

MAY 2026

The Palgrave Star

Bank Holiday Weekend

**Sunday 24th
& Monday 25th May**

PALGRAVE Open Gardens 11.00am - 5.00pm

Adults £6.00

Under 16's Free

(must be accompanied by an adult)

Programme covers both days

Flower Arrangements in St Peter's Church

**Refreshments including light lunches at
the Community Centre**

**Programmes & Parking available at the
Community Centre**

Assistance Dogs Only

www.pdcc.co.uk

Palgrave & District Community Centre Registered 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 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

The deadline for the next issue is **8pm on Sunday 17th May.**

The Palgrave Star is also available online at 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

Vice-chair: *Position vacant*

Secretary: Sian Bunbury
pdccsec@gmail.com

Treasurer: Val Firth
treasurerpdcc@gmail.com

Membership Secretary:
Helen Thorburn, 01379 651749

Bookings: Jane Lockwood
07415 401577 pdccbookings@gmail.com

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

Parish Council Representative:
Susan Hollowday

Centre Coordinator:
Jane Lockwood, 07415 401577

Website: Phil Dyer

Booking rates for Palgrave Community Centre

Main Hall

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

Lounge

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

The lounge is not available on Friday evenings.

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

Welcome to our May issue!



Last month the front cover of 'The Star' was reproduced in the style of the Palgrave Star from 1986, in celebration of the 40 years since the Community Centre opened. We hope that you enjoyed reading about the building of the Community Centre and seeing the photographs. Join us to celebrate this milestone on **Saturday 20th June** when attractions will include more displays of photographs and records of the last 40 years, together with music performed by locally-based musicians including mechanical music provided by The Grange Musical Collection. More details will be given next month, but do please join us.

If you have any photographs of events at the Centre or relevant memorabilia which you would be willing to add to the display on 20th June, please let one of the Trustees know, or email pdccsec@gmail.com

Two popular events this month will be the village **Garage Sale** (with table tops in the Community Centre) on **Sunday 10th May** and **Open Gardens on Bank Holiday Sunday 24th and Monday 25th May**. There are posters on the front and back pages with all the details. Sadly we didn't have enough offers of gardens to hold the event on Saturday as well, but it should still be a bloomin' lovely two days of glorious gardens!

The Centre continues to host regular film nights, classes, Friday night Members' bar and opportunities to meet up with friends and neighbours. We hope that there is something for you to enjoy - we look forward to welcoming you soon!

Dates for your Diary

- | | |
|----------------------------|--|
| Sat 9th May | Film Night: <i>Springsteen: Deliver Me From Nowhere</i>
7pm for 7.30pm |
| Sun 10th May | Village Garage Sales Day 9am – 2pm |
| Mon 18th May | Coffee, cake and Company 10am – 12noon |
| Sun 24th &
Mon 25th May | Palgrave Open Gardens Weekend 11am – 5pm |
| Fri 29th May | Needles and Pins Craft and Coffee afternoon
2.30 – 4.30pm |
| Sun 7th June | Evening of Clairvoyance 6.30pm for 7pm |
| Sat 13th June | Film night: <i>Wicked: For Good</i> 6pm for 6.30pm |
| Sat 20th June | Celebration: 40 years of the Community Centre
12 – 4pm |

NEW

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



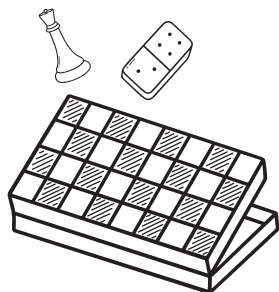
Friendship Club

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





Charity Coffee Morning

Thursday 28th May 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

Suffolk Family Carers Memory and Dementia Support



Shaftesbury Suffolk Memory and Dementia Support is a personalised dementia support service for anyone with dementia, their carers, families, friends or anyone concerned about their memory

If you need transport please contact Anne 644931



The Help for Hope Team - Benefice of North Hartismere

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 or phone **01379 643635**.

All matters are dealt with in the strictest confidence.

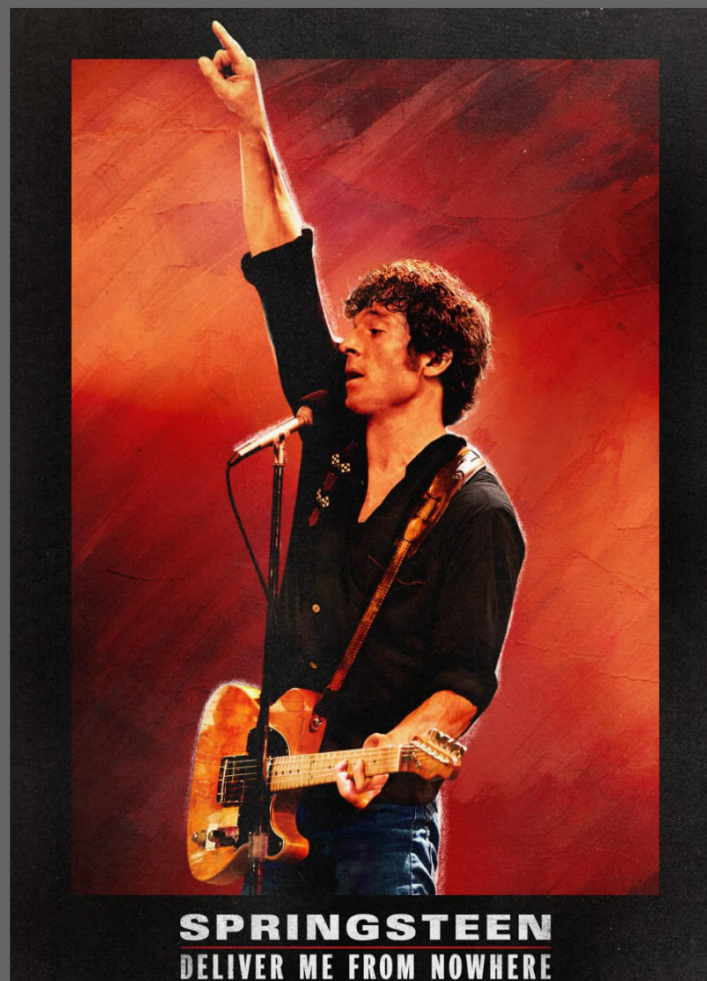
PALGRAVE COMMUNITY CENTRE CINEMA

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

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.

St. Peter's Church, Palgrave

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

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**



THIS MONTH:

- **The Community Engagement Team at Essex and Suffolk Water**
- **Nina from Bee Yoo Wellness**

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



**EVENING OF CLAIRVOYANCE WITH
POPPY BOWLING**

SUNDAY JUNE 7TH 2026


**FUNDRAISER FOR PALGRAVE COMMUNITY
CENTRE**

Join us for an evening of clairvoyance with Poppy Bowling. Poppy is a wonderful medium with a great sense of humour. Whether you are a sceptic or a believer, join us for an evening of communication, enlightenment, and laughter.

**Palgrave Community Centre
Rose Lane Palgrave Suffolk
IP22 1AP**

**Raffle and bar on the night
Doors open at 6.30pm
Starts at 7.00pm
Cost of ticket: £12**

**Please book in advance as tickets are not available
on the door. Contact Carol on: 07768300982 or
email cazdiss@yahoo.com**



»»» TICKETS SELLING FAST! <<<

PP
PALGRAVE PLAYERS

**LIVE
MUSIC**

DANCE



Join us as we go back to the 'Swinging Sixties' with an evening of live music & songs, dancing & memories!

**Garboldisham
Village Hall**

May 21-23



SCAN HERE

**THE CORN
HALL** DISS

June 12



SCAN HERE

»»» Tickets for all shows at the QR codes above or via www.palgraveplayers.com

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.

19th May - CHOPIN AND THE POLISH SPIRIT Rosamund Bartlett
*Chopin's revolutionary polonaises and mazurkas
and their impact on society.*

16th June - BECOMING JANE AUSTEN Annalie Talent
The making of a superstar.

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



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.

7th May: David Williams

'The Greening of London – why it is so important'

Despite the ever-increasing development of glass and steel office blocks, London has not forgotten that nature deserves a place in the story. The bio-diversity policy of the City is one of the best urban schemes anywhere in the world, encouraging the care and creation of pocket parks alongside common land, woodlands, playing fields and Royal Parks.

*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/>

Palgrave Walking Group

Everyone is welcome to join our free friendly group, but it is regretted that dogs cannot be allowed on our walks unless it is specifically announced as such in the newsletter. Additionally Palgrave Walking Group, or its walk leaders, cannot be held liable for any injury sustained whilst on any walk they organise. If you have any questions, or if you wish to unsubscribe from the newsletter, please contact Andy by email: andy@oglog.com

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

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

May's Meanderings

<i>date</i>	<i>where</i>	<i>led by</i>	<i>miles</i>
12th	Diss Leave Fair Green at 9.45am Parking near the Angel Café. Refreshments to be decided on the day.	Diane & Elaine	4-5
19th	Diss Leave Fair Green at 9.45am Parking near the Angel Café. Refreshments to be decided on the day.	Bob	4
26th	Newton Flotman, near Long Stratton Depart Palgrave at 9.45am The postcode is NR15 1AH which is St Mary's Close, but as soon as you pass the village sign of Newton Flotman, take the third little road left towards the bus shelter and follow the road round up the hill and park anywhere on that road. We can all gather at the bus shelter. We do need to cross the A140 half way through the walk so caution is required. Refreshments can be taken at the Foundry Garden Centre.	Margaret	4.5

Borderhoppa Outings

May 2026:

		<i>Price</i>
Thur 7th	Alder Carr Farm & Craft Shops	£15.00
Mon 11th	Sprowston Garden Centre	£15.00
Mon 18th	Cherry Lane Garden Centre, Pulham – Dial-a-Ride	-
Thur 21st	Thorndon Black Horse – Dial-a-Ride	-
Thur 28th	The Bure Valley Railway, Wroxham to Aylsham and Aylsham Garden Centre	£30.00 (incl train fare)

- 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



**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**

Palgrave Community Centre

DON'T FORGET...

May 10th
Garage Sales
9am - 2pm

May 24th & 25th
Open Gardens
11am - 5pm

Full details on front and back covers



News from your Parish Council

Note there are TWO meetings in May. The **Annual Meeting of the Parish (APM)**, which is your opportunity to hear about everything that's been going on in the village over the last year, is at **7pm on Thursday 14 May** in the PDCC lounge. We've held this on a Friday in previous years but many people found it unsuitable. It is the start of the weekend after all! Everyone is welcome and there will be additional seating in the lounge to accommodate people. The agenda for this is already on the notice board and website.

This will be followed immediately by the Annual Meeting of the Parish Council, effectively our **AGM, at 7.30pm** or as soon as possible thereafter. The new Chair and members are elected to positions within the Parish Council at this meeting, so it's a very important date in the council calendar. Again, everyone is welcome to attend.

If you have any matters for either meetings that you wish to bring before the Parish Council, please make your representation in writing (email) in advance.

Road Closures and roadworks to be aware of: UK Power Networks planned closures in July as follows:

Crossing Road 6 – 24 July, The Green on the Access Road 27 July – 14 August, and 2-way traffic lights on Upper Rose Lane 27 July – 7 August. Note these are planned dates and may alter slightly. This will impact heavily on the school run so please make suitable arrangements and allow enough time to get from A to B.

Lorrywatch: The Clerk and Councillors Charman and Fausset are signing up to the Lorrywatch scheme so we're able to report heavy goods vehicles when they drive illegally through the village. More info to follow once they've completed their online course when parishioners will then be able to report such incidents to them.

The Spring Litter Pick was held on Saturday 18 April - watch out for a more detailed report next month.

Out of the Box: Three volunteers and the Clerk safely removed all the glass from the telephone box in early April. Thankfully it was a dry day. We simply cannot thank those volunteers enough – you know who you are – and the Clerk who gave up her time for free. Yes, it was very disappointing that so few helpers turned up, but a lot was achieved. The damaged door was removed and disposed of, and all the paintwork, inside and out, treated with Nitromors paint stripper.



Note: Please keep children away from the phone box - the old paint is probably lead based, and the paint stripper is very toxic. Signs to this effect have been put on the kiosk but may need replacing.

We're looking into possibly sandblasting the metal paintwork and are awaiting quotes. The sheer task of removing the paint ourselves and applying new paint is enormous, more work than we realised. But that comes with a cost that we've not budgeted for, but without more volunteers to help, we're really struggling for an alternative. If you are able to help in any way, please contact the Clerk.



The Interpretation Board part of the project is progressing much better with the leaflet finalised, soon to be followed by the panel itself. Our huge thanks to Phil Dyer and Ian McClintock for their input on this.

The combined results of these two very different parts of the project will put Palgrave on the map, enhancing it for generations to come.

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/>



Patient Participation Group
Botesdale Health Centre

HAVE YOUR SAY

SHAPE YOUR HEALTH CARE

Join your local Patient Participation Group and help shape the future of health care in your community



- Share patient feedback
- Support practice and PPG initiatives
- Help shape services for all patients
- Contribute in ways to suit your time & interests
- Join us – help represent the diversity of patients in our community

Get involved

No special experience needed – just enthusiasm and a willingness to get involved!

Further information: 07584 055061 or 07436 116925
or email botesdaleppg@gmail.com

Botesdale Health Centre

QUESTION OF THE MONTH

So, what is a Patient Participation Group?

A Patient Participation Group (PPG) consists of registered patients who collaborate with Botesdale Health Centre (BHC) to enhance the patient experience, improve services, and find solutions to issues. By bringing together a diverse range of skills, knowledge, and experiences, PPGs also play a key role in developing and coordinating initiatives that benefit both the practice and the broader patient community.

What have patients told us?

Patients have shared a range of suggestions about how their experience at Botesdale Health Centre could be improved. Key themes included:

- Make it easier for us to book appointments and contact the surgery.
- Improve waiting times and our experience when collecting medications.
- Ensure those of us who are not online can still access information and surveys.
- Provide clearer information and respond to our questions.
- Increase visibility and safety in the car park.
- Offer more local support opportunities.
- Help us feel confident using the NHS App and Anima.
- Continue supporting social media to improve communication with us.

What practical steps to address these suggestions have BHC and the PPG taken?

- Improved access and booking by offering extended hours, providing more ways to book appointments, and introducing Anima to make contacting the surgery quicker.
- Enhanced the dispensary experience by extending opening hours and improving information on how to request repeat prescriptions.
- Improved safety and visibility by cutting back hedges in the car park.
- Strengthened communication by supporting the development of Facebook and Instagram pages, sharing monthly Q&As in the parish newsletter, and coproducing patient information leaflets to help keep everyone informed.
- Ensured patients who are not online could still share their views by attending community events and providing paperbased survey options.
- Supported digital confidence by offering practical help with using the NHS App and Anima, helping patients feel more comfortable with online services.
- Expanded local wellbeing support through volunteers supporting a local Cancer Support Group, Botesdale Singing for All, weekly wellbeing walks, a wellbeing art group, an information desk at BHC, and vaccination clinics.

These improvements reflect what can be achieved when patients, volunteers, and the practice work together. We remain committed to ensuring that patient voices continue to shape local healthcare and to strengthening this partnership in the year ahead.

If you would like to know more about any of the PPG initiatives, wish to provide feedback or are interested in joining the PPG, we would love to hear from you. At Botesdale Health Centre, all patients are eligible to become members of their PPG.

Email Botesdaleppg@gmail.com or by telephone on 07584 055061 or 07436 116925.

Thelnetham Windmill



Thelnetham windmill was built in 1819 and lovingly restored to working order in the 1980s. In 2013 ownership was transferred to the charity Historic Suffolk

The mill is now regularly maintained by highly skilled volunteers and has been producing flour since 2015

For more information go to thelnethamwindmill.org.uk

If you are interested in volunteering please contact Thelnetham.windmill@gmail.com or speak to us on open days

Thelnetham windmill charity number
265212

OPEN DAYS 2026

The mill will be open between 11 am and 4pm*
(*Last tours of the mill commence at 3pm)
on the following days and wind permitting the sails will be turning

Monday 4th May
(Bank Holiday)
Sunday 24th May **
Sunday 21st June
Sunday 12th July
Monday 31st August
(Bank Holiday)
Sunday 27th September

Guided tours:
Adults £5 :15 and under free if accompanied by a responsible adult
Children under 5 are not allowed in the mill

Windmill cream teas and other refreshments are available

Cash payments only at the mill

**** CREATIVE FEN ART GROUP EXHIBITION
AND SALE IN THE GRANARY
Cash or card accepted**

**LOHP GUIDED FENLAND WALK
13:00 TO 15:00
MEET ON PARKERS PIECE**

A word from Sarah at Rosedale Bereavement Support

Sarah Howard, Rosedale Funeral Home Bereavement Support Group Facilitator

Along with many other strong emotions, anger can be something that those who are bereaved struggle to process.

Anger can be felt within the body in physical symptoms such as tension headaches, tight and aching muscles and joints. We may feel irritable and lash out at those closest to us.

I am sure we can all recall being on the receiving end of someone's anger and having no clue as to what we had done to deserve it! From time to time, we all experience strong feelings that we release at the wrong moment towards the wrong person.

Grieving is a complex, confusing process. One minute we can feel desperately lonely, crying uncontrollably with sadness, the next, experiencing gut-wrenching feelings of rage.

We may feel angry at the unfairness of our loved one's death and cheated out of a future we had planned. Many people feel angry towards the person who has died because they have been left behind to carry on without them. This can lead to feelings of guilt and shame for feeling this way.

Anger often accompanies blame

When we are grieving it is important to be kind to ourselves. Anger that is suppressed or denied becomes internalised and can often lead to depression. Working through our anger is an important part of the grief process.

There are also practical things we can do to help release anger such as:

- Writing a letter to those we are angry with (we may decide not to send it!). Many people find it therapeutic to rip up such letters or burn them in the fire.



- Physical activities can also help, such as running, walking, gardening, shouting in the shower or punching a pillow!
- Writing difficult feelings in a private journal can also be beneficial.

A state of acceptance is not easy to achieve, but it can be the way forwards. Practicing forgiveness and choosing to let go of anger is a daily process for many of us.

Things I can control:

- How I act /what I say
- How I react /what I do
- How I look after myself
- How I treat others
- How I decide to live my life

Things I can't control:

- Unforeseen events /death, illness
- Wars / global unrest etc
- Other people's behaviour
- Events that have already happened
- Injustice in the world

*If you've been bereaved (recently or in the past) and would like to join one of Rosedale's Bereavement Support Groups, please call **01379 640 810** to reserve your free place. All groups are free and confidential.*

40 years ago: Extract from the East Anglian Daily Times - the first event at the Community Centre



CENTRE TOASTS ITS SUCCESS

PALGRAVE'S new community centre, which completed its first major event on Friday can now toast its success with bubbly.

News that the licence for the bar had been approved came as a timely bonus to the two-day variety show "An Evening of Entertainment" by children, teenagers and adults.

Chairman of Palgrave Community Council Mr. Ken Roberts said members would look forward to having a celebratory drink in the bar, which is nearly complete.

The bar was not actually open yet but would be in the near future, ending a dry period in the village, which has no pub.

"It's a major breakthrough for the village. I heard at 10 o'clock this morning. The

village hasn't had a public bar for 15 to 20 years."

The community council was formed in 1973.

"Within two or three years, we realised that with no meeting place in the village, and with no pub and village hall that we would have at some stage to provide a building," said Mr. Roberts.

With the help of dedicated fund-raising, grant aid from Mid Suffolk District Council and help from the parish council, the necessary amount — between £30,000 and £35,000 — was raised.

"I am very pleased and very proud of the small number of people who have done so much to make this possible," he said.

At present, the centre, which incorporates a main hall, bar lounge, committee room and toilets, was being used for its own events, but after Christmas they would try to get some outside bookings, he said.



● The Pied Piper — eight-year-old Naomi Hicks.



● The Ratsys of Hamelin make their appearance.

List of Regular Hirers

Contact:


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



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
Patio
General maintenance



AJB Electrical
For all your electrical needs!
Ashley Bridges
18th Edition Electrician

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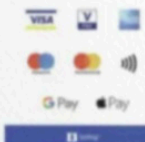
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