights a try.

If you would like to speak to someone before coming along, please call Jenny 07403 637517 or Jane 07568 468186.

We look forward to enjoying an evening with you!



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 24th September 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

Suffolk Sight



Suffolk Sight is the sight-loss charity for Suffolk.

Our purpose is to improve the lives of people affected by sight loss, throughout Suffolk.

We work hard to provide services that are friendly and practical, and to raise awareness of the different aspects of living with sight loss. Our dedicated team are here to offer support, advice and guidance based on your individual sight loss needs. We will work closely with you for as long as you need, offering ideas and solutions to help with confidence and independence.

If you need transport please contact Anne 01379 644931



The Help & Hope Team - Benefice of North Suffolk



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

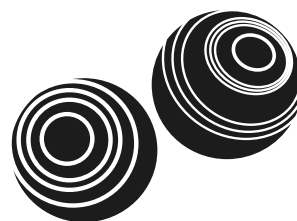


Carpet Bowls

Mondays 2.00pm–4.00pm Palgrave Community Centre

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

Contact Jean Potter 07415 401577



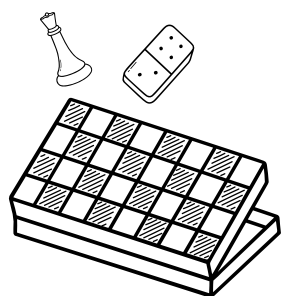
Friendship Club

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

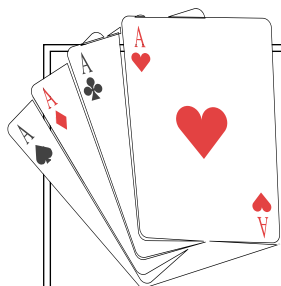
**Mondays
7.00pm – 9.00pm**

Palgrave Community Centre

Experienced players welcome

£3.50 a session

Contact Jean Potter 07415 401577



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.



PALGRAVE COMMUNITY CENTRE CINEMA

MICHAEL

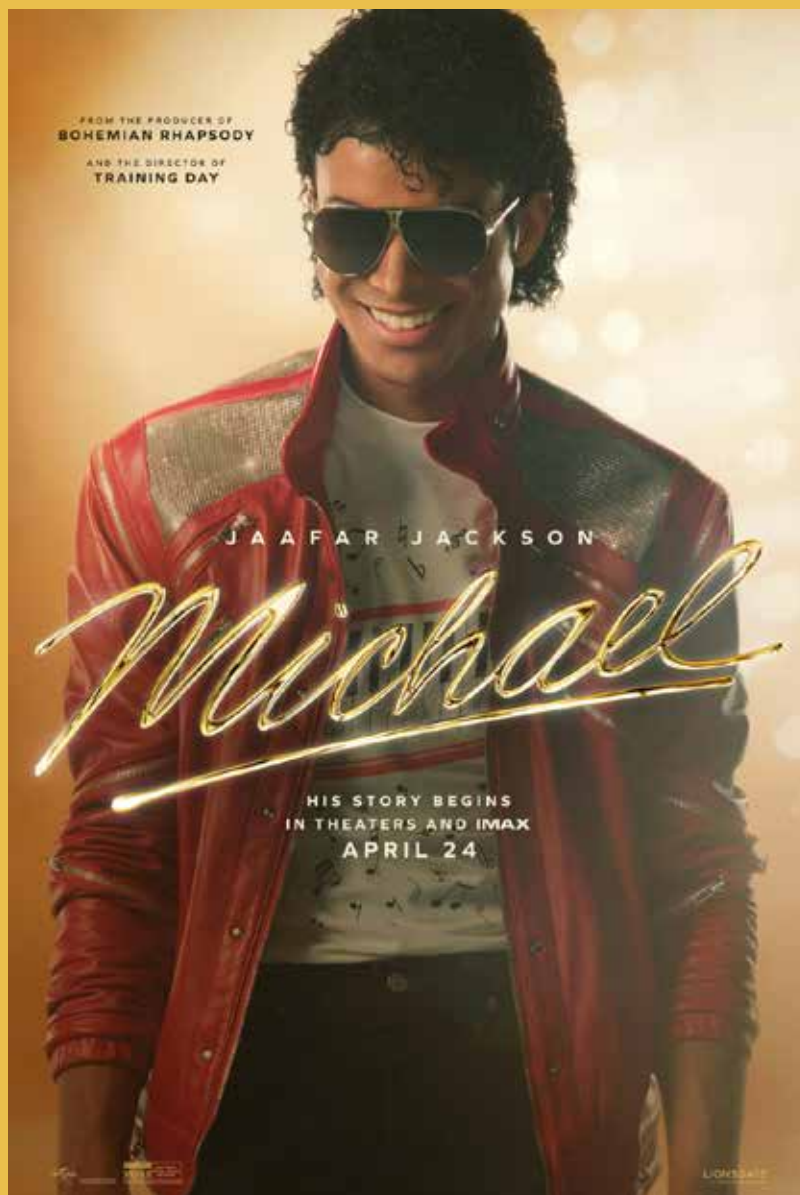
For all those Michael Jackson fans!

SATURDAY 19TH SEPTEMBER 2026

DOORS OPEN 7:00PM FOR 7:30PM START

£6 entry for non-members, £5 entry for members.

Licensed bar will be open.



Booking is essential! Please contact 07415 401577.

CHARITY NO. 269132

Help Keep Street Forge Workshops Open!

Everyone deserves the opportunity to learn, create, belong and live with purpose.

For adults with physical, sensory and learning disabilities, and those experiencing mental health challenges, Street Forge Workshops in Thornham Magna is far more than a day service.

It is a place where confidence grows, friendships flourish, skills are developed and lives are transformed.

Every day, our participants learn woodworking, turning, arts and crafts, cooking and other creative skills. Guided by dedicated staff and volunteers, they gain independence, self-belief and the pride of making a meaningful contribution. At Street Forge, people are recognised for their abilities, not defined by their disabilities.

For decades, Street Forge has delivered outstanding outcomes and built a reputation as a trusted, high-performing charity. As traditional local authority funding continues to decline, we are embracing a new vision that includes innovation, community support and

sustainable fundraising. Every contribution will help us strengthen our programmes, invest in equipment and facilities, expand opportunities for the people we support, and build a financially sustainable future that delivers lasting social impact.

By supporting Street Forge, you are investing in an organisation with a forty-year proven track record and an unwavering commitment to empowering adults with disabilities to reach their full potential. Please go to the Just Giving website at www.justgiving.com and search for 'Street Forge Workshops' to make a donation.

Together, we can ensure Street Forge Workshops continues to inspire, create opportunities and enrich lives for generations to come. If you are unable to donate, please help by sharing this campaign with others who believe in the power of inclusion, opportunity and purpose.

Thank you for investing in the future of Street Forge Workshops and the remarkable people whose lives it transforms every day.



u3a Diss

September's monthly meeting will take place on **Thursday 3rd September** 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 **Owen Thompson**.

Owen, now retired, worked for English Heritage, the Churches Conservation Trust and taught A-Level Archaeology. He talks to us about

The 18th & 19th Century Fabric of Norwich Cathedral.

The cathedral underwent numerous repairs and alterations during the 18th & 19th centuries, due to changing liturgical and aesthetic ideas.

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.

September Strolls

<i>date</i>	<i>where</i>	<i>led by</i>	<i>miles</i>
8th	Stoke Holy Cross Leave Palgrave at 9.30am Park at the Community Hall, Long Lane, Stoke Holy Cross IP14 8LY. Refreshments at the Wildebeest in the village if they take walkers!	Margaret T	5
15th	Kenninghall Leave Palgrave at 9.45am for 10.15am start We'll park at the Village Hall in School Close (NR16 2EL). I suggest we take post-walk refreshments at the 16th century, newly renovated, King's Head at North Lopham which will be serving hot lunches - see their website for menus and to pre-order. Alternatives include the Market Place, a small cafe in central Kenninghall (parking very limited) or Bressingham and Diss.	Hilary	5
22nd	Syleham Leave Palgrave at 9.45am Park at Syleham Village Hall IP21 4LT. Best route is to go via Hoxne. If the Swan in Hoxne has re-opened, then we will go there.	Margaret T	4
29th	Redgrave & Lopham Fen Leave Palgrave at 9.40am for 10am start Visitors Centre, Low Common Rd, South Lopham, Diss IP22 2HX. Refreshments at Blooms, Bressingham Gardens.	Leo	4.75

Borderhoppa Outings

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

October 2026:		<i>Price per person</i>
Mon 1st	Notcutts, Norwich	£15.00
Thurs 3rd	Stoke Ash White Horse – Dial-a-Ride	-
Mon 12th	Hillcrest Nurseries, Stanton	£10.00
Thurs 15th	Bungay Market Day	£10.00
Mon 19th	Thetford Town and Garden Centre	£15.00
Mon 26th	Longwater Retail Park and Lunch at The Copper Beech	£18.00
Thurs 29th	Taverham Garden Centre	£18.00

- 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

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

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 bookingspdcc@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	



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Small box: £40 (H45 x W60mm)
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nigelh_saywood@yahoo.co.uk

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www.jackamans.co.uk

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Harleston, Norfolk, IP20 9BH
Tel: 01379 851253

- Denmark House,
1 & 2a Carmel Works,
Park Road, Diss, Norfolk, IP22 4AS
Tel: 01379 831332

- Moore House,
8 Fore Street
Framlingham, Suffolk, IP13 9DY
Tel: 01728 723448 (Formerly Moore Bros)



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