

# The Palgrave Star

Circulated by Palgrave & District Community Centre

*Excerpt from the East Anglian Daily Times, Monday, April 14, 1986*

## Palgrave celebrates new community centre success

**PALGRAVE** villagers raised their glasses and enjoyed the sweet taste of success when their community centre was officially opened on Saturday.

The village, which has never possessed a village hall and has not had a community meeting place for at least 20 years, built the new building largely by self help.

More than 5,000 hours of voluntary labour went into the construction of the £44,000 centre, opened by Canon Geoffrey

Rogers, chairman of Palgrave and District Community Council from 1973 to 1981.

When Canon Rogers left Palgrave for Bath three years ago not a single brick had been laid but he said he was quite staggered to see the finished result.

"The great thing about this centre is that it is your own work. I would like to congratulate every single one of you who had a part in it.

"May it strengthen fellowship in the

village and build up a real sense of community in Palgrave" he said.

Mr. Ken Roberts, present Chairman of the Community Council, thanked all those who had helped including Mid Suffolk District Council, which gave a grant of £11,500, and the parish council.

He said the community centre was already busy hosting activities ranging from jazz dancing to karate and from darts to the local playgroup.



Mr. Ken Roberts, left, chairman of the Palgrave Community Council and Canon Geoffrey Rogers, who opened the new Palgrave Community Centre on Saturday. In the background are from the left, Mr. Peter Atkins, vice-chairman Mr. Mike Cripps, Mr. Colin Manning and Mr. Jerry Rolfe.

# 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:

[thepalgravestar@gmail.com](mailto:thepalgravestar@gmail.com)

The deadline for the next issue is **8pm on Friday 17th April.**

**The Palgrave Star is also available online at [www.pdcc.co.uk](http://www.pdcc.co.uk)**

*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.*

**Chair:** Nick Duncumb  
[ChairPDCC@gmail.com](mailto:ChairPDCC@gmail.com)

**Vice-chair:** *Position vacant*

**Secretary:** Sian Bunbury  
[pdccsec@gmail.com](mailto:pdccsec@gmail.com)

**Treasurer:** Val Firth  
[treasurerpdcc@gmail.com](mailto:treasurerpdcc@gmail.com)

**Membership Secretary:**  
Helen Thorburn, 01379 651749

**Bookings:** Jane Lockwood  
07415 401577 [pdccbookings@gmail.com](mailto: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](mailto:pdccbookings@gmail.com)

# Welcome to our 40th Anniversary issue!

In this April 2026 issue we celebrate 40 years since the opening of the Palgrave Community Centre.

The front cover of this issue is reproduced in the style of the Palgrave Star from 1986. That and the centre pages chart the progress of the building of the Community Centre, largely by a very dedicated core group of volunteers. The building was the realisation of many, many years of planning and fundraising. Forty years ago the Centre was acknowledged as a valuable asset for the village. Today, with thanks again to a dedicated group of volunteers, it remains so. The events which take place here have changed significantly but we hope that there is something coming up which will be of interest to you.

Join us at the Community Centre to celebrate this milestone on **Saturday 20th June** when attractions will include mechanical music provided by The Grange Musical Collection, which is based right here in Palgrave.

We continue to make improvements to the Community Centre - you may have noticed that we have replaced the main entrance doors. The old ones were very temperamental and difficult to open and close. This resulted in Trustee Jane Lockwood spending a huge amount of time at the Community Centre to ensure safe access and exit for all users. It clearly became a matter of urgency to replace the doors, which has now been done.

We would like to thank **Carl Waterfield** for levelling the path to the doors and laying new tarmac free of charge.

Elsewhere in this issue you'll find details of a whole host of activities and events happening in Palgrave this month. In particular we'd like to draw your attention to a couple of events planned for next month - our **annual Village Garage Sale on Sunday 10th May** (see page 6) and our ever-popular **Palgrave Open Gardens Weekend** on the **23rd, 24th and 25th May** (see page 18). These events have always been extremely well supported in the past, and to make sure 2026 is no exception, we'd love a few more garages and gardens to join in the fun!

## **A more serious note: the wind turbine and safety**

We are aware that youths have been seen climbing the wind turbine in the corner of the playing field. This is very dangerous and could harm those taking part in this reckless activity, as well as damaging the turbine. The police have been informed and will continue to make periodic visits to the playing field.

If you see anyone attempting to scramble up the wind turbine please notify the police by calling 999 as potentially someone's life is at risk. Thank you.

## **And to end on a positive note...**

Palgrave resident Di Grantham is taking on an incredible charity rowing challenge equivalent to rowing the English Channel, to raise money for two wonderful charities. Read her full story, and how to support her in this epic challenge, on page 7.

The Trustees  
Palgrave Community Centre

## EASTER CELEBRATIONS in PALGRAVE

### Experience Easter in Palgrave!



There will be something special at Palgrave church this Easter!



Six interactive 'stations' will be set up in and around the church, illustrating the Easter story from Palm Sunday to the Resurrection. The children from Palgrave Primary School will journey around the stations before the Easter holiday, taking part in short reflections and activities.

You are warmly invited to visit the stations to make your own Easter journey, either on your own or with family or friends. A laminated card at each station will guide you on your journey. The Easter Experience will be open in daylight hours from 28th March until 10th April.



## The Palgrave Welfare Trust

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



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

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

## St. Peter's Church, Palgrave

### Easter Services

**Good Friday – Burgate Church:** Reflective readings and meditations with musical interludes. 1.30 for 2.00pm, with hot cross buns.

**Easter Day – Palgrave Church:** All-age worship service, including short Communion. 9.30 for 10.00am with breakfast refreshments and an easter egg hunt.

**Easter Experience Stations** displayed in and around the church from 28th March to 10th April. See facing page for details.

#### 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.

#### FIRST SUNDAY OF EACH MONTH:

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*

## Combined Benefice Church Services: April 2026

The following are services for the whole Benefice.

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](mailto:lyn.northhartismere@gmail.com)) for the link.

#### Wednesday 1st

7.30pm Benefice Service of Tenebrae at Chapel of Ease, Botesdale

#### Thursday 2nd – MAUNDY THURSDAY

11.00am Holy Communion with washing of feet at Wortham

7.30pm Holy Communion with washing of feet at Chapel of Ease, Botesdale

# Coming up in the Village...

 **Sunday 19th April – 10am start**  
**Palgrave Village Walk & Lunch**

**Staying for lunch?**  
**Book by 12th APRIL!**



Ian McClintock & Phil Dyer will be leading a walk of around 3.25 miles around the village on Sunday 19th April. It is expected to take around 2.5 hours depending on the pace set by the walkers! Please arrive at the Community Centre 10 minutes early to ensure a prompt start at 10am.

The route is mostly on fields, with three stiles along the river bank. Dogs are welcome but must be kept on a lead. Return time should be around 12.30pm; the Community Centre bar will be open and lunch will be served at 1pm. Regrettably dogs are not allowed in the Community Centre.

**There is no need to book for the walk but if you'd like lunch please contact Jane Lockwood by SUNDAY 12th APRIL on 07415 401577 or email [pdccbookings@gmail.com](mailto:pdccbookings@gmail.com) as there are limited places.**

Lunch is a hearty Sausage Casserole served with potatoes & vegetables, followed by vanilla cheesecake, for just £10. The perfect post-walk lunch!

---

 **Friday 24th April from 2.30pm–4.30pm**

## **Needles & Pins: our new Craft & Coffee Afternoon!**

Have you an unfinished craft project tucked away in a drawer waiting to be completed and are lacking the motivation? Are you a knitter, crocheter or embroiderer?

Come along to the Community Centre once a month and enjoy a hot drink and biscuit and of course lots of chat. Maybe you can finish – or start – a new project!

This is a Community Centre-organised event which will be held initially on the LAST FRIDAY of the month, starting on 24th April from 2.30pm to 4.30pm. £2 a session.

---

 **Sunday 10th May from 9.00am–2.00pm**

## **Palgrave Garage Sale Day**

**PDCC Members £5**  
**Non-members £8**

Time to declutter and make money from all your unwanted 'stuff'. But why pack up the car and travel to a boot sale, when you can let the customers come to you?!

This annual event always attracts several visitors and cars to the village, and there should be lots of bargains to be found. Refreshments, including bacon rolls, will be available from the Community Centre.

We provide a map, which will be on sale on the day for a nominal amount.

**To get your garage on the map please contact Jane Lockwood by FRIDAY 1st MAY on 07415 401577 or email [pdccbookings@gmail.com](mailto:pdccbookings@gmail.com)**

This event is organised by the PDCC.

## Di's Channel Row Challenge 2026

**E**ver fancied rowing the English Channel? That's what Palgrave resident Di Grantham will be doing on Saturday 25th April – from right here in Diss!

'Di's Channel Row Challenge 2026' is a 34km rowing challenge, the full distance of the English Channel.

"I'll be rowing the entire distance on a Concept 2 Rower outside Morrison's in Diss on Saturday 25th April 2026, starting at 10am," Di said. "I'm expecting it to take around four and a half hours, and it would mean the world to have local people cheering me on.

"For anyone, 34km is a serious test of endurance. For me, living with Spina Bifida and having very little power in my left leg, it's an even bigger challenge. But that's exactly why I'm doing it: to honour my parents with something that requires real determination and heart.

"My father died from pancreatic cancer in 2007. It is one of the hardest cancers to diagnose early, and survival rates have changed very little in decades. Research is urgently needed, and supporting it feels like an important way to honour his memory.

"At the same time, my mother is living with latestage dementia. Watching her journey has shown me how vital the Alzheimer's Society's support and research are for families facing this devastating condition.

"To reflect both parts of my family story, all donations will be split equally, with 50% to pancreatic cancer research and 50% to the Alzheimer's Society. Every contribution helps fund vital research, support families, and bring hope where it's needed most."

To donate please use the link <https://gvwhl.com/EROIC> or scan the QR code.



## Needles & Pins

NEW

**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

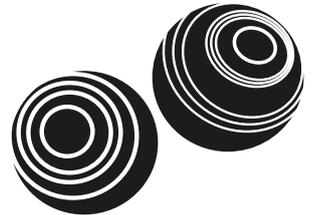


## Carpet Bowls

**Mondays 2.00pm-4.00pm** Palgrave Community Centre

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

Contact Jean Potter 07415 401577



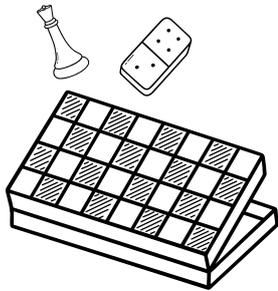
## Friendship Club

**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



## Dates for your Diary

### There's so much coming up at the Community Centre!

Sat 11th April	<b>Film Night: <i>Invictus</i></b>
Sat 18th April	<b>Palgrave Spring Litter Pick</b> – meet at the Church
Sun 19th Apr	<b>Village Walk &amp; Lunch</b> – remember to book by 12th April if you're joining us for lunch!
Mon 20th April	<b>Coffee, cake and company</b>
Thu 23rd April	<b>Charity Coffee Morning</b> in aid of St Elizabeth Hospice, Ipswich
Fri 24th April	<b>Needles &amp; Pins Craft &amp; Coffee Afternoon</b>
Sat 9th May	<b>Film Night: <i>Springsteen: Deliver Me From Nowhere</i></b>
Sun 10th May	<b>Village Garage Sales Day</b>
Sat 23rd, Sun 24th & Mon 25th May	<b>Palgrave Open Gardens Weekend</b> – please book your garden's place by Friday 10th April



## Charity Coffee Morning

Thursday 23<sup>rd</sup> April from 10.30 to 12.00

Come and join us at Palgrave Community Centre

All are welcome

Donations for the Refreshments this month are to

**St Elizabeth Hospice Ipswich**

St Elizabeth Hospice is an independent Suffolk charity, which every year delivers care to over 4,000 patients and their families who are living with a progressive or life-limiting illness. Care is given across East, Mid-Suffolk & into Great Yarmouth and Waveney.

- One team, one community
- Learning never ends
- Compassion takes courage
- Every moment matters



If you need transport please contact Anne 644931



The Help for Hope Team - Benefice of North Hartismere

PALGRAVE COMMUNITY CENTRE CINEMA

# BRUCE SPRINGSTEEN

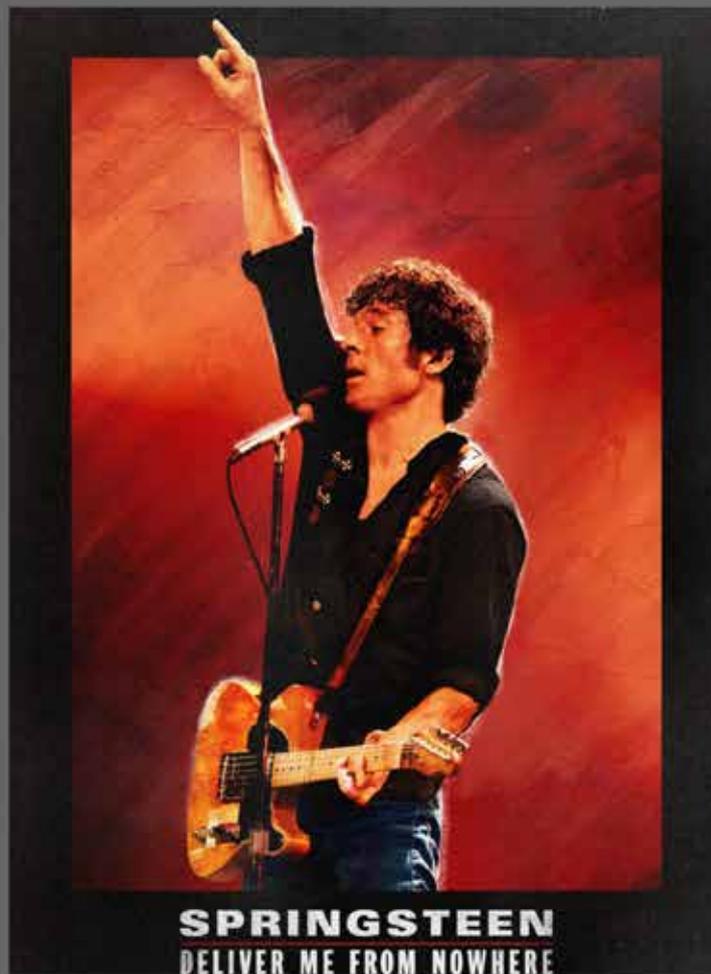
...DELIVER ME FROM NOWHERE

---

SATURDAY 9TH MAY 2026  
DOORS OPEN 7:00PM FOR 7:30PM START

---

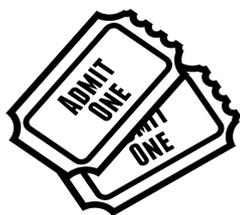
£6 entry for non-members, £5 entry for members.  
Licensed bar will be open.



PLUS...A  
CHANCE TO  
WIN 1 FREE  
ENTRY TO  
NEXT  
MONTH'S  
FILM!

Booking is essential! Please contact 07415 401577.

CHARITY NO. 269132



## Palgrave Cinema Events

### Coming up at Palgrave Community Cinema...

On **Saturday 11th April**, join us for *Invictus*, Clint Eastwood's inspiring true story of how Nelson Mandela united a nation with the 1995 Rugby World Cup – a powerful and uplifting classic.

Official trailer:

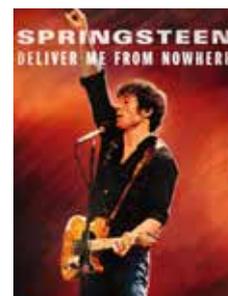
[https://www.youtube.com/watch?v=RZY8c\\_a\\_dIQ](https://www.youtube.com/watch?v=RZY8c_a_dIQ) ()



Our **Saturday 9th May** screening is *Deliver Me From Nowhere*, the Bruce Springsteen biopic following his creative journey during the making of his 1982 album 'Nebraska'.

Official trailer:

<https://www.youtube.com/watch?v=oQXdM3J33No> ()



On **Saturday 13th June**, join us for *Wicked: For Good* – the next chapter in the magical world of Oz, drawing beloved characters deeper into adventure, friendship, and courage.

Official trailer:

<https://www.youtube.com/watch?v=BRT-qexTWy4> ()



Doors open at 7:00 pm  
Films start at 7:30 pm

Tickets:  
Members £5 | Non-members £6

The bar will be open as usual, and during the interval there will be a selection of ice creams available.

To book, please call 07415 401577

Thanks again for your continued support – we really look forward to seeing you.

Warm wishes  
Lee, Jane & Michael  
Palgrave Cinema

## News from your Parish Council

Our next meeting is 9 April @ 7.30pm in PDCC lounge.



We're a busy parish at the moment so please view the full minutes on the Forge Close notice board or online.

**Flags on Lampposts Again** – We've received renewed complaints about this issue but it should be noted that the Parish Council has no powers to resolve it. It's a matter for Suffolk County Council Highways department who look after street furniture. It's been reported to them on more than one occasion. Their response is that they will remove them when they are in the village attending street furniture matters, adding that it is illegal to put items on lampposts and such like.

**Priory Wood:** We're still keen to create more green space alongside Priory Wood and are awaiting further info from both Mid Suffolk, who own the wood, and the adjacent landowner. If you're keen to help maintain this space and hopefully improve it, please pass on your details to the Clerk.

**Grange Solar Farm update:** The Parish Liaison Group (PLG) are working very hard on your behalf to ensure the build goes smoothly. Regular meetings are held with the contractors. The detailed reports to the Parish Council can be read in full on our website under External Energy Projects.

**Community Speedwatch / Lorrywatch:** Despite lots of complaints about speeding vehicles through the village, we can't raise enough volunteers to run a Community Speedwatch team, which needs a minimum of 6 volunteers. However, a Lorrywatch Team does not have the same minimum requirement so we could possibly get this reinstated with just a few volunteers. Interested people in the latter will have to view a short PowerPoint presentation, which provides all the info needed to take part. If you want to know more about either scheme, please contact the Clerk.

**Vacancies:** We're expecting our requirement to be cut from 11 to 9 Councillors, effectively meaning we will have just 2 vacancies. People are always quick to condemn, irrespective of where they live – this needs doing, or that isn't right – but unless conscientious proactive residents come on board, we simply cannot do everything with such a small team. You are actively encouraged to come forward, put your ideas to us, share your views, be engaging, and throw your name in the hat to become a Parish Councillor for ***YOUR VILLAGE!***

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](mailto:clerk@palgrave-pc.gov.uk) T: 01986 798422 (answerphone). Website address: <https://palgrave-pc.gov.uk/>

## The Palgrave Spring Litter Pick

Saturday 18 April Meet 10am at the Church

Please email the Clerk to get involved. As always it will be weather dependant but let's keep everything crossed for a bright sunny day. All equipment will be provided to get you on your way. Fresh hot refreshments will also be available.



## Out of the Box Project

Now that the winter is over, things are looking up. The school is engaged with designing the imagery for the panes of glass. But we need to get the glass out, washed, dried and stored until it's time to get it painted.

But this will **NOT** happen without some help. The Clerk is giving her time for free so please join her on Wednesday 1 April from 10.30 onwards to help remove the glass, clean it etc. The paintwork needs removing – we have Nitromors, rubber gloves, brushes, masks all available so we need **you, you and you** to offer some help on this majorly important part of the project, even if it's only for an hour or two. Even providing some refreshments on the day will be welcome.



We hope to see some community input with both of the above events.

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: **pdcc.bookings@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](http://www.ruralcoffeecaravan.org.uk)

# The Palgrave Star

EXTRACTS FROM THE PALGRAVE STAR ON PROGRESS AT THE COMMUNITY CENTRE

*December 1983:*

"...we have instructed our architect to press ahead and obtain detailed planning permission for a village hall, and we are looking for a start in the spring of 1984."

*July/August 1984:*

"...having successfully overcome various setbacks the first turf was lifted on Wednesday 11th July at 4.15pm.

This was soon after the bricks and blocks had been purchased and transferred by trailer from the site in Crossing Road onto the Playing field ready for the bricklayer to do his part...Altogether some twenty thousand bricks and about three and a half thousand blocks were separately lifted, loaded, unloaded and stacked. Some of the team put in over thirty hours on this one job alone. In alphabetical order we list the names of those who wore out their gardening gloves for us:- J. and P. Atkins, H. Bunbury, S. Chapman, A. Collins, P. and M. Cripps, T. Eaton-Evans, J. and D. Hicks, C. Manning, R. Rice, M. and K. Roberts."

*February 1985:*

"...some work well done had to be undone...and insert a steel girder on top of each wall plate. The sense of humour is essential as the felting and battening task was completed in a snow storm."

*March/April 1985:*

"After a few setbacks and the inclement weather, the building is now slowly but surely taking shape. Thanks to the loyal band of helpers, we are now in the process of having the building glazed and the electricians have started the wiring. With the better weather on the way, we hope we should be able to surge ahead and complete this major project. It would be nice to see some new faces joining our workforce to speed up the completion of the building. Skilled or unskilled, we can find you all a job on this very worthwhile project."

*April 1986:*

"OFFICIAL OPENING OF COMMUNITY CENTRE

On 12th April Palgrave Community centre will officially be opened by Canon Geoffrey Rogers. Any member of the Community Council is invited to be present at our opening, refreshments will be available and it is hoped that the evening will be an opportunity for an informal meeting of friends."

**5th July 1984: Moving the bricks**



**Pouring the**



**The blockwork goes up**



**20th October**



**Volunteers at the verandah**



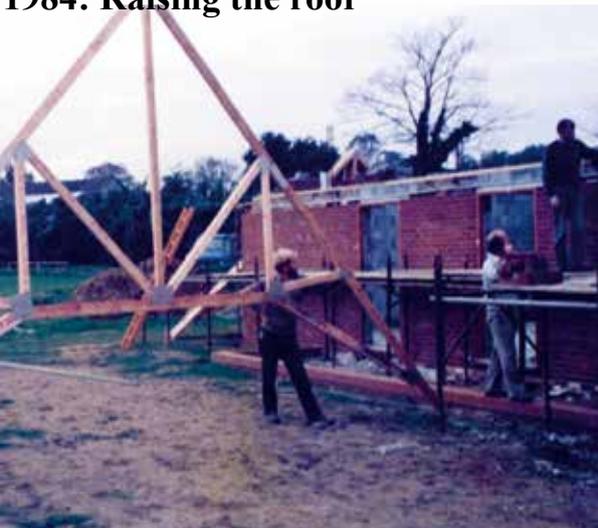
**foundations**



**Levelling the oversite**



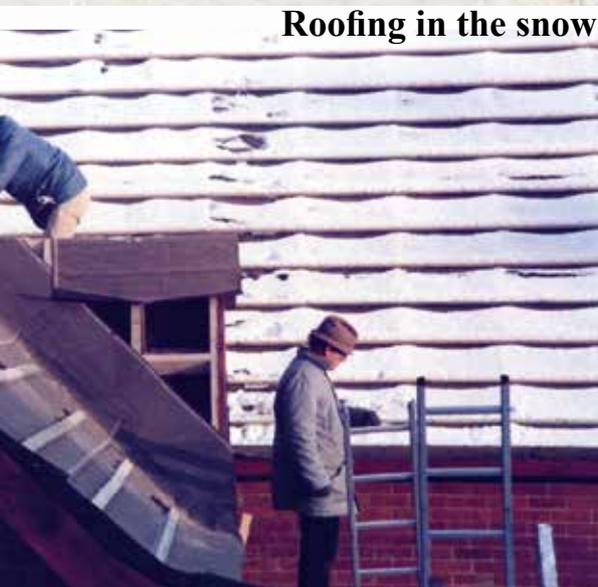
**1984: Raising the roof**



**May 10th 1985: The porch**



**Roofing in the snow**





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

## Palgrave Open Gardens Weekend

### **We need your help – and your garden!**

Thanks so much to the gardeners who've volunteered their gardens for this year's event. But to make sure it's a bloomin' success, we need a few more!

Open Gardens is a lovely sociable event and much time on the day is spent chatting to other keen – and some not so keen – gardening folk. It's a great chance to get some tips and ideas for your own garden.

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.

There will be a plant stall in the Community Centre Hall over the weekend.

**To take part, please contact  
Helen Thorburn 01379 651749 (evenings) or by emailing  
h.thorburn@hotmail.co.uk by FRIDAY 10th APRIL**



#### **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.



## Goin' back to the '60s



It's not every day you get your life story set to music...but that's exactly what's happening to local Palgrave resident Kathy Mills.

Kathy's memories and tales of her life growing up in the 1960s are the inspiration behind the Palgrave Players' latest musical production '**Goin' Back To The 60s**'.

Set in a charming old record shop, Kathy takes a stroll down memory lane with her daughter and granddaughter (played by Suzanne Stevens and Holly Brice).

As they sift through old vinyls, Kathy's memories of the swinging 60s come to life through the songs and music of the era, performed live by the cast.

This feel-good show is all about the joy and spirit of the 60s. Directed by Cathal Prendergast, with musical direction by Michael Benyon, you'll be transported back to an era of incredible music and unforgettable moves.

Singing, dancing, and lively tunes from the past will have you tapping your feet and belting out those classic hits – you won't be able to resist joining in!

Performances at two fabulous venues:

📍 **Thu 21st – Sat 23rd May 2026**

Garboldisham Village Hall IP22 2SE

📍 **Fri 12th June 2026**

The Corn Hall Diss



# Garboldisham Village Hall

## May 21-23

[www.palgraveplayers.com](http://www.palgraveplayers.com)



SCAN HERE

# THE CORN HALL DISS

## June 12

[thecornhall.co.uk](http://thecornhall.co.uk)



SCAN HERE

# 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](mailto:andy@oglog.com)

if you wish to join us on any of the walks, please feel free to join us at the Palgrave Community Centre or individual walk starting points. If you want to join us for the first time from Palgrave, please make contact in advance so we can be sure there will be a car seat if necessary. **If you are new to the walk, please ensure sensible footwear and it is advisable to bring a change of shoes if it is muddy.**

Unless it's a local walk, for most walks we meet at the Community Centre for car sharing, normally leaving sharp at 9.45am on the 2nd, 3rd and 4th Tuesday of each month but please check the individual walk details below and right.

## April's Ambles

<i>date</i>	<i>where</i>	<i>led by</i>	<i>miles</i>
14th	<b>Hopton and Market Weston</b> <b>Leave Palgrave at 9.45am</b>  Free parking at Hopton Village Hall IP22 2QY. Location is immediately left at Hopton shop coming from Garboldisham.	Alison Dumbell	<b>4</b>
21st	<b>Haughley - IP14 3NT</b> <b>Leave Palgrave at 9.30am. Journey time is 25 mins</b> <b>so gather at 10.00 for 10.10am start.</b>  The route from Palgrave CC is via the A143, taking the B1113 to Finningham, then off at Bacton, which leads to Haughley. We meet at the church, but suggest postcode IP14 3NR which is actually the Palmers Bakery. The church is quite visible from there: we can take a look before or after the walk.  For refreshment I propose the Bull at Bacton (IP14 4LJ). I don't think I need to book, however you know for sure that you'll be eating, that could be useful to know, so please advise in due course.	Leo Verhaag	<b>4.6</b>

<i>date</i>	<i>where</i>	<i>led by</i>	<i>miles</i>
<b>28th</b>	<b>Kenninghall</b> <b>Leave Palgrave at 9.45am for 10.15am start</b>	Hillary Jones	<b>5</b>
	<p>We'll park at the Village Hall in School Close (NR16 2EL) from where we will walk north, towards Banham, before skirting the Quiddenham estate and returning to Kenninghall. The route follows established footpaths.</p> <p>We'll take post-walk refreshments at the 16th century, newly renovated King's Head, North Lopham, which will be serving hot lunches</p>		

## Borderhoppa Outings

<b>April 2026:</b>		<i>Price</i>
Thur 2nd	<b>Peter Beales Roses</b>	£15.00
Thur 9th	<b>Thorpeness and Aldeburgh</b>	£20.00
Mon 13th	<b>Mississippi Paddle Steamer &amp; Wroxham</b>	£30.00 inc boat ticket
Thur 16th	<b>Tea &amp; Cakes at Dutch Barn Nursery, Blo Norton – Dial-a-Ride</b>	-
Mon 20th	<b>Southwold</b>	£20.00
Mon 27th	<b>The Four Horseshoes, Thornham – Dial-a-Ride</b>	-

- *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](http://www.borderhoppa.org)



## 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.

**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>



## 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.

**2nd April: Dr Joy Hawkins**  
*'Stones, Bones and Herbs – Treating  
Everyday Ailments In Medieval England'*

**7th May: David Williams**  
*'The Greening of London – why it is so important'*

David Williams is a registered City of  
London guide and lecturer

**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/>

## Question of the month:

**Nearly 1 in 4 people have missed an NHS appointment because they forgot or arrived too late, according to a new survey.**

### **Q: How do I cancel an appointment with Botesdale Health Centre (BHC)?**

**A:** It is important that you let us know if you are unable to make an appointment so we can offer the appointment to someone else. One of the easiest ways you can reduce the risk of missing an appointment is by tapping the NHS App to turn on notifications to get reminders, so you can cancel or rearrange appointments if you need to. Alternatively, you can phone BHC or let us know through Anima (using the 'Admin Request' option) that you need to cancel or rearrange an appointment.

### **Q: What is an Advanced nurse practitioner (ANP) and what can they do?**

**A:** ANPs are qualified to carry out many tasks that patients may previously have associated only with GPs. Their extended scope of practice typically includes:

- Providing advanced nursing care for a wide range of conditions
- Taking a full patient history
- Carrying out clinical assessments and physical examinations
- Ordering and interpreting diagnostic tests
- Diagnosing illnesses and conditions
- Prescribing medications (as independent prescribers)
- Offering treatment, advice, and ongoing management
- Making referrals to hospital specialists or other healthcare professionals

These responsibilities are supported by national frameworks and professional standards. Although they work independently, they regularly liaise with GPs and the rest of the primary care team to make sure patients get the best possible care.

### **Why patients may see an ANP instead of a GP**

ANPs are trained to manage many of the conditions that bring patients to primary care, including:

- Minor illnesses
- Longterm condition management
- Urgent but nonemergency problems
- Medication reviews
- Followup care

This helps practices improve access, reduce waiting times, and ensure GPs are available for the most complex cases.

### **Reasonable adjustments**

Under the Equality Act 2010 the NHS must make it as easy for disabled people to use health services as it is for people who are not disabled. This is known as making reasonable adjustments. People with a physical disability, sensory disability, learning disability or long-term condition such as dementia are entitled to reasonable adjustments.

Learn more about reasonable adjustments by visiting <https://suffolkandnortheastsex.icb.nhs.uk/your-health-and-services/reasonable-adjustments/>

## 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.**



## List of Regular Hirers

### Contact:

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

## Sarah's Small Patch Plastering

Do you have a small area, patch or hole  
that needs plastering?

07515 644 167

sarahsmallpatches@gmail.com



**THE SUFFOLK SWEEP**

- No. 1 for chimney care -

Chimney sweeping

Stove refurbishment

Cowl fitting

CCTV inspection

Please call Ben on:

**07766 235 607**

[www.thesuffolksweep.co.uk](http://www.thesuffolksweep.co.uk)

# EVERY SECOND COUNTS- BE THE LIFELINE



**IN A CARDIAC EMERGENCY?  
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



**Commercial and Commercial Property  
Residential Conveyancing  
Debt Recovery ~ Litigation  
Matrimonial ~ Personal Injury  
Wills, Probate and  
Lasting Powers of Attorney**

For competitive fees and a personal service call  
**01379 854455**

Offices at Diss, Ipswich, Felixstowe and at  
Ancient House, The Thoroughfare in Harleston.  
IP20 9AS  
(formerly Taylor & Co)

Why not take a look at our website?

[www.jackamans.co.uk](http://www.jackamans.co.uk)

**Susan Whymark  
Funeral Service Ltd**

Independent and Family Run



*Serving Eye, Harleston, Diss, Framlingham and the surrounding areas since 2004*

We offer a range of services to suit your individual needs

- Funerals tailored to your needs and budget
- Full estimates given at time of arrangement
- Pre-Paid Funeral Plans available
- Direct Cremations
- Support Groups
- Memorials

We provide an efficient but friendly service through our  
professionally qualified staff **24 hours a day**

• Chestnut House,  
12 Progress Way,  
Eye, Suffolk, IP23 7HU  
Tel: 01379 871168

• Ley House,  
11a London Road,  
Harleston, Norfolk, IP20 9BH  
Tel: 01379 851253

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

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



**See our customer reviews at**  
[www.susanwhymark.co.uk](http://www.susanwhymark.co.uk)  
Email: [susan@susanwhymark.co.uk](mailto:susan@susanwhymark.co.uk)






Andrew Gaskin  
Gardening & Groundwork

01379 783515  
07538938486  
a.gaskinggardening@yahoo.com



Grass Cutting  
Pressure washing  
Small tree work  
Hedge work  
Gutter clearing  
Fence repairs and painting  
Shed felting  
Patis  
General maintenance




**AJB Electrical**  
For all your electrical needs!

**Ashley Bridges**  
18th Edition Electrician

---

12 Victory Court  
Diss, Norfolk, IP22 4GN

07955656332

AJB-Electrical@hotmail.com



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

For all your Gardening,  
Pet Supplies and Wild Bird Food



*Deliveries available. Helpful service and advice at all times*

**This space could be yours!**

To advertise your business in The Palgrave Star, please contact:  
[palgravestar.adverts@gmail.com](mailto:palgravestar.adverts@gmail.com)

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

Prices are for 12 months' advertising.

**WAVENEY WINDOWS LTD** EST.1977



**CONSERVATORIES ♦ WINDOWS & DOORS ♦ FACIAS**

**NIGEL SAYWOOD**  
*Design Consultant*

**Mob: 07909543905**  
**Show Site: 01379 688488**  
**Home: 01379 640313**

**SHOWSITE**  
**Blooms of Bressingham**  
**Garden Centre**  
**Diss**  
**Norfolk IP22 2AB**

**HARDWOOD & COLOURED UPVC AVAILABLE**

SEE OUR NEW TIMBER ALTERNATIVE "EVOLUTION" WINDOW

**C Howard Carpentry**

- Kitchens
- Worktop replacements
- Bedrooms/bathrooms/offices
- Engineered & solid wood flooring
- LVT flooring
- Doors

Please call for quotation

Craig Howard  
**07917 660 933**  
 C.HowardCarpentry@gmail.com

*Bespoke units & Fitments*




**eliel**  
 INTERIORS



Interiors designed around you and your budget

07596137736 | leo@elielinteriors.com



**COTTRELLS**  
 PROPERTY

**Independent Chartered Surveyors and Estate Agents.**

**01379 771190**  
 alexander@cottrellsproperty.co.uk

# No matter what size your budget

Our compassion is constant



the good funeral guide.

- Home Visits
- Pre-paid Funeral Plans
- Funeral Finance
- Personal Touches
- Direct Cremation
- Bereavement Support Groups and Resources
- Affordable Choices

**Rosedale**  
FUNERAL HOME  
A FAMILY BUSINESS

63 Victoria Rd, Diss IP22 4JE  
24hr Telephone:  
**01379 640810**  
[www.rosedalefuneralhome.co.uk](http://www.rosedalefuneralhome.co.uk)

# Garwood's

OF SUFFOLK

TREE SERVICES AND GROUNDS  
MAINTENANCE



CROWN LIFTING  
TREE FELLING  
DISMANTLING  
REDUCTIONS  
PRUNING  
THINNING  
STUMP GRINDING



BASED IN WORTHAM, WE ARE DEDICATED,  
HARD WORKING AND TRUSTWORTHY.  
ALL OF OUR STAFF ARE FULLY TRAINED  
AND INSURED, RELIABLE AND  
PROFESSIONAL.  
ALL WORK IS CARRIED OUT RESPECTFULLY  
AND TO THE HIGHEST STANDARD.

FOR A FREE ESTIMATE PLEASE CALL  
Lee Garwood  
Tel: 01379 890617 / 07880 528142

# T.L. PLANT HIRE

*If you are in a hole...  
...we'll dig you out*

MINI &  
MICRO DIGGERS  
DUMPERS • BREAKERS • MIXERS  
TELEPORTERS • SMALL PLANT  
SCARIFIERS • TURF CUTTERS  
WACKERS • ROTAVATORS  
STRIMMERS  
TOOL HIRE

**07881  
642232**

[tom@tlplanthire.co.uk](mailto:tom@tlplanthire.co.uk)

Bridge House, Denmark Hill, Palgrave, Diss IP22 1AB



Diggers can be provided with operator, if required.

# John Doe of Diss

CARPETS • BEDS • FURNITURE



**45,000**  
sq ft superstore

**OPEN**  
7 DAYS  
A WEEK

📍 46-50 Sawmills Road, Diss, IP22 4DA  
Online [johndoe.co.uk](http://johndoe.co.uk) | Call 01379 644 081



# Painter & Decorator

Local, Reliable Painting & Decorating Service

Internal and External Work - Domestic and Commercial

No Job too Big or too Small

Contact Evan Heasley  
for a free no obligation  
quote on:

Tel - 07584 843029

Email - [evanheasley@gmail.com](mailto:evanheasley@gmail.com)

Facebook - Evan  
Heasley Handyman



# G.G. EVANS

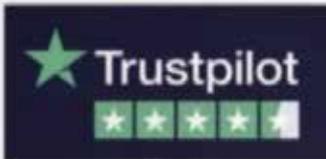
Pest Control Services

07795 177695

01379 608932

[info@ggevens.co.uk](mailto:info@ggevens.co.uk)

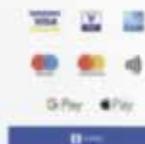
**MOLES, RABBITS,  
WASPS & MORE**



## MIKE'S GUTTERS

BEFORE & AFTER PHOTOS AFTER JOB COMPLETION  
FULLY INSURED AND LADDER ACCREDITED

- Clear Gutters of Debris, Moss, Plants & Dirt
- Wash Gutters, Fascia & Soffits
- Conservatory Roof Cleans
- Greenhouse Cleans
- Minor Repairs



**GUTTER REPLACEMENT  
SERVICES** ✓

PHONE/TEXT - 07563112589 WEBSITE- [Mikesgutters.co.uk](http://Mikesgutters.co.uk)  
EMAIL- [Info@mikesgutters.co.uk](mailto:Info@mikesgutters.co.uk) (OPEN 7 DAYS A WEEK)





# botesdaledental

PRACTICE & IMPLANT CLINIC

High quality dental treatment in a  
**Calm, Comfortable &**  
State of the art environment



**Botesdale Dental**  
PRACTICE & IMPLANT CLINIC

Tel: 01379 897 176

Email: [reception@botesdaledental.co.uk](mailto:reception@botesdaledental.co.uk)

Botesdale Dental Practice, Holly Close,  
The Drift, Botesdale, Suffolk IP22 1DH

Find us on  
[www.botesdaledental.co.uk](http://www.botesdaledental.co.uk)



**“Our Plan”**

Offers many benefits

Call or email for an information pack.

Palgrave Community Centre Cinema

Saturday 11th  
April 2026

# INVICTUS



INVICTUS



BAR OPEN  
AND  
ICECREAM !

£6 FOR  
NON-MEMBERS  
£5 FOR  
MEMBERS



Doors Open 7.00 pm  
Starts at 7.30 pm

**PLUS...A CHANCE TO WIN 1 FREE ENTRY  
TO NEXT MONTH'S FILM!**

BOOKING IS ESSENTIAL, PLEASE CONTACT 07415 401577

CHARITY NO. 269132