

The Palgrave Star

Palgrave
Community Centre

Coffee & more!

Saturday 7th February
from 10.30am
to 1.00pm

Raffle

Come and meet some
of our village's
talented artists and
crafters at Palgrave
Community Centre
and see their work.

Delicious refreshments,
including bacon rolls

VALENTINE'S DAY



UKULELE SINGALONG

*Ukaholics Anonymous
will lead songs for
star-struck and
broken-hearted lovers.
Singalong or just enjoy
the music.*

*Palgrave
Community
Centre*

*Thursday
19th Feb.*

7.30 pm

*Lyrics
provided on
screen*

*Sweet
Treats,
too!!!*

*FREE EVENT,
but donations
for the
Community
Centre will be
welcome.*

Welcome to our February issue!

This month's issue of *The Palgrave Star* contains lots of information about events coming up at the Community Centre and nearby. The posters give the details: we hope that you will find something of interest.

We would be very pleased to have fresh ideas and would welcome new Trustees. If you are a PDCC member please come along to the AGM on February 4th and find out what has been happening in the last year. Please show your support and join the PDCC.

Why not come to the **Coffee Morning** on **February 7th** to meet your neighbours as well as Trustees and to see wonderful, informal displays of art

and craftwork made by residents of Palgrave?

Popular **quiz** and **bingo evenings** will be returning on **March 21st and 28th**. These are always enjoyable, and you might even win a prize! If you have any donations which can be used as raffle or tombola prizes, please bring them along to the Community Centre when it is open, and they will be gratefully received.

The Trustees hope that you enjoy reading *The Palgrave Star* and will look out for all that is ahead in Palgrave in 2026! It is also available to view online at www.pdcc.co.uk

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 7.30pm on Wednesday 4th February 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 necessary.

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.

Secretary: Sian Bunbury pdccsec@gmail.com

Dates for your Diary

Coming up at the Community Centre:

Wed 4th Feb	AGM of the PDCC
Sat 7th Feb	Coffee Morning...& More with art and craft created by Palgrave residents on display
Sat 14th Feb	Film night – The Ballad of Wallis Island (see back page for details)
Tues 17th Feb	Pancakes at the Community Centre
Thurs 19th Feb	Valentine Ukulele Singalong
Sat 21st Mar	Chocolate Bingo
Sat 28th Mar	Quiz night
Sun 19th Apr	Village Walk & Lunch
Sun 10th May	Village Garage Sales Day
Sat 23rd, Sun 24th & Mon 25th May	Open Gardens



Charity Coffee Morning

Thursday 26th February 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

Street Forge Workshops Thornham

A Day Service for Adults with Disabilities



The workshop is designed to be a sanctuary of inclusivity, offering a space where disabled people can come together, share their stories and form meaningful relationships.

If you need transport please contact Anne 644931



The Help for Hope Team - Benefice of North Hartismere

Chocolate PRIZE BINGO

NIGHT



PALGRAVE COMMUNITY CENTRE
SATURDAY 21ST MARCH

DOORS OPEN 6:30PM
GAME STARTS AT 7:00PM



£6.00 FOR 6 BOOKS OF 8 GAMES
2 OPTIONAL EXTRA GAMES @ £1.00 EACH

RAFFLE & LICENSED BAR



Spaces are limited - please call Jane to book your place
07415 401577

Children welcome but must be accompanied by an adult

CHARITY NO. 269132



Spring QUIZ



**PALGRAVE
COMMUNITY
CENTRE**

SATURDAY 28TH MARCH

7pm for a 7.30pm start



**£12 PER PERSON
TEAMS OF UP TO 6 PEOPLE**

Includes baked potato with choice of fillings...and dessert!

*(chilli, mushroom stroganoff or cheese & coleslaw -
please specify choice when booking)*

Licensed bar

Raffle

Easter egg prizes

**To book,
call Jane on
07415 401577
by 21st March!**

**pdccbookings
@gmail.com**

CHARITY NO. 269132

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.



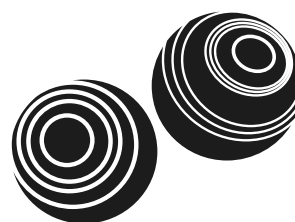
PLEASE NOTE: You must be a member for two days before you can drink at the bar. Members can sign in one guest per evening.

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



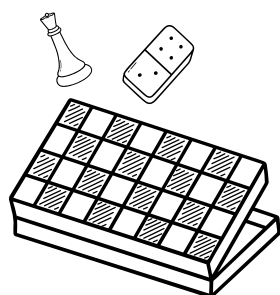
Friendship Club

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

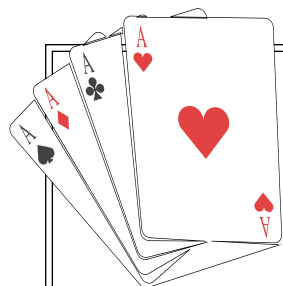
**Mondays
7.00pm – 9.00pm**

Palgrave Community
Centre

Experienced players welcome

£3.50 a session

Contact Jean Potter 07415 401577



Here's a 2026 New Year resolution ...making a difference!

It's not learning the piano or doing a bungee jump. (Not this year anyway!)

It's joining our many volunteers who want to live, work and encourage a safer and stronger neighbourhood.

Setting up a Neighbourhood Watch scheme where you live can make a big difference. It's a visible step forward to building a safer community, bringing neighbours and residents together with the clear message that crime and anti-social behaviour is not welcome here.

Running a Watch scheme nowadays is not a major commitment: only a few hours a month. A scheme can be as small as 10 dwellings or even a block of flats, whilst others may be bigger and grow to even a whole village or small town.

One-to-one advice and guidance is given to all our volunteers as well as the materials you need: membership leaflets, branded stickers, street-signs and crime prevention information. And of course, all FREE of charge. To apply to set up a new scheme follow the 3 steps below.

**Join us in making 2026 safer for you,
your family, your home and your local community.**



WORKING IN YOUR COMMUNITY



Just 3 steps to join

- 1** Go to www.ourwatch.org.uk and sign up
- 2** Click on the tab "Find my local NW" and do the postcode search to join your local scheme.
- 3** If no local scheme is visible where you live, simply scroll down and map your road. Submit to apply to set up the new scheme and we will be in touch.

Make this a better place to live. Together.

The Suffolk Neighbourhood Watch Association
enquiries@suffolknwa.co.uk

News from your Parish Council

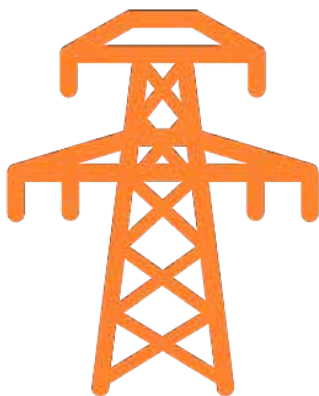
The next meeting is 12 February, 7.30pm, in the PDCC lounge.



Solar Farm update No further updates at the time of writing. The members of the Parish Liaison Group (PLG) are extremely competent and will ensure the contractor meets all the statutory requirements as laid out in the planning conditions.

Devolution and Local Government Reform (LGR) County Council elections are still scheduled for May 2026 as originally planned. Only the Mayoral elections at this stage have been postponed but that may change over the coming months. We will endeavour to keep you updated.

Speedwatch Do you want to be involved in a Speedwatch? We need a minimum of 6 people. Whilst the 20mph scheme, when it is implemented, should reduce driving speeds within the heart of the village, there are roads that will remain outside of the scheme. If you're concerned about speeding vehicles on our streets, and can give 1 or 2 hours a fortnight or so, please contact Keith Charman, or the clerk who will pass on your details.



Norwich to Tilbury Pylon scheme We are still collating your views about the project. Please send your comments to the clerk so we can include them if we are able to make representations as the process goes through the Planning Inspectorate.

Neighbourhood Watch This has been repackaged under the Suffolk Connect label and we are keen for it to be relaunched in Palgrave. If you would like to be involved, please get in touch – see the facing page for more details.



Flags on lampposts The PC have request SCC remove the flags at Forge Close asap. We do not condone the putting up of flags on public property.

DATE FOR YOUR DIARY: Saturday 18 April Annual Spring Litter Pick 10-12 noon.

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 & 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 next issue is **8pm on Tuesday 17th February.**

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

Chair: Nick Duncumb
ChairPDCC@gmail.com

Vice-chair: *Position vacant*

Secretary: Sian Bunbury
pdccsec@gmail.com

Treasurer: Val Firth
treasurerpdcc@gmail.com

Membership Secretary:
Helen Thorburn, 01379 651749

Bookings: Jane Lockwood
07415 401577 pdccbookings@gmail.com

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

Parish Council Representative:
Susan Hollowday

Centre Coordinator:
Jane Lockwood, 07415 401577

Website: Phil Dyer

Booking rates for Palgrave Community Centre

Main Hall

Monday to Friday – £11.00 per hour
Friday evening (6pm onward), Saturday and Sunday – £15.00 per hour

Lounge

Monday to Friday – £6.00 per hour
Saturday and Sunday – £10.00 per hour

The lounge is not available on Friday evenings.

Contact our Booking Secretary:
Jane Lockwood on 07415 401577
pdccbookings@gmail.com

The Palgrave Star has been produced in good faith but errors may occur during production. Please let us know if this happens so that it can be corrected. Printed by Town and Country Printers, Diss.

St. Peter's Church, Palgrave

CHURCH MAGAZINE ~ HELP NEEDED

Our huge thanks goes to the team that deliver the Parish News around the village. Sadly, two of our longest-serving deliverers need to hand on their round to new volunteers. One of these rounds is in the area of the Green and Denmark Hill; the other is Crossing Road. The Parish News is not delivered to every household and is bi-monthly, so it is not an enormous task.

If you think you might have time to spare and could help, we'd be delighted to hear from you. Please contact Hugh Bunbury 01379 643635.

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.

NEW FOR THE 1ST SUNDAY OF EACH MONTH: Sunday 1st February

9.30am: coffee and croissants.
10.00am: a shortened gathering



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

Pancake Day

Tuesday 17th February

Flippin' Marvellous will be at Palgrave Community Centre on Pancake Day from 5:30 to 7:30pm.

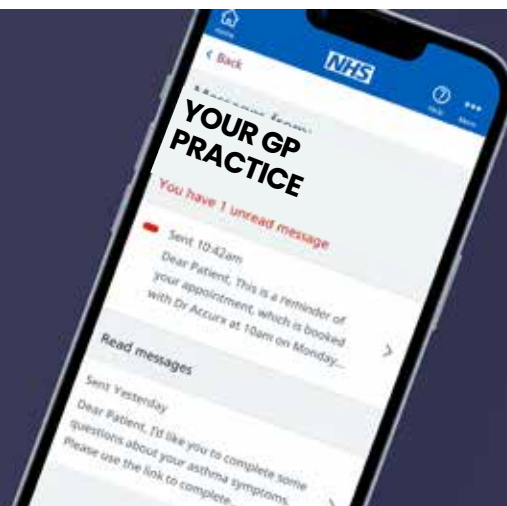
We will be selling sweet and savoury pancakes freshly made, so if you don't want to get your pancakes stuck in the pan at home, come along and try ours instead!



Botesdale Health Centre: Patient Participation Group

Receive messages about your care via the NHS App

Switch on notifications to stay up to date.



You can now use the NHS App to securely receive messages about your care directly from Botesdale Health Centre (BHC) and other trusted healthcare providers. It means you'll be the first to know about appointment updates, test results, or reminders from your healthcare team.

Need more information?

nhs.uk/nhs-app/nhs-app-help-and-support/nhs-app-account-and-settings/managing-nhs-app-notifications/

The BHC Reception Team are also available to provide guidance.

If you need 1:1 support, consider asking a trusted family member, a friend or a neighbour who uses the NHS App. PPG volunteers also provide support.

For further information, contact botesdaleppg@gmail.com or phone 07584 055061.

Cancer Support Group

Anyone is welcome, whether you're newly diagnosed, going through treatment or have completed your treatment. An opportunity to share your experience and be encouraged by others. Carers are welcome too.

Please join us at: Parkview Chapel, The Street, Botesdale, IP22 1BX.

Further information: contact: Janet Russell 07787 148947 or Suzie Burton 07464 627848 or email

botesdaleppg@gmail.com

Confirmation of your attendance would be helpful.

Botesdale Singing for All

You don't need to be a singer to join this group – just come along and feel the joy of singing together! This welcoming new group is especially for adults who may be feeling lonely, living with dementia, or facing mental or physical health challenges. Carers are welcome too.

Please join us at: Parkview Chapel, The Street, Botesdale, IP22 1BX.

Further information: contact Sally Parsall 01379 898867 or Karen Ball at botesdalesingingforall@gmail.com

Cost £2.00 per session to cover refreshments and expenses.

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.

The remaining programme for the current season is:

17th February – BANKSY Pepe Martinez

A history of graffiti and street art. Is Banksy a fraud or a genius?

17th March – IMPRESSIONISTS AND THEIR GARDENS Twigs Way

Gardens created and depicted by artists including Monet, Pissarro and Renoir.

21st April – AT THE SIGN OF THE FALCON John Benjamin

The life and works of Harry Murphy: goldsmith, silversmith and unique Englishman.

19th May – CHOPIN AND THE POLISH SPIRIT Rosamund Bartlett

Chopin's revolutionary polonaises and mazurkas and their impact on society.

16th June – BECOMING JANE AUSTEN Annalie Talent

The making of a superstar.

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



Palgrave Volunteer Emergency Team – Now Active

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 CALL 999 FIRST. 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.

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.

Febrrr-uary's Walks

<i>date</i>	<i>where</i>	<i>led by</i>	<i>miles</i>
Tue 10th	Garboldisham Leave Palgrave at 9.45am The walk will start from Garboldisham Rec. Ground, Smallworth. No hills, or styles or ditches to jump. Coffee could be at Blooms unless we decide on somewhere else while on the walk.	Stephanie Franks	5 options for short cuts
Tue 17th	Thrandeston Leave Palgrave at 9.45am Departing at 10.05 am from Thrandeston Village Hall, Little Green, IP21 4BX, this is an easy walk, no styles and mostly quiet back road walking. Refreshments at White Horse Inn, Stoke Ash IP23 7ET	Jean & Lorna	4.5
Tue 24th	Burgate Meet at The Manor House, Wortham 9.45am We'll leave the cars in the slip road around the ex-pub (IP22 1PX). Post-stroll refreshments will be at The Bell, Rickinghall.	Hilary Jones	5 no stiles

u3a Diss

Our monthly meetings are held on the morning of the first Thursday of each month at the United Reformed Church, Mere Street, Diss IP22 4AD. We start the morning with refreshments, socialising, and catching up on news from our interest groups, after which we enjoy an inspiring talk from a guest speaker.

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.

5th February: Dr Jane Wilson-Howarth 'Lemurs of the lost world – Madagascar'.

Jane Wilson-Howarth is a mother, physician, author and zoologist and is an authority on travel health. More information about Jane can be found on her website at www.wilson-howarth.com

u3a is a 'self-help, self-managed Society' dedicated to lifelong learning for people no longer in full-time work. u3a welcomes all people irrespective of their age, gender or ethnicity. <https://diss.u3asite.uk/>

Borderhoppa Outings

February 2026:

		price
Mon 2nd	Hillcrest Nurseries	£20.00
Mon 9th	The Foundry Garden Centre, Tasburgh	£10.00
Thur 12th	Thorndon Black Horse – Dial a Ride Price	–
Mon 16th	Taverham Garden Centre	£18.00
Thur 19th	Breakfast at Wortham Tea Rooms, on to Dunelm, B&M and The Range, Bury St. Edmunds	£18.00
Mon 23rd	Diss and Bressingham Garden Centres	£8.00
Thur 26th	Goodies Breakfast and Farm Shop – Dial-a-Ride	–

- 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





**Spring Bank Holiday Weekend
23rd, 24th & 25th May**

Palgrave Open Gardens Weekend

We need your help or, more to the point, your garden!

We are busy planning our next **Open Garden** event in the village and although it's only February, it's less than four months away.



Open Gardens is a lovely sociable event and much time on the day is spent chatting to other like-minded gardening folk, both keen, not so keen, and those completely new to gardening. It's the perfect opportunity to exchange hints and tips with fellow gardeners, find out what's worked for them – and what hasn't! – and to gain inspiration for your own little piece of floral paradise.

All gardens are welcome, whether it is an acre or a small courtyard, immaculate or untidy! The event will run over three days but you are welcome to take part for only one or two days if you prefer.

**If you would like to open your garden, please contact
Helen Thorburn 01379 651749 (evenings)
h.thorburn@hotmail.co.uk**

There are other ways you can help:

Donate your spare plants!

If you are dividing perennials in the spring please pot up anything you can spare to help stock the plant stall.

Anyone for cake?

If you're able to help with serving refreshments at the Community Centre, or by baking a cake, please contact Helen on the number above.

All funds raised will go towards maintaining and running the Community Centre.



Palgrave Community Centre: Regular Hirers

Mon	Line Dance for Beginners	Simone Holden 07576 315458 simsfitnessnorfolk@gmail.com
	Carpet Bowls	Jean Potter 07415 401577
	LK Dance	Lynne Bailey 07835 021439 lynne@lksschoolofdance.co.uk
	Line Dance	Melissa Hawkes montereydance@hotmail.com
	Cribbage	Jean Potter 07415 401577
Tue	Drama Tots	Donna Corbyn 07535 709969 donna@dramatots.co.uk
	Diss Art Group	Phil Dyer 07597 495408
	Friendship Group	Jean Potter 07415 401577
	Yoga	Susie Wonfor 07761 603061 Susiewonforyoga@gmail.com
Wed	Zumba	Simone Holden 07576 315458 simsfitnessnorfolk@gmail.com
	Extend	Polly Lavender 01379 643212 or 07739 529449 Polly.lavender72@gmail.com
	Board Games	George 07507 862660 Pauline 07503 161785
	Discovery Tutors	Di Grantham 07425 171970 di@discoverytutors.co.uk
	LK Dance	Lynne Bailey 07835 021439 lynne@lksschoolofdance.co.uk
	Bereaved by Suicide support group	Susan Whymark 01379 871168 susan@susanwhymark.co.uk
	Palgrave School	
Thu	Line Dance for Beginners	Simone Holden 07576 315458 simsfitnessnorfolk@gmail.com
	Help for Hope coffee mornings	Ginny Manning 01379 644229
	Conversational French	Di Grantham 07425 171970
	Discovery Tutors	Di Grantham 07425 171970 di@discoverytutors.co.uk
	Ukaholics Anonymous (Ukulele group)	Pete Arnold 07934 432185
	Rocking Foxes	Sharon Wentworth 07803 045536 info@rockingfoxes.co.uk
	Palgrave Parish Council	clerk@palgrave-pc.gov.uk
	Palgrave Photographic Group	Phil Dyer 07597 495408
	Palgrave School	
Fri	Drama Tots	Donna Corbyn 07535 709969
	Community Club Members' Bar	Lee Lockwood 07884 972957
Sat/Sun	Palgrave Community Cinema (Sat) Private hire (Sat and Sun)	07415 401577 pdccbookings@gmail.com



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tom@tlplanthire.co.uk

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www.thesuffolksweep.co.uk

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palgravestar.adverts@gmail.com

Small box (50 x 65mm): £40
Large box (65 x 95mm): £60
Half page: £110 • Full page: £175

Prices are for 12 months' advertising.

EVERY SECOND COUNTS- BE THE LIFELINE



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CALL 999 FIRST, THEN DIAL**

01379 844989

Our trained local volunteers can provide
immediate help before the emergency
services arrive.

YOU ONLY HAVE MINUTES TO SAVE A LIFE

**Volunteer Emergency
Team**

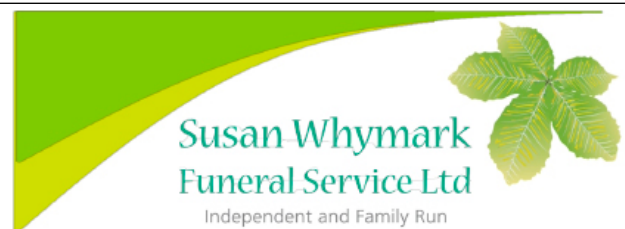


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Offices at Diss, Ipswich, Felixstowe and at
Ancient House, The Thoroughfare in Harleston.
IP20 9AS
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