

The Palgrave Star

February 2025

Palgrave Community Centre Cinema
Saturday 8th February 2025

THE CRITIC

Doors open 7pm for 7.30 start

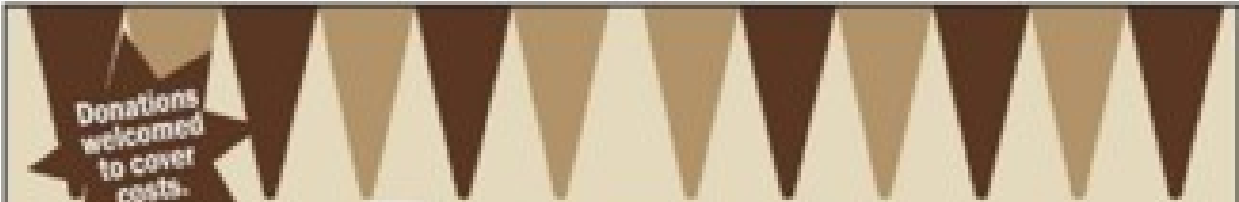


Academy Award Nominee Sir Ian McKellen (The Lord of the Rings, The Good Liar) stars as a powerful London theatre critic who lures a struggling actress into a blackmail scheme with deadly consequences. A suspenseful thriller co-starring Gemma Arterton (Quantum of Solace), Mark Strong (Tinker Tailor Soldier Spy) and Lesley Manville (Mrs. Harris Goes to Paris)

Booking essential Call /txt 07415401577
Members £4 Non members £5

LICENSED BAR OPEN & ICE CREAMS DURING INTERVAL

Charity no ... 269132



Donations
welcomed
to cover
costs.

PALGRAVE BOARDGAME CLUB

**Palgrave Community Centre. Every Wednesday 1 - 3.
See Facebook page for evening sessions.**

Contact:

George 07507 862660 * Pauline 07503 161785.



**CHESS * BACKGAMMON * SCRABBLE * YAHTZEE * DRAUGHTS
* AND MANY MORE ***

Palgrave & District Community Centre (PDCC) is a local charity managed by a committee of trustees. The trustees are local residents who volunteer their time to enable the Community Centre, the playing field and the children's play area to provide leisure and recreational activities in our local community.

Chairperson: Nick Duncumb - ChairPDCC@gmail.com

Vice-chairman: position vacant

Secretary: Sian Bunbury – pdccsec@gmail.com

Treasurer: Val Firth - treasurerpdcc@gmail.com

Membership Secretary: Helen Thorburn (01379 651749)

Bookings: Jane Lockwood 07415 401577 or

pdccbookings@gmail.com

Other Trustees: Di Brown, Wendy Cooper, Donna Duncumb, George Georgiou, Jane Lockwood, Lee Lockwood, and Jean Potter.
Parish Council Representative: Mary Hopkin.

Centre Coordinator: Jane Lockwood 07415 401577

Website: Phil Dyer

The charity has to generate income to cover the running costs of the Centre, the playing field and the children's play area. We do this through membership subscriptions, fundraising events and the hire of the Centre for private functions and by regular activity groups and clubs. We do not receive funding to cover our running costs from public bodies.

The PDCC offers a membership scheme which is open to any adult in Palgrave and the neighbouring areas including Diss. Membership is currently set at £10 per year. As well as helping us to keep the Centre running, the scheme also gives members price reductions for some PDCC events such as the monthly cinema evenings, garage sales etc.

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

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

The Palgrave Star

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

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

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

You can also contact the editor, Heather on 07917355614.
To advertise your business in The Palgrave Star contact:
palgravestar.adverts@gmail.com

Advertising in the Palgrave Star

Prices for 12 months advertising are:

Small box—5 x 6.5cm—£40

Large box 6.5 x 9.5cm—£60

Half page—£110

Full page—£175

Booking rates for Palgrave Community Centre

Main Hall

Monday to Friday - £11.00 per hour

Friday evening (from 6pm), Saturday and Sunday - £15.00 per hour

Lounge

Monday to Friday - £6.00 per hour

(Lounge is not available Friday evening)

Saturday and Sunday - £10.00 per hour

Contact our Centre Coordinator: Jane Lockwood 07415 401577 or
pdccbookings@gmail.com

Forthcoming Events

Palgrave & District Community Centre
Charity no. 269132

Valentine's Day
Ukulele Singalong

Thursday 6th February

See back page for more details

Film - The Wilding

Saturday 8th March

Film - The Critic
Saturday 8th February

*9/11:
A Survivors Story*

Friday 14th March

*See page 11
for more info*

PDCC AGM

Wednesday 19th
February 2025

7.30pm

See page 10 for
details of further
upcoming events.

List of Regular Hirers

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

Notice of Palgrave and District Community Centre Annual General Meeting

NOTICE IS HEREBY GIVEN that the Annual General Meeting of Palgrave and District Community Centre will be held at Palgrave and District Community Centre, Upper Rose Lane, Palgrave at 7.30 on Wednesday, 19th February 2025 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.

Palgrave Community Centre Cinema

Saturday 8th March 2025

WILDING

Doors open 7pm for 7.30 start



RUNNING TIME 1HR 11 MINUTES

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

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

Booking essential Call /txt 07415401577

Members £4 Non members £5

LICENSED BAR OPEN & ICE CREAMS DURING INTERVAL

VILLAGE HALLS WEEK

Village Halls Week runs from 17th – 23rd March. It is being promoted nationally by Action With Communities in Rural England (ACRE) and here at Palgrave Community Centre we are holding events on 22nd and 23rd March (see events insight).

The Community Centre is run by dedicated volunteers who keep the Centre open for the benefit of all residents.

We want to acknowledge and share the work being done by volunteers throughout the village : at the Community Centre, the School, the Church and at the Parish Council.

Come to the events and find out about what is going on : your additional contribution will be most welcome.



Delivery of The Star

The Star is hand delivered to every house in the village, as well as outlying properties within the Parish.

We are looking for a volunteer to deliver The Star at the lower end of Denmark Hill and to some properties along Ling Road. This could even form part of a circular route, taking in the fields on the west side of the village.

If anyone can spare an hour or so once a month to do this we would be very grateful. Please contact Helen Thorburn 01379 651749 or h.thorburn@hotmail.co.uk if you would like to help in this way.

Many, many thanks to Ian McClintock who has done this delivery for us over the past few years.

Thank You



A quick insight into what's on in 2025 at Palgrave Community Centre



January started off by being fairly quiet at the Community Centre but we have been busy planning events for the rest of the year.

The Ukulele Group have invited villagers and friends to join them for an evening of romantic song and music on **February 6th**; although slightly early for Valentines Day this promises to be an entertaining evening.

We are pleased to welcome Janice Brooks to the Centre on **Friday 14th March** for a first hand account of her experiences as a survivor of the horrendous 9/11 attack on the TwinTowers in New York, United States of America.

The **22nd March** marks the end of "Village Hall Week", the annual campaign is set on the theme of celebrating, encouraging and supporting the army of volunteers who run rural community buildings.

The Community Centre will be open from **10am to 4pm**, various groups in the village will be represented, some of the old photos collection will be on display together with the scrapbooks compiled by the late Jean Thorndyke. Come along and see what goes on in our delightful village and meet other folk from Palgrave and beyond. Refreshments will be available.

On the following day, **Sunday 23rd March**, local resident Ian McClintock will lead a walk of about 3miles, starting at 10.30pm from the Community Centre, around the local area . The route of the walk will be weather dependent. This is a free event but an optional two course lunch will be served in the Community Centre at 1.00pm at a cost of £10. Limited spaces are available for lunch, booking is essential, to ensure your place please book early. Dogs on leads will be welcome on the walk but please note only assistance dogs are allowed the Community Centre. Further details next month.

For those with a sweet tooth Chocolate Bingo returns in April closely followed by the Easter Craft Fayre.

Garage Sale Day is on the usual second Sunday in May and June sees the welcome return of the Village Fete, last held in 2019. For this event we will need lots of helpers, some of the jobs we need help with are setting up, running stalls, baking refreshments and clearing up at the end of the day. Please volunteer if you have a couple of hours to spare on the day and are able to help.

Later in the year there will be a Sunday film screening with a Strawberry cream tea, a village walk with breakfast or lunch, more Bingo Sessions and of course Christmas festivities will include a quiz, bingo, film and the Christmas Fayre.....and probably more, yet to be planned!

Details of all events will be published in the Star.



9/11 : A Survivors Story



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

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

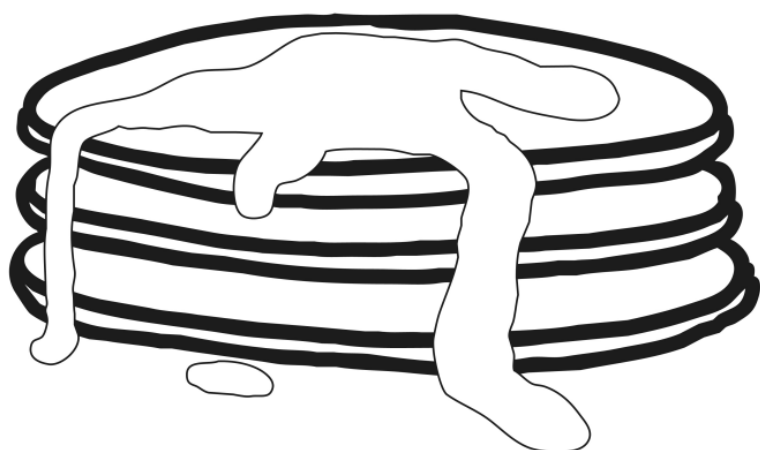
Please join us on at Palgrave Community Centre on Friday, March 14th at 7pm for a lively, emotional, but uplifting talk about the power of people, and the power of Hope.

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

Flippin Marvellous.

Will be serving sweet and savoury pancakes, inside the community centre, where you can sit and enjoy them in the warmth. The bar will also be open serving refreshments.

Tuesday
4TH March.
Palgrave
village hall.
from 5PM.



Decorate these
pancakes with
your favourite
topping(s)

The Community Club Bar

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

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

Members can sign in one guest per evening.

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

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

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

Hope to see you there soon.





Village Litter Pick

Help make Palgrave a litter free village!
Saturday 29 March, 10 - 12 noon
(Weather permitting)

The annual spring village litter pick is taking place on the above date. Meet at 10 am at the Church to enjoy some hot refreshments before you take on your route and meet up with other like-minded people.

Make this a community event!

If you would like to help with this annual initiative, please contact the clerk, Caroline Emeny, on 07899 857351 or
Email: palgravepc@gmail.com

Volunteers are allocated a specific area of the village. This is organised in advance if possible – so do let us know if you can help out so routes can be assigned.

Palgrave's Weather in 2024

Another year of weather, another year of [increasingly] dire warnings of the consequences of climate change. Looking back, it is perhaps tempting to think that the excesses of the recent past - high temperatures and drought in 2022, spring and autumn rains with floods last year – were just a blip in the overall pattern in a changing climate. Or are they something rather more significant? Sadly, I believe these increasingly frequent 'weather events' are here to stay for many years to come and will almost certainly get worse – and it's surely our own fault (all mankind, that is, not just the people of Palgrave!). But, back to the present: a brief look back on the year just ended might be interesting, if not too demoralising. All data is from my daily readings; averages are shown in brackets and relate to the last 30 years, 1994 to 2024.

We began with a wet **January** day and by the 2nd were being subjected to a deep depression, Storm Henk at 976mb., which produced strong gusts and 42.7mm of rain. Worse threatened after a dry but colder spell, 6th to 19th, and Storms Isha and Jocelyn duly arrived, producing only moderate rain, but gusts over 6 windy days, 21st to 26th, reached 53mph. Overall, the month brought 69.6mm (60.4) of rain, no snow, occasional sleet showers and an average overnight temperature of 1.61°C (1.76). **February** began with similarly chilly but benign conditions that turned wet from the 6th, culminating in a wetter, mild weekend in mid-month, 15th-18th, which produced 32.8mm. The rest of the month continued unusually wet with short spells of strong winds, resulting in a monthly total of 135.8mm (55.5), the highest February figure recorded in 43 years. Despite its reputation as 'February fill-dyke' the month had been generally drier than average in the final decades of the 20th century, but this has certainly changed, with an average of 61mm in the last 10 years. Minimum/maximum temperatures in the month were above average at 4.86 and 10.48°C (2.09/8.26).

March, the first month of meteorological spring, brought some relief from the heavy rain but there was still measurable rain on 18 days, totalling just 47.1mm (48.3) and making sunshine hard to find. However, temperatures recorded a respectable 10.97°C (10.70) with minima averaging 5.58° and just three overnight frosts early in the month. From the 4th onwards the month was generally frost free, to the relief of most fruit growers, but hail on the 28th will not have been as welcome. Nor were **April** temperatures to their liking either, with the five frosts including an air frost as late as the 24th, though overall maximum temperatures were a respectable 13.07°C (14.47) with minima of 5.80 (4.55). We normally expect plants to really get going in April, of course, so these temperatures will have triggered germination in the garden if there was also sufficient moisture, and in 2024 there was plenty, with 64.3mm (40.8). However, there is always a 'but' and in April it was several hailstorms in mid-month, accompanied by below average temperatures, 15th to 21st. There was also a shock waiting in the second half of **May**: heavy, often thundery, rain that amounted to 111.0mm (56.2), the highest May total recorded since at least 1983. Mean monthly temperatures were also significantly lower than the 10-years' average max / min: 17.51°C (18.11) and 9.74 (7.81). Further woe in May: the overnight thunderstorm (one of 3 in the month) on the 21st deposited 44.2mm on us, and there was fog on 6 separate mornings as well as several early mists.

Summer 2024. **June** arrived and departed as we waited, but there was some improvement, it must be admitted. Things got a little warmer, with daytime maxima of 18.9°C (21.17) and nights 9.83 (10.74) but it was not until the 17th that a daily max. reached 20°. Rainfall, however, was much lower at 34.9mm(58.8), including two thunderstorms and a hailstorm. **July** seemed a little more like summer, with maxima averaging over 20° for the first time at 20.94 (23.18), but rainfall just couldn't continue to improve: the 79.2mm recorded was second only to May's record total, and significantly higher than the 65.7 that is the 10-years' average. As only occasionally happens, **August** was the driest month this year and produced just 17.5mm, over half of which came on 23rd and 24th from ex-hurricane Ernesto and Storm Lilian. This month was also the warmest, reaching 29°C on the 12th, and averaged 23°C and 13.23° overnight.

September began as August ended, typically autumnal: warm and wet, with a couple of foggy mornings and at least seven misty ones. Otherwise, an unremarkable average maximum temperature of 19.0°C (20.15), minimum 11.33 (10.51); of note was the minimum overnight temperature of 18°C on the 1st. Once again rainfall was above average at 71.1mm (55.1) but fell almost entirely in the last 10 days. By contrast with 2023's 177.6, **October** was a merely damp(!) 78.3mm (76.2), despite receiving 30.3mm on the 1st and 23.7 on 7/8th, then hosting Storm Ashley on the 9/10th. Above average warmth was confined to the first fortnight; thereafter increasingly cloudy night skies meant that daytimes were much cooler. Overall maximum temperatures for the month were 14.87°C (15.39), minima 8.64°C (7.84). **November** was also typically dull and dreary, but drier than usual at 52.2mm (70.7), with a mean maximum temperature of 9.47°C, and minimum of 4.8°C (10.08/4.38) and with 6 frosts.

And so to winter again. **December** began with a blast courtesy of Storm Darragh and a separate anonymous depression, winds gusting to 40-50mph over four consecutive days with 39.6mm of rain and hail. But as seems to be normal nowadays it remained unseasonably mild under Atlantic influences: the whole month averaged 8.55°C (7.14) in daylight, 4.32°C (2.49) minimum by night, but blighted by fog on 8 mornings as atmospheric pressure rose over Christmas.

That is how the weather looked in Palgrave last year. A succinct summary could once again be 'warm, wet and windy' but that gives little clue to the frequency, rapidity and severity of change; it is surely further confirmation of the direction in which climate change is taking us. The resulting wild swings between extremes are a symptom, not the cause, but so far we in Palgrave have experienced few of the traumas that are besetting the world. It is a massive problem that we and previous generations have created and must be urgently addressed for the sake of those still to come, humans and wildlife alike.

Ian McC. 17/01/2025



Talking about art...

We are a friendly and welcoming society that meets at the Corn Hall, Diss at 2pm on the third Tuesday of the month to enjoy a wide range of illustrated talks about the arts, given by highly qualified speakers.

18 February: The Ashcan Painters: The Eight: early 20th century founders of New York Realism.

18 March: Studio Pottery: A Concise History. The Curator of the Fitzwilliam Museum explores handmade pottery in Britain from the late 19th century to the present day.

15 April: The Women who Made Modernism: Paula Modersohn-Becker, Käthe Kollwitz, Gabriele Münter, and Marianne von Werefkin: pioneers of German avant-garde.

20 May: Textile Visionaries of Modern Art. The Textile Revolution and post war female designers.

17 June: The Golden Age of Danish Painting: Landscape art showing changing Danish society between 1800 and 1850.

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



Paula Modersohn-Becker,
Self-Portrait, 1907, MOMA

50% off eco-friendly insulation for Suffolk residents



Anyone in Suffolk can receive a 50% discount off their purchase of 200mm or 370mm wide insulation rolls (up to £200) with free delivery, from High Loft, the UK's leading eco loft insulation brand.

Go to www.bit.ly/suffloft and fill in the short form to receive your personalised link to order, or call High Loft's insulation experts on 01706 248203. The offer is open to anyone in Suffolk and will close once the allocated funding has been spent.

According to The Energy Saving Trust, an uninsulated home loses a quarter of its heat through its roof. For the second year in a row, help to afford eco-friendly loft insulation is now available.

The Suffolk Climate Change Partnership (Suffolk County Council, Babergh & Mid Suffolk District Councils, East Suffolk Council, Ipswich Borough Council and West Suffolk Council) has teamed up with High Loft to help Suffolk residents make their homes warmer and save money on their energy bills.

High Loft also offers Klarna as a payment option, allowing you to spread the cost of your insulation purchase.

To find out more visit www.greensuffolk.org/at-home/funding.

BOTESDALE HEALTH CENTRE PATIENT PARTICIPATION GROUP (PPG)

Question of the month to the Team at Botesdale Health Centre

What is proxy access? (also known as linked profile or third-party access)

Botesdale Health Centre (BHC) can give someone secure access to another patient's GP services so they can help manage their healthcare. To do this via the NHS App currently both patients must currently be registered at the same practice. For patients that wish to give access to someone that isn't a patient at the same practice this can be done with use of the 'Patient Access' website.

An online proxy user may be able to act for the person they support by:

- Ordering repeat prescriptions
- Booking appointments
- Viewing test results or vaccinations

Accessing all or part of the GP health record, to help with health-related tasks and managing health issues.

Once Botesdale Health Centre has set up proxy access a patient can use the linked profiles feature in the NHS App, on their NHS online account or Patient Access on a web browser to assist another person.

Who can have access?

- You can choose who you want to give access to. Someone you trust could be your: partner/family member, parent, carer or close friend.
- You can also give access to more than one person. Giving access to another person is your choice. No-one can go to your GP surgery and ask for access to your online services without your permission.
- You also choose which online services you want each person to use. These are: booking appointments, ordering repeat prescriptions and looking at your GP record. You decide whether to let them use one, two or all of the services on your behalf.

You can become a proxy as a parent for your children, for prescriptions ordering and arranging appointments. However, for children over the age of 11 access is restricted to just appointments, and the child will need to consent to this. From the age of 16, proxy access is revoked.

How to request proxy access

To request proxy access to another patient's record, both patient and proxy will need to visit Botesdale Health Centre Reception, taking any of the following forms of ID with you: passport driving licence or birth certificate.

Once your request is submitted the practice will process the request and respond within 21 days. Botesdale Health Centre will then decide what access, if any, is appropriate and make the changes in their clinical systems to set it up.

To find out more <https://www.botesdalehealthcentre.nhs.uk/clinics-and-services/online-services/nhs-app/>

New on line consultation platform

BHC are excited to inform you about an upcoming change to their online consultation service. Starting from Monday 20th January, BHC will be transitioning from the e-Consult platform to **Anima**, a new online consultation service designed to provide a more efficient and user-friendly experience for both patients and staff.

All appointments will continue to be offered according to clinical urgency and need.

Further information: <https://www.botesdalehealthcentre.nhs.uk/coming-soon-anima-online-triage/>

Need help with the NHS App or NHS Account?

Find out how you can use the NHS App/ NHS Account by visiting Botesdale Health Centre webpage: <https://www.botesdalehealthcentre.nhs.uk/clinics-and-services/online-services/nhs-app/>. Here you can find a series of NHS App step-by-step videos to show you how to navigate the NHS App and use its services.

Help build a health service fit for the future

The NHS wants to hear your experiences of the NHS and your ideas to help change it. Add your voice today to help shape the future NHS . Go to: <https://change.nhs.uk/en-GB/>

Are you waiting for surgery?

The NHS has partnered with fitness coach Joe Wicks to release exercise videos for people to get active before surgery to help reduce complications and recover quicker. Two 10-minute videos of exercise, one chair based and the other low impact are ideal for older people. □ <https://cpoc.org.uk/news/joe-wicks-helps-people-get-fit-surgery>. Please consider sharing.

Botesdale Health Centre PPG

If you, as a patient of BHC, you have any comments you would like the PPG to be aware of please contact the below email address. If you are interested to learn how the PPG assists the Health Centre, perhaps are new to the Health Centre or area and need more information or wish to volunteer in some way, please do contact botesdaleppg@gmail.com



Charity Coffee Morning

**Thursday 27th February
from 10.30 to 12.00**



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

All are welcome

**Donations this month are to
East Anglian Air Ambulance**



East Anglian Air Ambulance (EAAA) is a charity providing advanced critical care 24 hours a day, 365 days a year to the most seriously ill and injured people in Bedfordshire, Cambridgeshire, Norfolk and Suffolk by air and road.

If you need transport please contact Anne 644931



The Help for Hope Team - Benefice of North Hartismere

Palgrave Walking Group

Everyone is welcome to join our free friendly group, but it is regretted that dogs cannot be allowed on our walks unless it is specifically announced as such in the newsletter. Additionally, Palgrave Walking Group, or its walk leaders, cannot be held liable for any injury sustained whilst on any walk they organise. Any questions, or if you wish to unsubscribe from the newsletter, please contact Bob, bobsolley@aol.com. If you wish to join us on any of the walks, please feel free to join us at the Palgrave Community Centre or individual walk starting points. If you want to join us for the first time from Palgrave, please make contact in advance so we can be sure there will be a car seat if necessary.

Unless it's a local walk, for most walks we meet at the Community Centre for car sharing, normally leaving sharp at 9.45am on the 2nd, 3rd and 4th, possibly 5th Tuesday, of each month but please check individual walk details.

Lee's walk - 11th February. Leaving Palgrave at 9.45am, walk should start at 10.30am. Leo (Lee) will lead this walk, an easy route of around 3 miles through woodland and parkland on the Thornham Estate, located in the valley of the river Dove. It has a rich history and belonged to the Henniker-Major family who continue to live at the Hall. We start from the (free) car park across the road from the Four Horseshoes, postcode IP23 8HD, where we will also finish and can take refreshments.

Margaret T's walk 18th February. Hepworth 4.5 miles. Normal leaving time from Palgrave 9.45am. Hepworth is on the A143 before turning off into the village and parking opposite the church on Church Lane, nearest postcode is IP22 2PU. This is a stunning walk in peaceful surroundings and Brockley Wood. Refreshments although not arranged at time of writing will be The Cock Inn, The Street, Stanton IP31 2BP which is only a few minutes away and has parking.

Margaret T's walk 25th February. Hopton (near Garboldisham). About a 4-mile walk. Normal leaving time from Palgrave 9.45am. Hopton is on the A1066 towards Thetford before turning off at Garboldisham into Hopton. Roadside parking by All Saints Parish Church, High Street IP22 2QX where we will meet. We will follow foot-paths, tracks and quiet lanes and Market Weston Fen Nature Reserve. Refreshments will be at The White Horse, Thelnetham IP22 1JN about 2 miles from Hopton.



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(text may be best)

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***If you would like to
advertise in the Palgrave
Star please see page 3 for
details on how to do so.***



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IP20 9AS

(formerly Taylor & Co)

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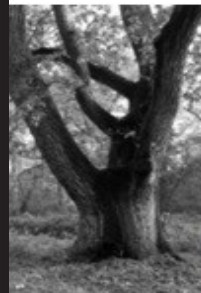


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