

OCTOBER 2026

The Palgrave Star

PALGRAVE COMMUNITY CENTRE



RAFFLE

Quiz Night



SATURDAY
24TH OCTOBER

BAR

7:00 PM DOORS
6:30PM

TEAMS OF UP TO 6

£10 PP WITH FOOD

Baked potatoes with pulled pork and
coleslaw, cheese or baked beans.
Please state food choice when booking.
Food served at start of evening.

BOOK BY 17th OCTOBER
by calling Jane on 07415 401577

CHARITY NO. 269132

Palgrave & District Community Centre

Palgrave & District Community Centre (PDCC) is a local charity managed by a committee of Trustees. The Trustees are local residents who volunteer their time to enable the Community Centre, the playing field and the children's play area to provide leisure and recreational activities in our local community. The charity has to generate income to cover the running costs of the Centre, the playing field and the children's play area. We do this through membership subscriptions, fundraising events and the hire of the Centre for private functions and by regular activity groups and clubs. We do not receive funding to cover our running costs from public bodies.

The PDCC offers a membership scheme which is open to any adult in Palgrave and the neighbouring areas, including Diss. Membership is £13 per year. As well as helping us to keep the Centre running, the scheme also gives members price reductions for some PDCC events, such as the monthly cinema evenings, garage sales etc.

The Palgrave Star

Did you know that the PDCC funds and produces our village's monthly magazine *The Palgrave Star*? It keeps the community in touch with village life and is delivered free, by volunteers, to every household in the village.

News and articles can be submitted via the editorial team at:
thepalgravestar@gmail.com

The deadline for the November issue is
8pm on Saturday 17th October.

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



Chair: Nick Duncumb
ChairPDCC@gmail.com

Vice-Chair: *position vacant*

Secretary: Sian Bunbury
pdccsec@gmail.com

Treasurer: Val Firth
treasurerpdcc@gmail.com

Membership Secretary:
Helen Thorburn, 01379 651749

Bookings: Jane Lockwood
07415 401577 bookingspdcc@gmail.com

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

Parish Council Representative:
Susan Hollowday

Centre Coordinator:
Jane Lockwood, 07415 401577

Website: Phil Dyer

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

Booking rates for Palgrave Community Centre

Main Hall

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

Lounge

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

The lounge is not available on Friday evenings.

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

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

Welcome to our October issue!

After a glorious summer, when some of our events and activities continued, we are now back in full swing and even planning events for next year.

We do aim to provide a range of activities in the hall, lounge bar and on the playing field and park, for different age groups and interests.

We recently started a monthly **Needles and Pins** group where you can work on your own knitting, crochet or a similar item. Friendly chat, advice if needed and a cup of tea is all on offer. See the notice in The Palgrave Star for details, along with our **crib, carpet bowls, friendship club or board games clubs** if they're of more interest. The **Autumn quiz, coffee mornings, CPR and AED (defibrillator) training, children and family activities** and an **Arabian meal** are also coming up.

There's something for everyone and the Trustees rely on your support and interest to enable us to carry on with these groups.

Cancellation of September film

Unfortunately we had to cancel the September film, Michael, as only 8 people booked a seat. The licence for each of our monthly films costs us £106 and we really do need your attendance to enable us to carry on with the showings. If there is a particular film that you would like to suggest, please speak to one of the Trustees.

October's film is *The Devil Wears Prada 2* which we hope you will come along to and enjoy. Watching a film at the Community Centre is much cheaper than a trip to Bury, Norwich, Ipswich or Thetford and much more sociable. Why not come along with your friends and neighbours?

Dates for your Diary

Fri 2nd October	Line Dancing Evening £10pp with food. Doors open 6pm for 7pm start. Book by text or call to 07415 401577.
Sat 10th October	Film night: <i>The Devil Wears Prada 2</i> Doors open 7.00pm, film starts 7.30pm. To book, call 07415 401577. <i>See back page</i>
Sun 11th October	AllStars Free Family Event 11am–2pm. Crafts, games, sports. Details from 07507 862660. <i>See page 8</i>
Fri 16th October	CPR and AED training 7.30pm. Further information from PalgraveVETS@hotmail.com . <i>See page 4</i>
Sat 17th October	Spruce up Palgrave 10am–12pm. Meet at the church at 10am
Mon 19th October	Coffee, Cake & Company 10am–12pm. <i>See page 19</i>
Sat 24th October	Autumn Quiz 6.30pm for 7.00pm. £10pp with food. Book by 17th October – call 07415 401577. <i>See front cover.</i>
Fri 30th October	Needles and Pins 2.30–4.30pm. <i>See page 6</i>
Sat 31st October	AllStars Hallowe'en Free Family Event 11am–2pm. Crafts, games, sports. Details from 07507 862660. <i>See page 14</i>
Fri 13th November	Arabian Night Dinner £20 per head. Please book by Monday 9th November via coconutmonkeycatering@hotmail.com or call 07950 372672. <i>See page 18</i>
Wed 18th November	PDCC Annual General Meeting 7.30pm

Palgrave Village CPR & AED Training

16 Oct. 2026 @7:30pm



**Location: Palgrave & District
Community Centre**
Rose Lane
Palgrave IP22 1AP

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

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

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



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

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

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

The Parish Council and the Palgrave and District Community Centre are organising a refresher CPR/AED training on **16 October 2026 at 7:30PM.**

This free session is to explain what to do if someone near you experiences a cardiac arrest and you will be given an opportunity to get hands on!

The trainer for the evening will be Rachel Hillier, our local NHS First Responder, who works as a volunteer with East of England Ambulance Service NHS Trust. The evening is free, but there will be an opportunity to make a voluntary donation to our NHS First Responder to maintain and improve their kit.



To reserve your place please get your free ticket at:
www.ticketsource.com/Palgrave
 or scan the QR Code.

For more information you can contact Heribert & Kathryn @
Palgrave.VETS@hotmail.com.

More about...

The East of England Ambulance Service NHS Trust



When someone calls 999, community first responders (CFRs) are often first on the scene. These volunteers live locally and provide life-saving care before the ambulance arrives. They rely on donations to fund CFR training and equipment to treat emergencies like cardiac arrests, heart attacks, and strokes.

Rachel Hillier, our local NHS First Responder, told us: *"The ambulance service, in our case The East of England Ambulance Service, provides the first kit for any group. This consists of a kitbag and oxygen barrel bag, a defibrillator, a pulse oximeter, a digital tympanic thermometer, a blood pressure machine, a blood monitoring kit for sugar levels, an oxygen cylinder plus consumables like oxygen masks of different types, dressings etc plus an NMA (Navigation Message Authentication*) based on a smartphone with ambulance mapping on. This is a fairly recent addition as we previously relied on a standard*

mobile phone and had to buy navigational system, which got us in the middle of a postcode but not necessarily directly to the patient. The total value of each kit is approximately £2,500.

Any additional kits need to be fundraised by each group and can be in excess of the price above if additional NMAs are purchased, as the group will then have to purchase the licence and airtime for these. Any funds raised for us go into a ringfenced account held by the Ambulance Service. I hope this gives you an idea - in addition, thanks to many wonderful supporters, we run our own responder car - more about that soon!"

You can support our first responders via the EEAS Charity at
www.eeastamb.nhs.uk/about-us/charity

* Navigation Message Authentication is a system to improve and secure the GPS signal, so that the volunteers can quickly get to the right place.

Needles & Pins

Last Friday of the month 2.30 – 4.30pm

Palgrave Community Centre

Come along with your craft project and enjoy a chat and a cup of coffee or tea.

£2.00 a session, includes tea or coffee.

Contact Helen Thorburn 01379 651749

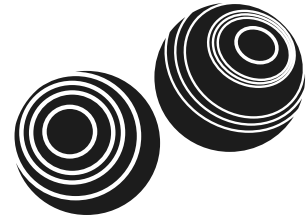


Carpet Bowls

Mondays 2.00pm–4.00pm Palgrave Community Centre

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

Contact Jean Potter 07415 401577



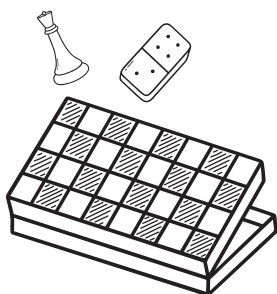
Friendship Club

Alternate Tuesdays 2.00pm–4.00pm

Palgrave Community Centre

All welcome. Come along and enjoy a chat, cup of tea and play board games, bingo etc

Contact Jean Potter 07415 401577



Crib

**Mondays
7.00pm – 9.00pm**

Palgrave Community
Centre

Experienced players welcome

£3.50 a session

Contact Jean Potter 07415 401577



The Community Club Bar



The Community Club Bar is run separately from the PDCC, which is a requirement of the Charity Commission. It is run as a members' bar, which anyone over the age of 18 is welcome to join. Children under 16 must be accompanied by an adult. The bar is also available to hire for events held at the Centre.

We open every Friday from 7.30–10pm in the lounge. We are currently offering **free membership**: to join, please call our bar manager Lee on **07884 972957**.

This is a great facility to have in the village, so why not pop down next Friday evening, meet the bar staff who volunteer each week and also meet other members. Don't forget to make that call first and become a member! We hope to see you here soon.

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



Charity Coffee Morning Thursday 22nd October From 10.30 to 12.00

Come and join us at The Palgrave Community Centre

A very warm welcome to everyone

Donations for the Refreshments this month are to

UNICEF Sudan Appeal



for every child

How is UNICEF supporting children in Sudan?

We're working with partners on the ground responding to critical needs in health, nutrition, protection, education and water, sanitation and hygiene.

If you need transport please contact Anne 01379 644931



The Help & Hope Team - Benefice of North Suffolk



St Peter's Church, Palgrave

HARVEST at ST PETER'S CHURCH

Our flower arranging team always makes a lovely show at harvest time. Do come in and have a look, even if you can't make the service on 18th October. This comes shortly after Palgrave School's Harvest service on the Friday. We will be gathering contributions for Waveney Foodbank as usual this year.

SIGN UP TO EASY FUND-RAISING and support Palgrave Church

This is a brilliant and simple scheme for anyone who shops on the internet (i.e. nearly everyone). Download the EasyFundRaising app to your computer/tablet/smartphone, and then choose *St Peter's Church Palgrave* as your cause. Once this is set up, most visits to online retailers will flag up the option to make a donation. But the retailer makes the donation, not you. Your purchases are unaffected. St Peter's gets a monthly report and breakdown on the amounts raised – often only a few pence. We see the supporters' donations but not who they shopped with (and you can sign up with a pseudonym should you wish).

Since subscribing to the scheme, **our seventeen faithful supporters have raised £1,736.37 for church funds.** Please think of joining up too.

SERVICE MOST SUNDAYS at 11.00am

Our morning service is a blend of traditional and modern form of worship, with hymns, Bible readings, prayers and Holy Communion.

Informal and friendly. All are welcome.

1ST SUNDAY OF EACH MONTH:

9.30am: Coffee and croissants
10.00am: A shortened gathering to suit all ages



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

PALGRAVE ALL-STARS

FREE FAMILY EVENT
OCTOBER 11th
11am - 2pm

FREE FAMILY EVENT
OCTOBER 11th
11am - 2pm

BOARD GAMES, CRAFTS AND
OUTDOOR ACTIVITIES (WEATHER DEPENDENT)

PALGRAVE COMMUNITY CENTRE

Contact George for more info: 07507862660. Charity No: 269132



News from your Parish Council

The next meeting is on Thursday 8 October at 7.30pm in the PDCC lounge. If you would like to join the PC, why not come along and sit in on a meeting to see how it works. We are very friendly and run an informal ship so do drop by!

Norwich 2 Tilbury Pylon Project (N2T): As previously advertised, we *may be* eligible for funds as a result of the proposed pylon works. **But** to have a chance of any grants, we need your ideas. So this is an earnest request to put your thinking caps on and let the clerk have your wish list – it doesn't matter how big or small, let's collate them and see what best fits any funding we might achieve. Without your feedback, we may not meet the eligibility criteria so we need you all to contribute your ideas about what would improve Palgrave, what would make a real difference to the Community?



LorryWatch update: We're pleased to tell you the LorryWatch scheme is now officially up and running with 3 registered members: Councillors Rupert Fausset, Keith Charman and the Clerk. If you see a lorry that's over 7.5T (note buses are exempt), and would like to provide the details to us so the offending company can be reported, we need the following information: date / time / registration number / road name or number / direction of travel / vehicle type / other distinguishing features e.g. company livery or logo / plus any additional comments.





Date for your Diary: Spruce up Palgrave

Saturday 17 October 10am – 12 noon

Meet at the church at 10am for scrummy refreshments!

Please bring any suitable equipment e.g. buckets, cloths, gloves, that would help with cleaning street signs, or any other equipment you think may be useful for a range of tasks. Volunteers always needed so please give us 2 hours of your time to help tidy up the village. Please contact the Clerk.

Combined Out of the Box and Historic Trail Project

We're pleased as punch with both the finished projects on the Lion Road land opposite The Church. They came in on time and budget for our Grand Opening on 2 September, which was attended by a good crowd from the village as well as dignitaries from MSDC, our local County and District Councillors. There are too many people to mention here, but they all know who they are and we cannot express enough how grateful we are for your valuable input and work on both projects. We hope Palgravians are truly proud of these additions to the village and will help us to protect them both for future generations. They sit near our Palgrave Man Village Sign that was itself a result of a renewed campaign just two years ago.



Cemetery Update: The PC is looking to hire someone on an ad hoc basis to cut the grass around the graves area to keep it neat and tidy. You will need to use a mower to achieve the required result. If you are interested, or know of someone who might be, please ask them to contact the Clerk asap, details below.

Junction of Priory Road and Forge Close: The residents of Forge Close are continually being affected by vehicles blocking the junction, particularly on a Tuesday when it is refuse collection day. This means the bin lorries cannot access the Close, resulting in unemptied bins. It's affecting all bins, including the food waste caddies. So please think before you park – if your bins weren't emptied, you wouldn't be very happy, so please show some consideration for the residents who live along this stretch and who are suffering repeatedly from missed bin collections. Thank you!

Litter Bin: Following on from a request by a concerned teenager, we will be installing a litter bin at the bus shelter as soon as we have approval from MSDC and can arrange installation. Thank you for raising this concern.

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/>

Sustainable Suffolk Heat Pump Scheme County Councillor Paul Bains reports that if you are considering replacing your ageing heating system, note there is a new initiative through Sustainable Suffolk and the Switch Together group-buying scheme. Eligible homeowners can access:

- A government Boiler Upgrade Scheme grant of £7,500 when replacing gas or electric heating systems.
- A grant of £9,000 for properties currently heated by oil or LPG.
- Additional savings through collective purchasing arrangements.
- Free, no-obligation quotations from accredited installers.

This initiative is particularly relevant to many rural properties throughout Hartismere where homes are not connected to the gas network and rely on alternate sources of heating. Residents interested in learning more can visit the Switch Together (<https://switchtogether.co.uk>) and Sustainable Suffolk (<https://sustainablesuffolk.org.uk>) websites for further information.

Magic and romance bloom at the Palgrave Players!

Under director Christine Hamilton, rehearsals for the Palgrave Players' next show – *Dream Nights!* – are well underway. It's such a joy watching this show begin to take shape; there's a real spark in the room as scenes, songs and movement start to settle, and the cast are already bringing so much heart, humour and imagination to the story.

🤖 Shakespeare...not as you know it, but definitely as you'll like it!

Dream Nights! is a riotous rock musical inspired by William Shakespeare's *A Midsummer Night's Dream*. Expect mystery and mayhem, merriment and mirth, mischief and music and a hefty sprinkling of fairy dust as they bring this magical, mischievous world to life!

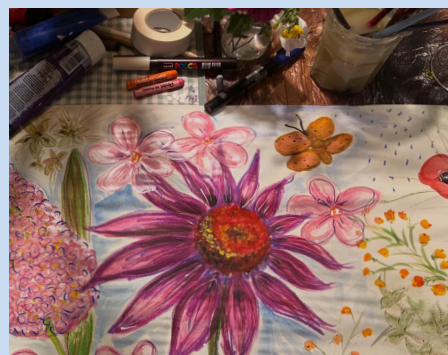
Teamwork makes the Dream work! 🌿🌸

One of the loveliest moments so far has been the team's work on the set. Instead of tackling the painting separately, it became a social evening – a chance to sit together, chat, unwind and paint as a group. Brushes, tea and biscuits came out, paints were mixed, and soon the tables were covered in beautiful hand-painted flowers.

What began as a practical job became something much more therapeutic: friends creating together, laughing, sharing ideas and enjoying the calm of simply making. Those flowers were so striking and full of personality that they became the centrepiece of the *Dream Nights!* poster. How fitting that a show about magic, dreams and transformation is represented by artwork made with care by the very people bringing it to life.

As rehearsals continue, the cast is learning new skills, the music is sounding wonderful, and the whole production is radiating that special Palgrave Players energy. **We can't wait to share it with you!**

PP
PALGRAVE PLAYERS



Thur 29 – Sat 31 October 2026
Garboldisham Village Hall IP22 2SE

Book online at www.palgraveplayers.com/tickets
or by scanning the QR code.



North Suffolk Benefice Church Services – October & November 2026

The following are services for the whole Benefice – all are welcome at any of the services.
An online service of Morning Prayer is held every Monday at 9.30am via Zoom. All are welcome to join us.
Please email the Benefice Administrator (lyn.northhartismere@gmail.com) for the link.

OCTOBER 2026

Sunday 4th – Trinity 18

Jam, Joy & Jesus! at Palgrave

9.30am Breakfast and Worship starts at 10.00am

8.45am	BCP Communion	Rickinghall
9.30am	CW Communion	Thrandeston

Sunday 11th – Trinity 19

9.30am	CW Communion	Stuston
10.30am	CW Communion	Redgrave
11.00am	Pet Service – all welcome!	Wortham
11.00am	CW Communion	Palgrave

Sunday 18th – Trinity 20

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

Sun 25th – Last Sunday after Trinity

9.30am	CW Communion	Brome
10.30am	CW Communion	Botesdale
11.00am	Café Church	Burgate
11.00am	CW Communion	Palgrave

DECEMBER 2026

Sunday 4th – Advent 2

Jam, Joy & Jesus! at Palgrave

9.30am Breakfast and Worship starts at 10.00am

8.45am	BCP Communion	Rickinghall
9.30am	CW Communion	Thrandeston

NOVEMBER 2026

Sunday 1st – All Saints Day

Jam, Joy & Jesus! at Palgrave

9.30am Breakfast and Worship starts at 10.00am

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

Sunday 8th – Remembrance Sunday

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

Sunday 15th – 2nd Sunday before Advent

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

Sunday 22nd – Christ the King

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

Sun 29th – Advent Sunday

10.30am **BENEFICE SERVICE**
at Burgate Church Hall

EVERYONE WELCOME

Notes:

Please contact the Administrator, Lyn Pelham Burn, if you wish to be added to the circulation by email of the Sunday Pew Sheet, which also has updated details of all forthcoming services.



Borderhoppa Outings



October 2026:		<i>Price per person</i>
Mon 1st	Notcutts, Norwich	£15.00
Thurs 3rd	Stoke Ash White Horse – Dial-a-Ride	-
Mon 12th	Hillcrest Nurseries, Stanton	£10.00
Thurs 15th	Bungay Market Day	£10.00
Mon 19th	Thetford Town and Garden Centre	£15.00
Mon 26th	Longwater Retail Park and Lunch at The Copper Beech	£18.00
Thurs 29th	Taverham Garden Centre	£18.00
November 2026:		
Mon 2nd	The Foundry Garden Centre, Tasburgh	£8.00
Thurs 5th	Thorndon Black Horse – Dial-a-Ride	-
Mon 9th	Cherry Lane Garden Centre, Pulham Market – Dial-a-Ride	-
Mon 16th	B&M and Beccles Town	£15.00
Thurs 19th	Goodies Breakfast and Farm Shop – Dial-a-Ride	-
Mon 23rd	Blackthorne Barns Xmas Shop and Tea Room	£15.00
Thurs 26th	Snape Maltings	£15.00
Mon 30th	Tea & Cakes at The Penoyer Centre, Pulham – Dial-a-Ride	-

Trustees wanted!

Could you help Borderhoppa? We're looking for a few new volunteer Trustees to join the Borderhoppa board and help guide our community transport charity.

You don't need previous trustee experience – just an interest in supporting your local community. Skills in areas such as finance, HR, fundraising or marketing are always welcome, but they're certainly not essential.

The commitment is small, with board meetings usually held once a month (often less), giving you the chance to make a real difference to people who rely on our services.

To find out more about becoming a Trustee, or to book any of the trips above, visit www.borderhoppa.org or call us on **01379 854800**.



Palgrave Photo Group

Share • Learn • Explore



Meetings will resume
Friday November 13th
2pm to 4pm



A variety of theory and practical tuition and participation in all genres of photography.



Photo walks to nearby places of interest.



We cater for the absolute beginner to the seasoned amateur.



Whether you have a state of the art digital camera or are just using your mobile phone, there's a place for you.

*All levels
welcome!*



Please contact **Phil Dyer** at
phildyer2114@gmail.com for further details.

u3a Diss

The monthly meeting takes place on the morning of the first Thursday of each month at the United Reformed Church, Mere Street, Diss IP22 4AD. We'll start the morning with refreshments, socialising, and catching up on the interest groups and notices, followed by a talk from our guest speaker.

Our speaker on Thursday 1st October is Tracey Mackness, who shares her story, from a troubled start in life, to prison to farming pigs and organic sausages – the story of Giggly Pig.

Doors open at 9.45am and the meeting starts at 10.30am. Refreshments are available free of charge until 10.15am. Visitors/non-Members welcome. We ask for a £3 donation towards refreshments and the speaker.

For more information, visit <https://diss.u3asite.uk/events/>

The Arts Society, Diss

We are a friendly and welcoming society that meets at the Corn Hall at 2.00pm on the third Tuesday of the month to enjoy a wide range of illustrated talks about the arts, given by highly qualified speakers.

20th October

CARTOONS & CONTRACTIONS – Barry Venning

The wonderful world of Heath Robinson

17th November

STANLEY SPENCER – Amy Lim

Cookham, a village in heaven

December – no meeting

19th January 2027

AUSTRALIAN ABORIGINAL ROCK ART – Paul Bahn

The world's longest art tradition

16th February 2027

THE BANKSY EFFECT – Mariska Beekenkamp Wladimiroff

Art with attitude

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



COMING SOON

FOR

**FRIDAY Night
BAR**



The Coconut Monkey
PRESENTS

AN

**ARABIAN
Night**

FRIDAY 13TH NOVEMBER 2026 @ 7.00PM

PALGRAVE COMMUNITY CENTRE

Roasted Chicken with Sumac and Za'atar

or

Lamb and Apricot Kofte

or

Chickpea, Muhammara and Kale Tagine (v)

★ ★ ★

All served with

Bulgar Wheat, Carrot and Spinach Salad, Cucumber and Dill
Yoghurt, Bread

★ ★ ★

Lemon and Rosewater Posset

**£20.00
PER HEAD**

**ALL ORDERS TO BE PLACED BY
MONDAY 9TH NOVEMBER 2026**



E: Coconutmonkeycatering@hotmail.com



T: 07950 372672

PAYMENT OF MEAL EITHER CASH OR BACS

PALGRAVE COMMUNITY CENTRE, UPPER ROSE LANE, DISS. IP22 1AP

All our dishes are freshly made.
Please inform us of any allergens

Bar open from 6.30pm.

CHARITY NO. 269132

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!



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

**THIRD MONDAY
OF THE MONTH
10AM - 12PM**



c-a-f-e (coffee and friends events) network developed by The Rural Coffee Caravan
www.ruralcoffeecaravan.org.uk



— ★ —

AN EVENING OF CLAIRVOYANCE

— with —

JOHN JULIAN

— ★ —

Join renowned clairvoyant
John Julian for an
unforgettable evening of
insight, guidance
and inspiration.

*A night of connection,
understanding
and hope.*



PALGRAVE COMMUNITY CENTRE



Sunday 6th December



7.00pm • Doors open 6.30pm • Bar • Raffle



Tickets £12 pp (PDCC Members £10 pp)

To book, please call Jane on 07415 401577.

SEE BEYOND • FEEL CONNECTED • FIND CLARITY

LIST OF REGULAR HIRERS

Day	Group	Contact
Monday	Line dance for beginners	Simone Holden 07576 315458 simsfitnessnorfolk@gmail.com
	Carpet Bowls	JeanPotter via 07415 401577
	LK Dance	Lynne Bailey 07835 021439 lynne@lksschoolofdance.co.uk
	Line Dance	Melissa Hawkes montereydance@hotmail.com
	Cribbage	Jean Potter via 07415 401577
Tuesday	Drama Tots	Nikki Poll nikki@dramatots.co.uk
	Diss Art Group	Phil Dyer 07597 495408
	Friendship Group	Jean Potter via 07415 401577
	Yoga	Susie Wonfor 07761 603061 Susiewonforyoga@gmail.com
	Zumba	Simone Holden 07576 315458 Simsfitnessnorfolk@gmail.com
Wednesday	U3A Camera Club	Barry Davis barryindiss@gmail.com
	Extend	Polly Lavender 01379 643212 07739 529449 Polly.lavender72@gmail.com
	Board games	George 07507 862660 Pauline 07503 161785
	Discovery Tutors	Di Grantham 07425 171970 di@discoverytutors.co.uk
	LK Dance	Lynne Bailey 07835 021439 lynne@lksschoolofdance.co.uk
	Bereaved by suicide Support Group	Susan Whymark 01379 871168 susan@susanwhymark.co.uk
	Palgrave School	
Thursday	Line dance for beginners	Simone Holden 07576 315458 Simsfitnessnorfolk@gmail.com
	Help for Hope Coffee Morning	Ginny Manning 01379 644229
	Conversational French	Di Grantham 07425 171970
	Discovery Tutors	Di Grantham 07425 171970 di@discoverytutors.co.uk
	Ukaholics Anonymous (Ukulele group)	Pete Arnold 07934 432185
	Rocking Foxes	Sharon Wentworth 07803 045536 info@rockingfoxes.co.uk
	Palgrave Parish Council	clerk@palgrave-pc.gov.uk
	Palgrave School	
Friday	Needles & pins	Helen Thorburn 01379 651749
	Palgrave Photographic group	Phil Dyer 07597 495408
	Community club Members bar	Lee Lockwood 07884 972957
Saturday	Palgrave Community Cinema	07415 401577 bookingspdcc@gmail.com
	Private Hire	07415 401577 bookingspdcc@gmail.com
Sunday	Private Hire	07415 401577 bookingspdcc@gmail.com




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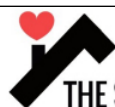
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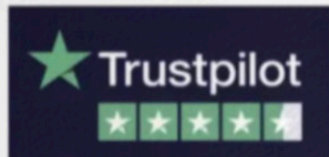
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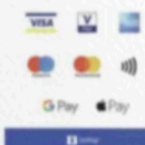
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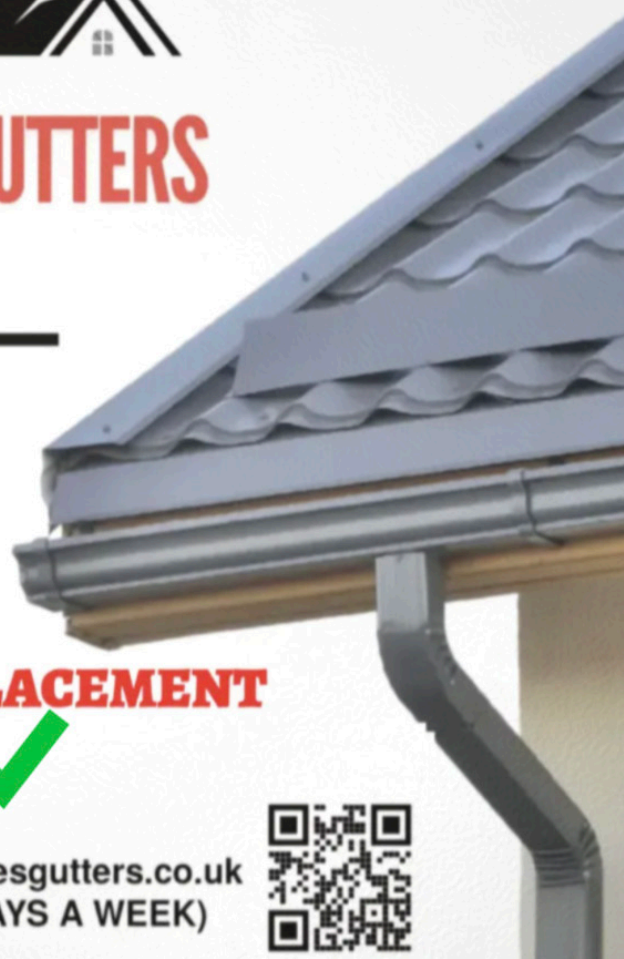
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