NOVEMBER 2026

The Palgrave Star

PALGRAVE COMMUNITY CENTRE

CHRISTMAS

Prize Bingo

Saturday 28th November

Doors open 6.30pm • Eyes down 7pm

Licensed Bar • Raffle

£6

6 BOOKS of 8 GAMES

2 EXTRA GAMES @ £1 EACH

Call or text 07415 401577 to book your place!

Children welcome but must be accompanied by an adult

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 £13 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 editorial team at:
thepalgravestar@gmail.com

The deadline for the December issue is **8pm on Tuesday 17th November.**

***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

Palgrave Star editorial team:
Sian Bunbury, Helen Thorburn, Jackie McDonald

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 November issue!

The Trustees aim to provide a range of activities in the hall, lounge bar and on the playing field and park, for different age groups and interests. Posters in this issue show what we have going on for the next couple of months. The Palgrave Star also gives details of regular hirers: please contact them if you are interested in joining one of the many activities which are on offer. The Centre is a lovely venue and the Trustees rely on your support and interest to enable us to carry on with these events and continue to improve what we can offer.

The **PDCC AGM** is on **Wednesday 18th November 7.30pm at the Community Centre** (see notice on page 4).
A summary of the past year will be presented. Members will be able to vote on matters which are raised.

We would really like your input on some of the projects which we have in mind. In particular we would like to improve the play areas, such as upgrading the surface under the swings, providing some accessible equipment and fencing around the play equipment. This would improve security and dogs could be kept away from the children at play.

Maybe you would like to become a Trustee? Come along and find out more. Do you run a business locally? Would you like to advertise in The Star? We can provide more information if you are interested.

And finally...

A big thank you to those who have responded positively to keeping your dogs on leads, so that the field can be enjoyed by all residents.

Dates for your Diary

Sat 14th November	**Film night:** ***I Swear*** Doors open 7pm, film starts 7.30pm. *See page 17 - to book please contact 07415 401577.*
Mon 16th November	**Coffee, Cake & Company** 10am-12pm. *See page 14.*
Wed 18th November	**PDCC Annual General Meeting** 7.30pm
Sun 22nd November	**Palgrave Christmas Fair** 10am to 3pm. *See back cover*
Fri 27th November	**Needles and Pins** 2.30–4.30pm
Sat 28th November	**Christmas Prize Bingo** Doors open 6.30pm for 7pm start**.** *See front cover for details.*
Sun 6th December	**An Evening of Clairvoyance with John Julian** Doors open 6.30pm for 7pm start. £12 entry, £10 for PDCC members. Bar open and raffle. *See page 18.*
Wed 9th December	**PDCC Club (bar) AGM** 7.30pm
Sun 13th December	**Christmas film and afternoon tea** Keep a look out for details
Sun 20th December	**All-Stars Free Family Event** Crafts, games, sports. 11am–2pm. Details from 07507 862660

Please come along to any of these events – you will be very welcome!

Notice of
Palgrave and District Community Centre
Annual General Meeting

NOTICE IS HEREBY GIVEN that the Annual General Meeting of Palgrave and District Community Centre will be held at Palgrave and District Community Centre, Upper Rose Lane, Palgrave at 7.30 on Wednesday, 18th November 2026 to transact the following business:

I. Consideration of the Chairperson's annual report
II. Consideration and adoption of the annual accounts
III. Consideration of the level of annual subscription payable by Members
IV. The election of Officers and Trustees
V. The Continuation of the Independent Examiner of the Charity's Accounts
VI. Notice of Approved Membership Organisations
VII. Such other matters as the Chairperson shall deem

The Annual General Meeting is open to all paid-up members of the PDCC. It is your opportunity to hear about this year's activities, to ask questions and to make suggestions about future activities.

Officers and a Trustee Committee will be elected for the coming year at this meeting.

Emergency Briefing on the climate and nature crisis

17th January 2027, 4.00–6.30pm

Join us for a screening of the **People's Emergency Briefing** - an eye-opening 50-minute film bringing together leading UK scientists and experts with the latest evidence and why it matters. After the film there will be an open discussion about what it means for our community and what we can do locally.

National Emergency Briefing

People's Emergency Briefing

On the climate and nature crisis

Palgrave

Free film screening (50 minutes) and community discussion.

Palgrave Community Centre, IP22 1AP.
17th January 4.00pm to 6.30pm.

www.nebriefing.org

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Charity Coffee Morning

Thursday 26th November from 10.30 to 12.00



Come and join us at The Palgrave Community Centre

All are welcome



Donations for the Refreshments this month are to

The Salvation Army

Donations of gifts will also be gratefully received for the SA Christmas Appeal

Most children receiving gifts are under 11 years, though some will be teenagers. All gifts, toys, books and pens should be unwrapped, new, gender neutral if possible, and toys must have a CE label.

If you need transport please contact Anne 644931



The Help for 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

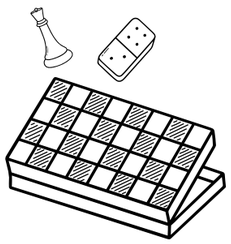


Mondays 2.00pm-4.00pm Palgrave Community Centre

£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

Palgrave Church Christmas Entertainment with performers from The Palgrave Players

Friday 4th December, 7.30pm

Save the date – further details coming soon!

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



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

Palgrave Volunteer Emergency Team

Palgrave's own **Volunteer Emergency Team** is trained and ready to assist with **CPR and defibrillation** in the critical moments before emergency services arrive.

In a cardiac emergency:

1. Call 999 first
2. Then call our local number: **01379 844989**
A nearby volunteer will respond and be with you as quickly as possible.

Save precious time – store this number in your phone or keep it somewhere visible at home, like the fridge or noticeboard.

To find out more or join this vital local initiative, email us at:
Palgrave.VETS@hotmail.com



Palgrave VETS Number:

01379 844989

For cardiac emergencies, call **999** first.

News from your Parish Council

The next meeting is on Thursday 12 November at 7.30pm in the PDCC lounge. If you'd like to know more about the PC, feel free to pop by and sit in on a meeting to see how we work. You can stay for as long or as short as you like – you don't have to sit in on the whole meeting. We're friendly and informal so drop by!

Litter and other similar matters: Last month someone picked up a framed picture from outside a property and threw it into Priory Wood and then walked away! We have to ask who would do such a thing? It resulted in the glass shattering into many tiny pieces, strewn across the path and undergrowth. Luckily a volunteer cleared it up before any living creature was harmed, human or animal, but it was quite a task to remove it all. Priory Wood and all of our green spaces are there for the pleasure and enjoyment of everyone. If you see any such behaviour please do alert us immediately.

Learning from this incident, could we kindly ask if you have any item you are either giving away or selling at your home, that you please ensure it's left on your own property and not on the grass verges. We know it won't stop mischief makers, but at least the property owner might be alerted to someone on their drive and it just may prevent a recurrence of this sort of conduct. We really appreciate your help with this.

Talking of litter, we're still awaiting MSDC approval to site a bin at the bus shelter.

Norwich 2 Tilbury Pylon Project (N2T): We've drafted a small questionnaire for residents to complete asking for ideas on how to spend any monies ***IF*** we are eligible for grants as a result of the proposed pylon works. Please look on our website under External Energy Projects on the main page to access it and return it to the parish clerk once completed.

Bin Lorries at Forge Close: Signage has helped reduce the instance of car owners blocking the access to Forge Close so the refuse lorries can drive in. We appreciate this is a very tight junction and it doesn't help if the lorries arrive at school drop off time, but please just bear it in mind, particularly on Tuesdays, which is the regular bin day.

Solar Farms: The Grange Solar Farm build is nearing completion. Testing and commissioning will be carried out over the winter months with a view to starting to export solar power in April '27. Updates can be found on our website under External Energy Projects. In the meantime, archaeological trench digging has started at the adjacent Marsh Farm site with approx. 300 dug over an 8–10-week programme. Construction works are anticipated to commence in spring/summer '27. We will be notified and invited to a pre-construction public information meeting to provide an opportunity to discuss the construction programme, answer questions and address any concerns. A request has been made to Aura, with Wortham Parish Council copied in, to engage with the Community via a Liaison Group as was established for Grange Farm.

A Lows Footpath Working party (again!): We hope to form a WP to tackle The Lows Footpath again in the spring. An amazing group of volunteers did a huge body of work about two years ago, after which the path looked so neat and tidy. But we can't beat nature and the growth creeps back onto the tarmac, reducing the width of the path in the process. The nettles and thistles sneak over the path and make it difficult for walkers, especially for pushchair users and those with walking aids. A few weeks ago, we had an interesting discussion with SCC Public Rights of Way about the maintenance of this specific path, explaining why we had to remove the cut from their PROW programme. It needs cutting at least 3 times a year. PROW were only doing it twice a year; we were always the last parish on the schedule by which time it was already overgrown and we were inundated with complaints.

The PC has spent a lot of money over the last few years on trying to improve the path. Much of it has gone to waste as nature takes back control, so we are reluctant to spend more of your precept money on trying to maintain it apart from the three annual cuts. We will be speaking to the landowners on each side of the path to try and encourage more involvement by them. However, we feel we need to host another Working Party in the spring to really tackle it again and would be grateful for any volunteers. We can then agree a date, or set of dates, to get stuck in. If you would like to be involved, please contact the Clerk who will gather names. If you have any complaints about the path, please send these to the Clerk as PROW are no longer responsible for its upkeep.

Parish Council Vacancies: By the time you read this, our requirement should officially be reduced from 11 to 9 Parish Councillors. We currently only have 6 Councillors, so a fairly large shortfall. New members are welcome, young and old alike, from all walks of life, who are interested in what happens in Palgrave and how we can influence that as a Council. We need your help to create a strong, community-led Parish Council. Diversity is encouraged – it provides a more balanced view when discussing matters that are important to the people of Palgrave. Please refer to the page 'Role of a Parish Councillor' on our website, if you wish to know more about what it means to be a Parish Councillor in your area.
Meetings are currently on the 2nd Thursday of the month in the PDCC Lounge, starting at 7.30pm and are usually finished before 9.30pm. They seldom last longer, so not a huge commitment required in terms of time. But you can get involved as much or as little as you like outside of those meetings, the choice is yours!

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/

News from your MP, Adrian Ramsay

I visited Palgrave on Monday 21 September for a public meeting as part of my village tour of Waveney Valley. My visit was a valuable chance to hear directly from residents about the issues that matter to them locally, including community services and the local environment.



My office is now aware of the Crossing Road water leak and antisocial behaviour surrounding the community centre.

In Parliament, I've asked the Government what more can be done to give local authorities and the Environment Agency the powers and resources they need to properly enforce environmental protection.

If you would like to book an appointment to meet with me or to contact me about an issue, please do get in touch. My contact details are:
Tel: **01379 830 200**
Email: waveneyvalleyoffice@parliament.uk

Best wishes
Adrian

Urgent Call for Arts & Crafts Supplies!

Palgrave All-Stars urgently needs donations of arts & crafts materials for our upcoming children's events! We are currently planning ahead for Christmas and beyond, and we'd love the community's support to keep running fun, creative, and engaging sessions for local kids.

Wishlist Items Needed:

- **Paint & Tools:** Paints, paintbrushes and felt-tip pens
- **Crafting Essentials:** Felt, split pins, wool, buttons, pom-poms, ribbons, straws, paper plates and pipe cleaners
- **Kits & Storage:** Unwanted or unused craft kits, plus storage units (drawers, plastic containers, tote bins, etc.)

How to Donate:

- **Drop-off Location:** Palgrave Community Centre
- **Contact:** Call **George** on **07507 862660** for details or drop-off arrangements.

Every single item helps—thank you so much for your generosity and support!

North Suffolk Benefice Church Services
November & December 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.

NOVEMBER 2026

Sunday 1st – All Saints Day
Jam, Joy & Jesus! at Palgrave

9.30am Breakfast and Worship starts at 10.00am

8.45am	BCP Communion	Rickinghall
9.30am	CW Communion	Thrandeston
3.00pm	All Souls Service	Rickinghall
3.30pm	Service for Departed Loved Ones at Palgrave	

Sunday 8th – Remembrance Sunday

10.30am	Remembrance Service with Holy Communion	Rickinghall
10.45am	Remembrance Service	Burgate
10.45am	Remembrance Service	Palgrave
10.45am	Remembrance Service	Wortham
10.45am	Remembrance Service at	Oakley (incl. Stuston, Thrandeston & Brome)
3.00pm	Remembrance at the Botesdale/Rickinghall War Memorial	

Sunday 15th – 2nd Sunday before Advent

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

Sunday 22nd – Christ the King

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

Sun 29th – Advent Sunday
10.30am **BENEFICE SERVICE at Burgate Church Hall**

DECEMBER 2026

Sunday 4th – Advent 2
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.

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.

November walks

date	*where*	*led by*	*miles*
10th	**Pakenham** **Leave Palgrave at 9.35am for 10.15am start latest, please.** We start at Ixworth village hall IP31 2HH. Eventually reach the Mill at Pakenham where there may be time to have a short browse around the mill shop, if open. On through the village of Pakenham we pass the Water Mill before crossing the main road back to Ixworth. Unfortunately Leader not able to stay for lunch, but the Pyykerill Inn at Ixworth is open from 12-10pm on Tuesdays.	Sue	**4.5**
17th	**Fair Green** **Meet by the Angel Café at 9.45am** Local walk - food can be decided on the day.	Bob	**4**
24th	**Great Livermere Lakes** **9.45am Palgrave, assemble 10.15 for 10.30 kick off** Parking easy. Church Road, The Street, Gt Livermere, Bury St Edmunds IP31 1JT Walk to the lovely pub The Cadogan Arms for lunch snack drinks etc at Ingham (it's in middle of walk). Pub opens at 12pm on Tuesdays.	Alison	**4.5**



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: **bookingspdcc@gmail.com**

Just turn up, no need to book!

THIRD MONDAY OF THE MONTH 10AM -12PM

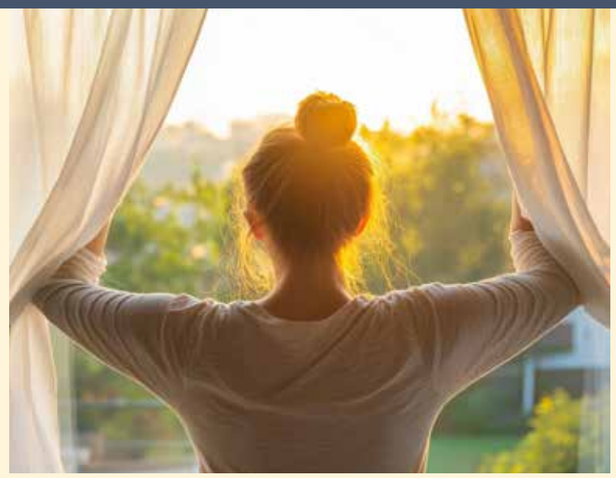
Palgrave Community Centre, Upper Rose Lane, Palgrave, IP22 1AP

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

www.ruralcoffeecaravan.org.uk

A word from Sarah at Rosedale Bereavement Support

Sarah Howard, Rosedale Funeral Home Bereavement Support Group Facilitator



The 'September reset'

As I write, it is the middle of September and the more spontaneous, 'outdoorsy' days of summer are behind us. For some the new school term has started, and it is time for a more structured routine. We can appreciate the freshness of the new autumnal season as we head towards Christmas and a new year and it is an opportunity to get ahead by reviewing finances and de-cluttering or reorganising our living space ready for the next season.

Farmers are harvesting and communities will be celebrating with harvest festivals and suppers and taking the opportunity to collect natural food from the hedgerows: damsons, blackberries, crab apples and sloes. Even without much rain this summer, I've still had a decent crop of apples and pears from the trees in my garden.

Many will be busy turning these fruits into chutneys, jellies, jams, pies and crumbles. I have to admit that a personal favourite of mine is homemade sloe gin, best enjoyed on a cold winter night in front of a roaring fire.

Other times in our lives when we may need to reset – such as retirement, empty nest, a new job or a house move – may bring new opportunities and a welcome chance to reorganise and re-prioritise what is important to us.

Perhaps the biggest and most difficult 'reset' of all, though, is bereavement. It can be incredibly difficult to adjust to the death of someone close to us, often because it is unexpected and can throw our lives into unwelcome chaos. Even if a death was expected due to illness, there are still many challenging tasks to complete such as paperwork and deciding what to do with clothes and possessions.

Our regular routine will also change, from caring for our loved one or taking them to and from hospital for appointments: the things we did together are no longer a part of daily life and we will be trying to cope with the emotions associated with loss, such as loneliness, sadness and anger.

It can take a long time to get used to the changes caused by bereavement and some may even resist or fight change as a way of refusing to accept what has happened.

However, there is hope that over time we can learn to accept our current situation and adjust to the changes in our lives. This does not mean that we have stopped loving and missing our loved one or that we like our new circumstances, just that we have begun to adapt to life as it is now.

Talking to others who are also grieving can be very supportive. Rosedale's bereavement support groups are free and open to everyone, and take place throughout Norfolk and Suffolk.

*If you've been bereaved (recently or in the past) and would like to join one of Rosedale's Bereavement Support Groups, please call **01379 640 810** to reserve your free place. All groups are free and confidential.*

Your local community transport

borderhoppa
transport for the community

Need a lift? Borderhoppa provides friendly, affordable door-to-door 'Dial-a-Ride' transport for shopping, appointments and everyday journeys. We also run members' outings throughout the year and offer group hire to not-for-profit organisations.

November 2026:

Mon 2nd	**The Foundry Garden Centre, Tasburgh**	£8.00
Thurs 5th	**Thorndon Black Horse**	Dial-a-Ride
Mon 9th	**Cherry Lane Garden Centre, Pulham Market**	Dial-a-Ride
Mon 16th	**B&M and Beccles Town**	£15.00
Thurs 19th	**Goodies Breakfast and Farm Shop**	Dial-a-Ride
Mon 23rd	**Blackthorne Barns Xmas Shop and Tea Room**	£15.00
Thurs 26th	**Snape Maltings**	£15.00
Mon 30th	**Tea & Cakes at The Pennoyer Centre, Pulham**	Dial-a-Ride

December 2026:

Mon 7th	**Highway Garden and Leisure**	£15.00
Thurs 10th	**Waitrose Café & Wymondham Garden Centre**	£15.00
Mon 14th	**Bressingham Garden Centre**	Dial-a-Ride
Thurs 17th	**Bury St Edmunds Town**	£18.00
Mon 21st	**Borderhoppa Christmas Meal**	£TBC

BOOKINGS & ENQUIRIES 01379 854800 • borderhoppa.org

Could you help Borderhoppa?

We're looking for new volunteer trustees to help guide our community transport charity. You don't need trustee experience, just an interest in supporting local people. Finance, HR, fundraising or marketing skills are welcome, but not essential. Meetings are usually monthly (often less).

Interested? Please get in touch on **01379 854800**.





u3a Diss

The monthly meeting takes place on the morning of the first Thursday of each month 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.

Our speaker on Thursday 5th November is **Ben Potterton** from **the Otter Trust.** Ben will share his knowledge of Dickleburgh Moor, now designated a scheduled monument by Historic England.
(More information at https://historicengland.org.uk, listing ref 1490829)

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.

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

The Arts Society Diss

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.

NOTICE IS HEREBY GIVEN
that the
Annual General Meeting of Palgrave Community Centre Club will be held at PALGRAVE COMMUNITY CENTRE on Wednesday 9th December 2026 at 7.30 pm

››› SOLD OUT! ‹‹‹
Arabian Night on Fri 13th November
››› SOLD OUT! ‹‹‹

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, email palgravewelfaretrust@gmail.com or phone 01379 643635.

All matters are dealt with in the strictest confidence.



LIST OF REGULAR HIRERS

Day	Group	Contact
Monday	Line dance for beginners	Simone Holden 07576 315458 simsfitnessnorfolk@gmail.com
	Carpet Bowls	JeanPotter via 07415 401577
	LK Dance	Lynne Bailey 07835 021439 lynne@lksschoolofdance.co.uk
	Line Dance	Melissa Hawkes montereydance@hotmail.com
	Cribbage	Jean Potter via 07415 401577
Tuesday	Drama Tots	Nikki Poll nikki@dramatots.co.uk
	Diss Art Group	Phil Dyer 07597 495408
	Friendship Group	Jean Potter via 07415 401577
	Yoga	Susie Wonfor 07761 603061 Susiewonforyoga@gmail.com
Wednesday	Zumba	Simone Holden 07576 315458 Simsfitnessnorfolk@gmail.com
	U3A Camera Club	Barry Davis barryindiss@gmail.com
	Extend	Polly Lavender 01379 643212 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	
Thursday	Line dance for beginners	Simone Holden 07576 315458 Simsfitnessnorfolk@gmail.com
	Help for Hope Coffee Morning	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 School	
Friday	Needles & pins	Helen Thorburn 01379 651749
	Palgrave Photographic group	Phil Dyer 07597 495408
	Community club Members bar	Lee Lockwood 07884 972957
Saturday	Palgrave Community Cinema	07415 401577 bookingspdcc@gmail.com
	Private Hire	07415 401577 bookingspdcc@gmail.com
Sunday	Private Hire	07415 401577 bookingspdcc@gmail.com

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