

The Palgrave Star

March 2025

Friday
4th April 2025



LICENSED
BAR WILL BE
OPEN.

CHOCOLATE BINGO!

£1 PER
BOOK
£5 FOR
6 BOOKS!

RAFFLE!

Palgrave Community Centre

Doors Open at 6.30 pm
Eyes Down at 7.00 pm

AS WE HAVE LIMITED NUMBERS, PLEASE CALL
OR TEXT 07415 401577 TO BOOK YOUR
PLACES.

CHILDREN WELCOME, MUST BE
ACCOMPANIED BY AN ADULT.

CHARITY NO. 269132

Forthcoming Events at the Community Centre

Friday 4th April	Chocolate Bingo
Sunday 6th April	Easter Craft Fayre (see back cover)
Sunday 11th May	9.00am - 2.00pm Palgrave Garage Sales £10 (Members £5) contact Jane: 07415401577 to book.
Saturday 17th May	Quiz
Sunday 22nd June	Summer Fete



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 and the editor is Heather Goddard. The Palgrave Star keeps the community in touch with village life and is delivered free to every household in the village.

It is also available online at <https://www.pdcc.co.uk/>

The Palgrave Star

The Palgrave Star has been produced in good faith but errors may occur during production. Please let us know if this happens so that it can be corrected.

The deadline for the next issue is 8pm on 20th March.

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

You can also contact the editor, Heather on 07917355614.
To advertise your business in The Palgrave Star contact:
palgravestarc.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

Monday	Mini & Me Carpet Bowls LK Dance Line Dance Cribbage	Laura Nichols 07763111638 Jean Potter via 07415401577 Lynne Bailey 07835021439 Melissa Hawkes montereydance@hotmail.com Jean Potter via 07415401577
Tuesday	Drama Tots Diss Art Group Friendship Group Red Heart	Donna Corbyn 07535709969 Phil Dyer 07597495408 Jean Potter via 07415401577 Private Group
Wednesday	Extend Board Games Discovery Tutors LK Dance Bereaved by Suicide Support Group Palgrave School	Polly Lavender 01379 643212 / 07739529449 George 07507862660 / Pauline 07503161785 Di Grantham 07425171970 Lynne Bailey 07835021439 Susan Whymark 01379 871168 susan@susanwhymark.co.uk
Thursday	Art / History Help for Hope Coffee Mornings Conversational French Discovery Tutors Ukaholics Anonymous (Ukulele group) Palgrave Parish Council Palgrave Photographic Group Palgrave School	Tania Harrington tkharrington@hotmail.co.uk Ginny Manning 01379 644229 Di Grantham 07425171970 Di Grantham 07425171970 Pete Arnold 07934432185 palgravepc@gmail.com Phil Dyer 07597495408
Friday	Drama Tots	Donna Corbyn 07535709969
Saturday	Private Hire	pdccbookings@gmail.com / 07415401577
Sunday	Private Hire	pdccbookings@gmail.com / 07415401577

Volunteer role compiling The Star

Heather Goddard who currently compiles The Star is standing down and PDCC Trustees are looking for a volunteer to compile the monthly editions of The Star for submission as a PDF to the printers.

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 printers and dealing with any queries.

Trustees will have selected the content for inclusion.

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.

Saturday 22nd March 10.00am - 4.00pm
Coffee, Cake and More
Meet the Volunteer Groups in the Village

Come along to meet representatives of the Community Centre, Church, Parish Council, newly formed V.E.T.S. group and Palgrave School to see what goes on at the Community Centre and in the village.

Some of the old photos of the village will be on display together with the popular scrap books collated by the late Jean Thorndyke.

Refreshments will be available, which will include bacon rolls from late morning.



St Peter's Church



Sunday 23rd March 10.30am
Village Walk followed by Lunch

Meet at the Community Centre at 10.30am for a walk of between 2 to 3 miles (the route is dependent on the weather conditions) with lunch served at around 1.00pm. Dogs on leads are welcome on the walk but please note dogs are not allowed in the Centre.

Lunch will be Sausage Casserole served with vegetables followed by dessert.

Come along for the walk only at no cost but for those staying for lunch the cost will be £10. Booking is essential.



Palgrave Community Centre Cinema

Saturday 8th March 2025

WILDING

Doors open 7pm for 7.30 start



RUNNING TIME 1HR 11 MINUTES

Wilding is a film that follows the story of Isabella Tree and Charles Burrell, who transformed their farm in West Sussex into a wildlife haven. The film shows the beauty and diversity of the Knepp Estate, as well as the challenges ...

The story of a young couple that bets on nature for the future of their failing, four-hundred-year-old estate. The young couple battles entrenched tradition, and dares to place the fate of their farm in the hands of nature.

Booking essential Call /txt 07415401577

Members £4 Non members £5

LICENSED BAR OPEN & ICE CREAMS DURING INTERVAL

Charity no ... 269132



PDCC Chair's Report 2024

(As presented at the February 2025 AGM)

Another year has passed by in the blink of an eye, and it's time to review our performance once again.

Governance

We have recorded no changes to our governance arrangements over the year.

Work has been carried out to ensure the requirements of the Fire Risk Assessment and the Playground Inspection Report were met or exceeded.

Last year's AGM was held in February 2024 and the minutes are available. The meeting was attended by 19 Members and the Officer posts were filled with the exception of the Vice Chair. There is currently one position vacant.

Personnel

There has been one change to the PDCC Trustee Committee. During 2024 a request was received from the Parish Council to appoint a Representative. This was accepted by the PDCC Trustee Committee. It was agreed that having this role would strengthen the link between the two organisations, particularly where they overlap. Unfortunately, the person concerned has had to resign for personal reasons and this position is now vacant.

It hasn't ceased to amaze me the effort the Trustees put into making sure the Centre runs smoothly and that events are enjoyed by everybody who attends. I am grateful to them all, and hope that everybody is appreciative of their dedicated hard work.

Bookings and Events

The Community Centre continues to build on the successes of previous years.

The membership total, has once again, decreased. Our problem is that we are not attracting new members, whilst existing ones move on and leave. We are conscious of this and currently working on trying to improve matters. Please remember that if anybody does join now they will pay £5 per person until the end of the membership year.

We had an increase in the number of hirers (regular and private) over last year and this steady growth has helped increase our income during the year. As will be seen shortly, we have spent time looking at ways to improve the standard of the premises to make it a safer environment for visitors and enhance the user experience.

The Community Centre is a venue for;

- Fitness classes,
- Dance and drama,
- Carpet bowls,
- Cribbage,
- Musicians,
- Art/history and photography
- The Friendship Club.
- Palgrave Parish Council meetings
- Private tuition
- Alternative learning
- Bereavement support
- Palgrave Church coffee mornings
- Palgrave school use
- Baby development

The playing field has been used for;

- Palgrave school,
- dog walking and other leisure users.
- outdoor playground
- u13's football

In June 2024 Palgrave's second Mini Music Festival was held at the Community Centre playing field. The musical contributions were arranged by the band, Red Heart on behalf of the PDCC. and Heidi Marie, Painting The Silence and Curtis Cronin performed. Again, the event was very well received, but unfortunately Red Heart have disbanded and we have been unable to get replacements to arrange and contribute to the Festival. Regrettably we will not be able to stage the Music Festival this year. We will, however, be having a fete with live music.

Improvements to the carpark and the toilets have worked to the benefit of both hirers and event attendees.

Enquiries and bookings for the hire of the hall are very healthy and demand is often outstripping supply. We remain mindful of the fact that this is a community centre and it is there for the benefit of the community. The income from the hirers is essential to the ongoing upkeep of the premises, but we will continue to look at ways to offer facilities to the wider community.

Attendance at the Cinema evenings has improved during the year, and they now run at a reduced loss.

Open Gardens proved very popular during the year and was our most profitable event. Similarly, the Garage Sale proved very popular during the year. Open Gardens takes place every other year, and therefore will not occur this year. The Garage Sale takes place in May.

The Quiz and Bingo nights continued to prove popular and we have several scheduled in for this year.

The Community Centre

The Community Centre was predominantly built in the 1980's and, as mentioned in previous years, absorbs a significant amount of the expenditure. I stated last year we would be focussing on life preserving repairs and improvements. During the year, the electrical cabinet was replaced and blinds installed over the fire doors to replace the curtains.

The car park was resurfaced during the year, and although we received a grant we still had to make a significant contribution. We have received positive feedback on this and it has improved entry, exit and parking for cars, and helped with visitors safety. We are aware that the driveway is showing signs of wear and we are working with the contractor to review this.

We also approved work to the playground to improve safety. This took place and has been paid for in the current year. We are also looking at further work including safety surfaces.

A remote assessment of the sums insured took place for insurance purposes and these have been increased to ensure we are adequately protected

Operationally the Centre generates a profit. Although we had high capital expenditure this year we were able to make small profit.

As in previous years, the bar has made a generous donation to the Community Centre and this is a welcome source of income. The bar is open for all members on a Friday night, and it would be good if more people were aware of it and attended.

This year our objectives will be the same as last in terms of improving visitor safety and comfort. We have a grant approved for CCTV on the outside of the building. This was in response to incidents that have happened recently and will help safeguard visitors and the Centre.

We are in the process of applying for further grants which will update the Centre for users, including; additional lighting around the building and the car park bollards, replacement kitchen cabinets and appliances, improving the surfaces around various items of play equipment, improving the lounge / bar area, and extending the patio at the back of the building and pathways around the building.

Whilst we do not expect to win all of these grants and we may have to compromise in some areas, we believe that doing just some of the changes will benefit the user experience.

The Field and Play Area

The annual cost of maintaining the field is high, and it is there for the benefit of the community and is enjoyed by many. We also hire it out for groups. Unfortunately we have experienced a couple of incidents involving dogs off leads, and have now had to implement the rule that dogs should be kept on leads when being walked on the field.

Thanks

Last year I listed the names of people that I wished to thank for their efforts in keeping the Centre and its Community offerings running smoothly. During the course of the year, I realised that I had missed a lot of people, who quietly work behind the scenes ensuring everything runs smoothly.

So this year, I have resisted including names, and have listed the various groups of people who do so much work in their own time to support the PDCC.

In no particular order;

- the contribution made over the year by the Trustees. Behind the scenes numerous meetings, conversations and decisions are taking place that are not always noticed by others in the community.
- The Centre Coordinator who provides ongoing facilitation of the day to day events.
- Volunteers who carry out general building maintenance which saves the Centre costs that they would otherwise have to pay to outside contractors.
- The Officers who diligently perform their duties to ensure good governance is maintained.
- The volunteers who administer and collect membership subscriptions.
- All the volunteers who help with the catering at our events, whether it is baking preparing, serving, clearing up, or generally providing a helping hand.
- The volunteers who contribute, collate, edit and distribute the Palgrave Star.
- The volunteers who serve behind the bar at events and on Fridays.
- The volunteers who help in maintaining and updating the social media and website.
- The volunteers who help promote, organise and present our regular events such as film, quiz and bingo nights.
- Those who help set up the hall for events, assist in running them and clear away afterwards.
- The regular and private hirers who help make the Centre a viable concern.
- And last but by no means least – those who attend the events.

Financial Review

The Treasurers Report details the financial position, and this report has commented on the highlights and areas of concern. We believe we are in a good position to be optimistic about the coming year.

Nick Duncumb
PDCC Chairman

Conclusion

There is little that I need to alter to last year's conclusion. The Community Centre continues to provide services to the local community that are being utilised. Demand for the Centre continues to grow and the events are well attended. There is no room for complacency however and the Trustees continue to look for ways to maintain and improve the current position. The Trustees are aware that the repairs and improvements to the Centre are consuming our funds and that the need to adhere to new regulations will continue. We are actively working on ways to improve the facility and seek funding for these changes.

9/11 : A Survivors Story



Janice Brooks is a 9/11 Survivor and a local resident, she worked for an international company of money brokers, who were based on the 84th Floor of Two World Trade Centre, she is alive by the skin of her teeth, but Euro Brokers lost 61 people on September 11th.

She will talk about her descent from the 84th Floor, the journey from her Battery Park City apartment to Queens and safety, and the people who helped her along the way.

Please join us on at Palgrave Community Centre on Friday, March 14th at 7pm for a lively, emotional, but uplifting talk about the power of people, and the power of Hope.

£4.00 Members / £6.00 Non-Members, all enquiries and to reserve your spot please contact Jane Lockwood : 07415 401577

The Community Club Bar

The Community Club Bar is run separately from the PDCC which is a requirement from the Charity Commission.

The bar is open every Friday from 7.30 - 10 pm in the lounge, this is a members bar which anyone over the age of 18 is welcome to join, we are currently offering free membership. So if you haven't joined us yet it's very easy to do just call our bar manager Lee on 07884972957 to give your details, PLEASE NOTE.. you must be a member two days before you can drink at the bar.

Members can sign in one guest per evening.

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

What a great facility to have in the village so why not pop down next Friday evening, meet the bar staff who volunteer to open each week and also meet other members, its great to get involved in the Community.

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

Hope to see you there soon.





News from your Parish Council

Come and meet us at the Community Event in the main hall of the PDCC on Saturday 22 March. We'll be there all day to answer any concerns you may wish to raise.



Parish Council Update: We now have 2 vacancies on the Parish Council. If you want to make a difference in your village, please consider coming onto the PC. Meetings are 11x a year and are usually over in under 2 ½ hours on the 2nd Thursday of the month so not too onerous. Diverse input from all walks of life makes for better decisions overall so do give this some thought...

The Lows footpath: What a welcome it was for the path not to be icy in the recent cold snap. We've thanked them before but the working party really DO need our thanks again for the enormous amount of work that's resulted in such an improved footpath.

Parking on The Green: We respectfully request you ask any guests to show consideration when visiting you, and ask them not to park on the grass areas.

Diss and District Neighbourhood Plan: We're still hopeful that someone will come forward to be a co-representative on this group. Meetings are usually quarterly and held remotely. Please contact the Clerk for more information.

The BT Phone box opp. the Church: Initial interest has been shown by a resident to turn this into a year-round facility. We're excited to learn more details as the idea develops. If you have any inspirational ideas how the box can be used, please let the clerk know.

The 20mph campaign now awaits a commissioning document by Highways in order for them to estimate the costs and works involved which will then be presented to us for agreement. We don't expect this to be anytime soon but we'll keep it on our radar.

Speedwatch Group: This is being paused for the immediate future but we hope to get it up and running later in the year. Thank you to everyone who has volunteered to date.

Parking at the school: To clarify parking IS *ALLOWED* on the zig zag markings out of school hours, which are Mon- Fri 8 - 4.30pm, term time. The restrictions include No Stopping within the above stated school hours.

Flooding: A wealth of information and tips about making your property more flood resilient is the work of Mary Long-Dhonau OBE who herself was flooded many times and didn't know where to turn for help.

See: www.floodmary.com for lots of useful guides.



If you have any matters you wish to raise, please come along to a meeting or contact the clerk E: palgravepc@gmail.com T: 01986 798422 (answerphone). Please do not call on a weekend unless it is extremely urgent.



The Great British Spring Clean – Palgrave Saturday

29 March '25

Meet 10am @ the church

Please email the Clerk to add your name to our list of volunteers asap

The Great British Spring Clean (21/3 – 6/4) is the nation's biggest mass-action environmental campaign. In 2024, their army of amazing #LitterHeroes pledged to pick more than 400,000 bags of litter. Together, we cleaned up the places and spaces we love, as Keep Britain Tidy celebrated its landmark 70th year of protecting the environment.

The Environment Belongs to Everyone: Last year we spread the word that the environment belongs to everyone! We are proud that hundreds of thousands #LitterHeroes from many different communities are uniting to help tackle litter – some of which has been in our environment since we were founded 70 years ago. Many of our volunteers regularly find 'retro rubbish' that was dropped many years ago but is still causing harm to our environment today, releasing greenhouse gases as it slowly breaks down in our soil and water, which contributes to the climate crisis.

The good news is that litter-picking is a simple action that anyone can do. It makes an immediate and visible difference to the environment where we live, work and play. In fact around 95% of people surveyed after 2023's campaign agreed they felt they had made a difference to their local area, and 91% said they felt part of a national movement that is taking action to tackle litter.

Volunteer Emergency Telephone System for Palgrave

Arising from the defibrillator training session at the Community Centre last June, it is apparent that in most emergency situations involving the use of the equipment, or the possibility of CPR, two persons really need to be present, in order to provide effective assistance. A group of village volunteers has therefore been set up and, from 1st March 2025, Palgrave will join villages across the country in having its own Volunteer Emergency Telephone System, an initiative supported by the Community Heartbeat organisation. This will enable one of our 10 “good neighbours” to assist a “lone rescuer” in the event of a cardiac arrest, pending the arrival of the emergency services.



Please note: this is a ‘best endeavours’ local volunteers’ system and not a replacement for the 999 or 111 service. Although not medical professionals, the volunteers have undertaken training in basic CPR and how to use the defibrillator (if needed) and can assist prior to the arrival of the emergency services.

Please also note: we do not provide general assistance via this number.

If someone is unwell, especially if you think they may be having a heart attack:

- **ALWAYS DIAL 999 FIRST**
- If the ambulance service tells you that the defibrillator is required and if you are alone with the patient and need help, dial **01379 844989**.
- The phone may ring a number of times. Please explain the situation briefly and tell the volunteer clearly where you are.
- One of the volunteers will arrange to bring the defibrillator and assist until an ambulance arrives.
- Commence CPR and the volunteer will come to help you as quickly as possible.

You only have a few minutes to save a life, so please make a note of this number and keep it by your phone or store it in your phone! **01379 844989**

For more information about the Volunteer Emergency Telephone System for Palgrave, please come and chat to the volunteer team at the Village Halls event at the Community Centre on Saturday 22nd March from 10am to 4pm. You may also contact Kathryn Westerveld by email, if you have any questions: Palgrave.VETS@hotmail.com or by phone: 01379 644007.

Nature Notes by Penny Thompson

I don't think I'm alone in finding February to be the most difficult month of the year. The joy and adrenaline rush of Christmas has finally run out and winter is beginning to seem endless; the dreary grey days with intermittent rain and cold winds challenge my resilience at every turn and then suddenly the temperature shoots up and I am throwing open the windows to admit a little fresh air in an effort to cool down overheated spaces. However misery making these wild fluctuations may be for humans, the effects on the environment and its other inhabitants can be catastrophic.

During the last weeks of December, I heard the first calls of great tits seeking mates, historically not something to expect until February, as nesting is (anecdotally) carried out between March and June. Any broods laid earlier are at greater risk of failure due to sudden and severe frosts and shortage of food, typically caterpillars, which emerge from diapause only when temperatures regularly reach 10-15°C. Three of Britain's most well-loved and important mammals, dormice, hedgehogs and bats use hibernation as a means of surviving food shortages during very cold weather, whilst badgers and red squirrels enter a kind of involuntary cessation of activity, called torpor when conditions become too harsh. Unlike true hibernation this state can be entered and emerged from more easily but of course, these animals are still in need of sustenance during waking days, which may be difficult to find.

Reptiles too, have been regularly reported during the past few years as having unsatisfactory periods of brumation, with many emerging before their prey species. With the consequent lack of food these creatures cannot enter the breeding season in peak condition. Amphibians also suffer from the same problems. I have had newts in my pond since early January when the weather was warmer, and the additional energy resources they will now be using before their prey is fully active is likely to impact their breeding conditions and inevitably some losses. Frogs are even more at risk from the unreliable weather patterns, with early spawn being frozen before the chance of development. This year, as I write in the first week of February, I have heard alarming accounts of hedgehogs searching for food in frozen ground. These iconic creatures, already under so much pressure, are finding our increasingly warm winters with unpredictable snap frosts and heavy rains very difficult to survive because of the extra energy needed to forage whilst their food supplies are more limited. One wide group of creatures, however, are suffering more than most, simply because they are the most physically fragile and short lived, and so the impacts are more severe. The widespread torrential rain and consequent flooding, combined with high winds are a particular threat. These are the millions of insects and other invertebrates, many of which we instinctively shy away from or ignore, think wasps, mosquitoes or spiders, but upon which whole food webs depend. Few people actually like mosquitoes but they provide essential food for many other tiny creatures and fish. Think of the krill which sustains the giant baleen whales, together with many other species of fish, in the polar seas, or the hoverflies and lacewings essential for pollinating so many of our crops and flowers, all of which are showing signs of stress. Without the pollinators, predators, detritivores and recyclers represented in this enormous group of animals our own lives became ultimately untenable.

And so, to the dreaded phrase needed to sum up the cause of such a troubled state of affairs. The effects of climate change!
Few of us can be unaware of what is happening to our world, but different people have different reactions. Some relish the idea of an additional warmth in the air, some cannot sleep well from worrying about the future, whilst others like a (non-local!) friend, who is childless, remains unconcerned in the belief that she will be unaffected. As I write, people are celebrating the arrival of a booted Eagle which has taken up residency in the far south west of Cornwall to the delight of 'twitchers' across the country. We all deal with difficulty in our own ways. So, I can only speak for myself and hope that ultimately those with the power to change the future will finally grasp the nettle and set to!

And indeed, it is not all bad. As humans we can all lend wildlife a helping hand by providing habitats suitable for hibernation on whatever land we have, no matter how small, or food for beleaguered creatures when we see them. We can also have a small effect by lobbying our politicians; joining local conservation groups to reinstate rivers, ditches, woods and ponds; by educating our children and generally raising awareness, we can all do our little bit for nature.

www.buglife.org.uk is a great source of info on the UK's invertebrates and ways to help, www.arc-trust.org represent the interests of reptiles and amphibians. All the other, perhaps better known, wildlife organisations have specific information about particular animals....too many to mention here. (Personally I would relish a diminishing rat population, but that is one species which seem to thrive regardless).

Roll on March, I too am in hibernation, or perhaps more accurately a state of torpor, just awaiting the return of spring and the opportunity of some outdoor foraging.



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

Q: With repeat prescriptions do all patients receive a text message when their prescription is ready to pick up ?

A: Patients that are signed up to the automatic repeat prescription will not receive a text as we ensure they are ready 4 week after they collected the last. All other patients with repeat prescription will be texted as long as we have their mobile number.

PPG social media

We've joined Facebook and Instagram. You can keep up to date with the PPG activities as well as local and national health and wellbeing information by following us.

Facebook: Botesdale Health Centre PPG; **Instagram:** botesdale.ppg

Are you caring for someone with dementia?

Caring for someone with dementia can be challenging and stressful. Both you and the person with dementia may need support to cope with the symptoms and changes in behaviour. The following NHS website is full of helpful information. Please consider sharing with your family, friends and neighbours you may need support. Find more information and support. <https://ow.ly/7ALV50UJoaO>

NHS Low Income Scheme

If you have a low income, the NHS Low Income Scheme could help you pay for: NHS Prescriptions, NHS Dental Treatment, Eyesight Tests, Glasses & Contact Lenses, Travel to NHS Appointments and Wigs & Fabric Supports.

Learn more: <https://www.nhsbsa.nhs.uk/nhs-low-income-scheme>

NHS Fitness Studio videos

The **free** NHS Fitness Studio features 23 instructor-led videos covering aerobic exercises, strength and resistance and pilates and yoga. These workouts have been created by fitness experts and range from 10 to 45 minutes to help keep you active and healthy. Further information: <https://ow.ly/6s2C50UHtBC>

Free - Learn CPR in your own home

Most cardiac arrests happen at home, and knowing CPR could save the life of someone you love. All you need is your phone and a cushion to learn CPR in just 15 minutes, for **free** with **RevivR**. Be ready for when it matters most. ❤️ Find out more about **RevivR** here: <https://bit.ly/42LkuDV>

NHS App no longer available on older devices

The NHS App is no longer accessible as a mobile app for anybody using older devices. This change is following a recent redesign of the NHS App. If you cannot use the NHS App on a mobile device, you can log in through the NHS website at <https://www.nhsapp.service.nhs.uk/login>. You can then access services on your desktop, laptop computer, mobile or tablet using a web browser. See step by step video guidance showing how to use the NHS account on the NHS website is available on: <https://digital.nhs.uk/services/nhs-app/toolkit/libraries/nhs-account-on-the-nhs-website-walk-through-videos>

Find out how you can use the NHS App/ NHS Account by visiting Botesdale Health Centre webpage: <https://www.botesdalehealthcentre.nhs.uk/clinics-and-services/online-services/nhs-app/>



Charity Coffee Morning

Thursday 27th March
from 10.30 to 12.00



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

All are welcome

Donations this month are to **The Bishops Lent Appeal**

Faith in action - Prayer and giving - Transforming lives in Kagera

"Our aim through the appeal is to support farming initiatives and good practice in agriculture, training of evangelists and clergy at Kagera Theological College and resourcing of pastors in their parishes.

We will also continue our support for healthcare in the region through The Diocesan hospital."



If you need transport please contact Anne 644931



The Help for Hope Team - Benefice of North Hartismere

Palgrave Walking Group

Everyone is welcome to join our free friendly group, but it is regretted that dogs cannot be allowed on our walks unless it is specifically announced as such in the newsletter. Additionally, Palgrave Walking Group, or its walk leaders, cannot be held liable for any injury sustained whilst on any walk they organise. Any questions, or if you wish to unsubscribe from the newsletter, please contact Bob, bobsolley@aol.com. 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, possibly 5th Tuesday, of each month but please check individual walk details.

Diane and Elaine's walk on March 11th. Leaving Palgrave 9.30 for those car sharing. Diane and I will lead, leaving Botesdale memorial at 10am for anyone who wants to join us. Approx 4.5 miles, no stiles etc. We have done this walk before but there may be a variation or two along the way.

Margaret T's walk on March 18th. Around the back of Wortham. Normal leaving time at 9.45am. Parking at The Manor pub (which is closed) and beside Wortham Primary School. This is a 4.5 mile walk through lovely meadows and grassy paths. There is no opportunity for refreshments in Wortham so we can decide on the day.

Hilary's walk on March 25th. We'll leave Palgrave at 9.45am, as usual, and drive to Pennings Nature Reserve, Eye, IP23 7NH; it's a right-turn off the B1117 as you leave Eye towards Stradbroke. We'll aim to start walking at 10.15am. This will be a 4.5-miler along quiet country lanes, field edges and cross-field paths, with some stunning views. We may be able to deviate to take a look at the moated Flimworth Hall which dates back to the 17th century more on that later. We should be able to find a hostelry that's open, in Eye, for some well-earned refreshments



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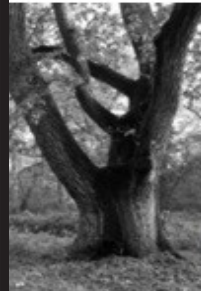


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