

MARCH 2026

The Palgrave Star

Chocolate PRIZE BINGO

NIGHT



**PALGRAVE COMMUNITY CENTRE
SATURDAY 21ST MARCH**

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

**RAFFLE &
LICENSED BAR**



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



**Spaces are limited – to book your place,
please call Jane on 07415 401577**

Children welcome but must be accompanied by an adult

Combined Benefice Church Services – March/April 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.

March

Sunday 1st – Lent 2

8.45am BCP Communion at Rickinghall
9.30am Common Worship Communion at Thrandeston
Jam, Joy & Jesus! at Palgrave
9.30am Breakfast and Worship starts at 10.00am

Friday 6th

2.00pm World Day of Prayer at Redgrave

Sunday 8th – Lent 3

9.30am Morning Worship at Stuston
10.30am Common Worship Communion at Redgrave
11.00am Common Worship Communion at Wortham
11.00am Common Worship Communion at Palgrave

Wednesday 11th

10.30am Common Worship Communion at Rickinghall

Sunday 15th – Mothering Sunday

9.00am Breakfast Church at Brome Village Hall
10.30am Common Worship Communion at Rickinghall
11.00am Family Service at Burgate
11.00am Family Service at Palgrave

Sunday 22nd – Lent 5

9.30am Common Worship Communion at Brome
10.30am Common Worship Communion at Botesdale
11.00am Café Church at Burgate
11.00am Common Worship Communion at Palgrave

Sunday 29th – PALM SUNDAY

10.30am BENEFICE SERVICE at Palgrave
All are welcome

April

Wednesday 1st

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

Thursday 2nd – MAUNDY THURSDAY

11.00am Holy Communion with washing of feet at Wortham
7.30pm Holy Communion with washing of feet at Chapel of Ease, Botesdale

Welcome to our March issue!

In this issue of *The Palgrave Star* you will find the Chairman's annual report to the AGM, which was held in February. If you weren't able to attend the meeting, do please read the report through to see what we have achieved during the past year. You might be surprised at how busy the volunteer Trustees have been!

All the Trustees were re-elected for the forthcoming year.

This month's issue again gives details of events happening at the Community Centre, elsewhere in the village and nearby. Many of you came to the recent coffee morning with local artists and crafters displaying their work which was another enjoyable and sociable event.

We have new events for you look out for and enjoy, such as the new **monthly coffee morning** (see poster opposite), which will also have regular useful information and guidance available. We start on Thursday 16th March, when we'll be joined by Suffolk Trading Standards.

On Sunday 19th April we are organising a **local village walk** followed by **lunch at the Community Centre**. And from Friday 24th April we'll be hosting a monthly **craft & coffee group**, where you can knit, natter, crochet and chatter to your heart's content over hot drinks and biccies.



We try to provide a range of opportunities for residents to come together and hope that you will be able to join us during the year. And this is very a special year as we celebrate **40 years since the Community Centre opened!** Saturday 20th June will see us celebrating this milestone, and attractions will include mechanical music provided by The Grange Musical Collection.

Hope to see you there!

Dates for your Diary

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

| | |
|-----------------------------------|---|
| Sat 14th March | Film Night: <i>Downton Abbey: The Grand Finale</i> |
| Mon 16th March | Coffee, Cake & Company |
| Sat 21st Mar | Chocolate Bingo |
| Thu 26th March | Charity Coffee Morning |
| Sat 28th Mar | Spring Quiz night |
| Sat 11th April | Film Night: <i>Invictus</i> |
| Sun 19th Apr | Village Walk & Lunch |
| Fri 24th April | Craft & Coffee Afternoon |
| Sun 10th May | Village Garage Sales Day |
| Sat 23rd, Sun 24th & Mon 25th May | Open Gardens Weekend |

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!

This month: **March 16th**

We'll be
joined by

SUFFOLK
TRADING
STANDARDS



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



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



c-a-f-e (coffee and friends events) network developed by The Rural Coffee Caravan

www.ruralcoffeecaravan.org.uk



Charity Coffee Morning

Thursday 26th March, from 10.30 to 12.00

Come and join us at The Palgrave Community Centre

All are welcome

Donations for the Refreshments this month are to

The Bishops Lent Appeal

Faith in action - Prayer and giving - Transforming lives in Kagera



"Our aim through the appeal is to support farming initiatives and good practice in agriculture, training of evangelists and clergy at Kagera Theological College and resourcing of pastors in their parishes. We will also continue our support for healthcare in the region through The Diocesan hospital."

If you need transport please contact Anne 644931



The Help for Hope Team - Benefice of North Hartismere

Palgrave Village SAVE A LIFE



Catastrophic Bleed Kits for Palgrave

Palgrave Parish Council has invested in 2 Catastrophic Bleed Kits, containing the necessary medical kit to help stop very heavy bleeding resulting from an accident or injury.

These Bleed Kits have been added to the AED cabinets: one by the school and one by the Community Centre.

Thank you to everyone who attended the training and awareness session on Friday 16 January. The session was led by Street First Aid and was attended by over 30 participants, who had the opportunity to learn valuable skills about what to do if they should encounter this type of emergency and to practise using the items in the kit.

Our thanks go to Andy and Neil of Street First Aid for a very informative and practical evening, as well as to the Parish Council and to the PDCC for making this possible.

The vision of Street First Aid, based in Diss is: "To create safer communities where everyone has the knowledge, confidence, and tools to respond to medical emergencies." For further information about the work of the team, and to donate to support their work:

<https://streetfirstaid.org.uk>

Coming up in the Village...

Sunday 19th April - 10am start

Palgrave Village Walk & Lunch

Ian McClintock & Phil Dyer will be leading a walk of approximately 3.25 miles around the village on Sunday 19th April. It is expected to take around 2.5 hours depending on the pace set by the walkers! Please arrive at the Community Centre 10 minutes early to ensure a prompt start at 10.00am.

The route is mostly on fields and there are three stiles along the river bank. Dogs are welcome on the walk but must be kept on a lead. Stout footwear is recommended, as is – depending on the weather forecast – a waterproof coat! Return time should be around 12.30pm; the Community Centre bar will be open and lunch will be served at 1.00pm.

Please note dogs are not allowed in the Community Centre.

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

Come along meet up with old friends, make new friends and enjoy Sausage Casserole served with mash & vegetables, followed by vanilla cheesecake, for just £10!

Friday 24th April 2.30pm–4.30pm

New Craft & Coffee Afternoon

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

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

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

£2 a session.

EASTER CELEBRATIONS in PALGRAVE

Experience Easter in Palgrave!



There will be something special at Palgrave church this Easter!



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

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



Sunday 10th May 9.00am–2.00pm

Palgrave Garage Sale Day

Only two months to go until the annual village Garage Sale Day on Sunday 10th May! Time to declutter and make money from all your unwanted 'stuff'. But why pack up the car and travel to a boot sale, when you can let the customers come to you!

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

We provide a map, which will be on sale on the day for a nominal amount. **To get your garage on the map please contact Jane Lockwood by FRIDAY 1st MAY on 07415 401577 or email pdccbookings@gmail.com**

The charge for members is £5, non members £8
This event is organised by the PDCC.

News from your Parish Council



Our next meeting is 12 March @ 7.30pm in PDCC lounge, preceded by a Cemetery meeting at 7pm.

There's a lot going on at the moment. You can view the full minutes on the Forge Close notice board or online.

Priory Wood: We complained to BMSDC about the poor state of Priory Wood late last year. A team came to review the wood and carry out some specific works. As well as working alongside BMSDC to care for the wood, we'd like to get a small Working Party together to ensure it doesn't lapse back into a state of neglect. We are also investigating how we can make this green space more enjoyable for everyone. If you're keen to get involved, please let the Clerk know.

Grange Solar Farm update: Our Parish Liaison Group (PLG) are working very hard alongside the build contractor to try and ensure every planning condition is met. There have been recent complaints about the security lights, the state of the footpaths, vehicles going along Jobs Lane to name but a few, all of which are being dealt with by the team on our behalf. Regular monthly meetings are now being held with the contractor to address any issues.

Community Speedwatch: We would really like this to be re-instated in the village to tackle speeding vehicles. We only need 6 volunteers and the requirement is one session a month, so not an over-onerous task. Please feel free to contact the Clerk if you would like to get involved.

Vacancies: We need 3 capable, enthusiastic, and engaging residents to put their names forward to fill our vacancies on the Parish Council. Do you have a good ear for what's troubling your neighbours and the community around you, and want to do something about it? Diversity is good! A wide range of ages on our Council is good! If this is you, then consider putting your name forward. Why don't you have a chat with the Clerk or one of the current Councillors to find out more. You need to be over 18 and a registered elector for Palgrave. ***We want to hear from you!!***

Palgrave Welfare Trust: We welcome Charles Flack as our newly appointed representative for the Parish Council as a Trustee. Information about this local charity is available on our website - go to the Palgrave tab on the top line of headers and scroll down. The charity's remit is to offer financial assistance by way of a grant to residents in cases of hardship or difficulty. It could help with hospital travel expenses, school field trips, travelling to view universities, to give but a few examples, and other unforeseen expenses. Contact details are on the website.

Bin Collections and Recycling: The back cover of the January issue featured a full page on how bin collections are changing. This has prompted many questions, some of which we'll deal with below:

- If you have medical waste that is NOT currently collected separately and you feel 3 weeks will be too long to wait for your black bin to be collected (for example incontinence products, nappies, stoma products), please contact BMSDC who will record your details to consider a more frequent collection.
- If you have limited room for 4 bins, again, contact BMSDC to record this information. We've been advised that probably everyone will initially receive both of the 2 new bins (black & green bins already with you). Excess bins will probably be retrieved at a later date as the delivery drivers won't be able to differentiate between households on the first stage of the changeover.

Households will be sent a detailed information pack in May and a new collection calendar. This is a Government policy requiring all councils to:

- provide weekly food waste collections
- collect a core list of recyclable items
- collect fibre recyclables (paper and cardboard) separately

This will ensure the whole country is recycling in the same consistent manner.

The Palgrave Spring Litter Pick

Saturday 18 April

Meet 10am @ the Church

Please email the Clerk to include yourself to our list of volunteers!

Hot refreshments will be

provided and we have all the equipment needed to get you started.

Our Palgrave Out of the Box Project: Have you noticed the phone box has been levelled and is no longer lopsided? Our huge thanks and appreciation to Danny Ward for this. But we still need ***your help*** to see the project through it's many stages starting in the Spring. Contact the Clerk for more info....



If you have any matters you wish to raise, please come along to a meeting or contact the clerk, Caroline Emeny, E: clerk@palgrave-pc.gov.uk T: 01986 798422 (answerphone). Website address: <https://palgrave-pc.gov.uk/>

Palgrave 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.

March's Marches

| <i>date</i> | <i>where</i> | <i>led by</i> | <i>miles</i> |
|-------------|--|----------------|--------------|
| 10th | Bressingham Leave Palgrave at 9.45am Meet at the White Hart, Roydon to leave by 10.15am. Refreshments at the White Hart after our walk. | Sharon & Carol | 4 |
| 17th | Bungay Leave Palgrave at 9.00am It's about a 35-minute drive from Diss so we aim to start the walk from Bungay at 9.45am. Anyone wanting lifts etc should make their own arrangements to liaise with each other at Palgrave and give themselves time to reach the departure time and place in Bungay. Directions: take the A143 to Bungay, turn right into Broad St from the A143 and then the 1st right at the Green Dragon Pub into Popson Street. The Scales Street car park is straight ahead. Postcode is NR35 1EA. It costs £4 to park there all day. There are several places for refreshments afterwards. | Diane & Elaine | 5 |

| <i>date</i> | <i>where</i> | <i>led by</i> | <i>miles</i> |
|-------------|---|---------------|--------------|
| 24th | Topcroft near Long Stratton NR35 2BJ Leave Palgrave at 9.45am Make your way to The Street in Topcroft and turn left to park, signed Sports Field, just after playground sign. | Margaret T | 4 |
| 31st | Shotesham near Saxlingham Nethergate (towards Norwich) Leave Palgrave at 9.45am Park opposite The Globe pub in Shotesham NR15 1YG. | Margaret | 4 |

Borderhoppa Outings

March 2026:

| | | <i>Price</i> |
|-----------|---|--------------|
| Mon 2nd | Morning cakes & savouries at The Pennoyer Centre, Pulham – Dial a Ride | - |
| Mon 9th | Brunch at Wortham Tea Rooms – Dial a Ride | - |
| Thur 12th | Bungay Market Day | £10.00 |
| Mon 16th | Thetford Town and Garden Centre | £15.00 |
| Thur 19th | Lunch at Earsham Hall Tea Rooms | £8.00 |
| Mon 23rd | B&M and Beccles Town Centre | £15.00 |
| Mon 30th | Holt Town and Garden Centre | £20.00 |

- *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



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.

17th March - IMPRESSIONISTS AND THEIR GARDENS Twigs Way
Gardens created and depicted by artists including Monet, Pissarro and Renoir.

21st April - AT THE SIGN OF THE FALCON John Benjamin
The life and works of Harry Murphy: goldsmith, silversmith and unique Englishman.

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

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

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



The Palgrave Players are BACK and they're bringing the electric vibe of the 60s to life in a one-of-a-kind Music Night!

Join us at TWO fantastic venues for an unforgettable night of live music and swinging 60s magic. You won't be able to resist joining in!

21-23 May 2026
Garboldisham
Village Hall

12 June 2026
The Corn Hall
Diss



Tickets on sale NOW for The Corn Hall Diss and from 1st March for Garboldisham VH

www.palgraveplayers.com



Palgrave Cinema Events

Coming up at Palgrave Community Cinema...

On **Saturday 14th March**, we're delighted to screen ***Downton Abbey: The Grand Finale*** – the Crawley family return for the final, elegant chapter of this beloved series. Drama, history, and heartfelt moments await.

Official trailer:

https://www.youtube.com/watch?v=P_30wFRxlnA ()

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

Official trailer:

https://www.youtube.com/watch?v=RZY8c_a_dIQ ()

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

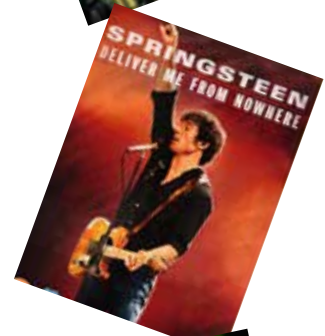
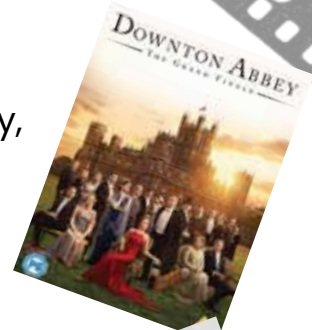
Official trailer:

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

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

Official trailer:

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



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

Tickets:
Members £5 | Non-members £6

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

To book, please call 07415 401577

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

Warm wishes
Lee, Jane & Michael
Palgrave Cinema

Question of the month:

Q: Does Botesdale Health Centre (BHC) have a minor injury walk-in centre?

A: No. BHC is a GP surgery and does not operate as a dedicated walk-in centre or a minor injuries unit where patients can attend without an appointment.

- For urgent minor injuries, particularly when the practice is closed, patients are advised to call NHS 111, who can direct them to the most appropriate local urgent care or minor injuries service if needed.
- If an injury is serious or potentially life-threatening, patients should call 999 or attend A&E, depending on the severity of the injury.

Cancer Support Group

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

Join us on Tuesday 24 March for a mindfulness session with our MacMillan Facilitator at Parkview Chapel, The Street, Botesdale, IP22 1BX.

Further information: Janet Russell 07787 148947 or Suzie Burton 07464 627848, or email botesdalepppg@gmail.com

Please let us know if you'd like to attend.

Botesdale Singing for All

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

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

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

Cost £2.00 per session to cover refreshments and expenses.

Need Urgent Mental Health Support?

You can access mental health crisis support 24/7 by calling NHS 111 and choosing the mental health option.

Need to see a dentist urgently?

Extra-urgent dental appointments are now available. Visit NHS 111 online (<https://111.nhs.uk/>) or call 111 to arrange an appointment. You do not need to be registered with an NHS dentist.

Are you feeling lonely, need to access support or just want to chat?

The [Silver Line Helpline](#) run by Age UK is a free, 24-hour telephone service for older people across the UK, offering friendship, conversation, and support for people aged 55 or over.

Find out more at <https://bit.ly/3X9kNo9> or call the helpline free on 0800 4 70 80 90.

Does your Universal Credit cover your NHS health costs?

See if you're entitled to free NHS prescriptions and free or reduced NHS dental treatment by using the online eligibility checker.

Check if you can get help: <https://www.nhsbsa.nhs.uk/check-if-youre-eligible-help>

A word from Sarah at Rosedale Bereavement Support

Sarah Howard, Rosedale Funeral Home Bereavement Support Group Facilitator

I'm wise enough to know that the cold, wet month of January is the worst time to go on a radical diet. I just can't bring myself to eat a cold salad when my body is begging me for warming comfort food! Far better to start a new healthy eating and exercise regime when the days are longer and sunnier and to accept and learn to love what we've been given, whilst continuing to nurture our well-being, growth and development.

For many who are bereaved, the year may have changed but the grief still remains. However, that doesn't mean we have to remain stuck in the past and can't still enjoy the life we have now. Practicing self-care, and putting some things in the diary to look forward to, can be a way of developing hope and a forward-facing mindset. We should not feel guilty about this. It does not mean we are forgetting our loved ones or leaving them behind. Rather, we continue to hold them close but also move forwards with life. We can grieve and fully live at the same time.

Guilt is not a helpful emotion and is often present for those who are grieving. It keeps us locked in a cycle of self-recrimination. We may ask ourselves 'Why did I say that?' or 'Why didn't I do that?'

Often, when it comes to someone we love, we always wish we had done better. It is not helpful to blame ourselves for things that are only known with the benefit of hindsight. Being human means, we mess up and make mistakes. Punishing ourselves will not bring our loved one back.

Practising acceptance and forgiveness is a much healthier approach. It frees us to stop fighting our circumstances and the things we cannot change. When we let go of the questions we may never know the answers to, we can freely live, making the best of what we have left.

This sentiment is summed up in the well-known Serenity Prayer which is often used in recovery programmes. Whether God is our 'cup of tea' or not, we can all acknowledge our need for more serenity, courage and wisdom:

*“God grant me the serenity
to accept the things
I cannot change,
the courage to change
the things I can,
and the wisdom
to know the difference.”*



If you've recently had a bereavement (or at any time in the past) and would like to talk to others in a similar position call **01379 640 810** to reserve your free place on our next bereavement group. Rosedale's bereavement support groups are safe, confidential and local to Norfolk and Suffolk.

More information about support following a bereavement can also be found at rosedalefuneralhome.co.uk



Spring QUIZ



**PALGRAVE
COMMUNITY
CENTRE**

SATURDAY 28TH MARCH

7pm for a 7.30pm start



£12 PER PERSON

TEAMS OF UP TO 6 PEOPLE

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

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

Licensed bar

Raffle

Easter egg prizes

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

**pdccbookings
@gmail.com**

CHARITY NO. 269132



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

Palgrave Open Gardens Weekend

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

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



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

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

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

There are other ways you can help:

Donate your spare plants!

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

Anyone for cake?

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

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



Palgrave and District Community Centre AGM

PDCC Chair's Report 2025. Presented by Nick Duncumb to AGM

Governance

There have been no changes to our governance arrangements over the year. We have continued to make improvements to the Community Centre, based on suggestions from the Fire Risk Assessment for the general health and safety of our visitors and to protect the assets of the charity.

Last year's AGM was held in February 2025 and the minutes are available. The meeting was attended by 15 Members and the Officer posts were filled with the exception of the Vice Chair.

Bookings and Events

Once again, there has been a decrease in membership despite our best efforts to recruit. Thankfully the reduced income has been made up in other areas, but as a Committee we really would like more members to support our efforts. Anything (within the boundaries of the law and good neighbourly practice) that anybody here could do to sign up new members would be welcome.

In previous annual reports The Chairs have reported on the steady increase in hirers (both regular and private). I am pleased to report that this year is no different. The income from this source helps us to pay our bills and also make meaningful improvements to the Centre. Jane and Lee are the welcoming faces to the hirers and their guests and customers, and ensuring that their needs are met. What is not always seen is the work they put in behind the scenes as volunteers and using their own time. The cleanliness, repairs, maintenance and communication and resolution of problems, proposals to the Committee and subsequently resolving them are all down to them and I would like to thank them and ensure this is recognised. I could quite easily add to the list of contributions they make, but for the

time being I will just say that Jane and Lee will pull me up for making mention of this, and so I will leave it there.

The list of activities and events taking place at the Centre and on the field is little changed from last year, and so I will not repeat them. They represent an extensive variety of activities to support people in the community covering a wide range of ages and abilities. We are continually looking at what else we can do to broaden the offering. For this we need feedback and suggestions.

We are looking for PDCC events, that is to say events we can sponsor. The challenge is identifying the need. The Coffee Caravan had an immediate impact helping those who were here. The range of solutions they provide is immense, but to do it they need to get people to attend.

We are currently looking at whether transport is an issue. We are considering trialling a 'lift' scheme for people in Palgrave who would otherwise not attend due to mobility issues. If you know anybody who does not attend an event or socialise as they would wish then please let us know.

Events will continue this year with Open Gardens, a Garage Sale, quizzes, bingo, fetes, talks and so on. We are extremely grateful to the people who operate the stalls at the fetes, deliver talks and make the quizzes and bingo so successful.

The Community Centre

We continue to face the cost challenges of inflation, regulation and our general regard for the health and safety of our visitors and assets.

Our costs are increasing due to inflation, and in some areas above the headline rate. As a community centre we are looking at various ways of not passing that cost on to our users. I think we have succeeded to date but we may need

to review prices going forward. Our preference is to increase our charges gradually, rather than a single hefty increase that alarms and deters people. Regulation is nothing new but it does seem that we are constantly up against conflicting interpretations of the rules we must follow. We will continue to ensure that we follow a principle of safeguarding the visitors to the Centre and our assets. For the record, the Centre is considered a 'low risk fire hazard'. We have minimised the risk further through the use of extinguishers and fire communications procedures. There are items that, if we were to replace them, we would have to upgrade them at considerable cost. We will continue to monitor the situation.

We are in a somewhat isolated location, and during the 24/25 year we obtained funding from a Mid Suffolk District Council Community Development Grant to fund security cameras. These are in place and have been beneficial in monitoring the Centre.

The external lighting and bollards required upgrading and was this done as a cost to the Community Centre in the 24/25 year. These provide a safer environment for visitors during the hours of darkness.

We had the wi-fi upgraded to fibre during the 24/25 year. We were originally offered free installation and free ongoing costs. This was retracted by County Broadband when we came to order and we were told we had to contribute £500 towards the £1,500 installation cost and the free ongoing cost would only last for two years. We then received poor service from County Broadband and, following a complaint, the matter was referred to the Communications Ombudsman. The Ombudsman ruling allowed County Broadband to make the £500 charge but we received £250 for the poor service. We signed up for the deal and the service we received during the installation was first class. As Val has mentioned, this deal means we have no broadband charges for two years for a £250 up-front payment.

We have sought to provide a good level of comfort to our hirers and visitors. As you can see, we refurbished the lounge which has attracted a lot of positive feedback. My thanks go to the team who came up with the ideas and the volunteers who gave up their time to do the redecoration. The cost of the redecoration and new furniture was borne by the Community Centre during the 24/25 year, and the flooring was paid for by means of a grant from the Mid Suffolk District Council Community Development Grant in the 25/26 year. There were also donations of a clock, cushions, one of the chairs, the pictures and the lamp and we are very grateful to the donors.

There have been problems with the drains over the years, and we employed the services of a drain company who determined that some were damaged either through wear and tear or because of tree roots. These were repaired and relined, again funded by a Mid Suffolk District Council Community Development Grant in the 25/26 year.

Our patio from the lounge was showing signs of wear and tear, and was presenting a health and safety risk. We applied for a grant to extend the paving around the whole building to provide better access, however this was declined. We managed to obtain funding from the Mid Suffolk District Council Community Development Grant, but it was only for the area outside the lounge. Again, this falls into the 25/26 accounting year. We have made an enquiry for a grant from the Mid Suffolk District Council CIL fund to have the patio extended around the building as per the original plan, and we are awaiting the outcome.

The Palgrave Star has a new editor and I would like to thank Heather for previously carrying out the role. Our new Editor, Jackie, has seamlessly taken over the role, and I would like to welcome and thank her for her effort to date. The cost of producing the Palgrave Star is quite high, but we have always taken the view that it is a service to

the Community giving them information, not only about the Community Centre, but concerning the residents of Palgrave in general. We will continue to distribute to every house in Palgrave, with copies at other points locally for pick up. My thanks go out to the volunteers who deliver the Star on a monthly basis. I am pleased to advise that we have been awarded funding by Councillor Tim Weller through the Mid Suffolk District Council Locality Grant, which will pay for 6 months' production of the Star. Our thanks go to Councillor Tim for his support. Whilst on this subject, I would remind anyone who wishes to get a message out to the community about their business that the Palgrave Star advertising rates are very competitive.

Many of you will be aware that we have been experiencing problems with the locks to the entrance doors. There have been several attempts at repair, but these have proved temporary and inadequate. We are aware of the risk that this poses to visitors, and we have arranged to have new doors fitted. This is scheduled for this coming Friday. The Community Centre will bear the cost of this work in the 25/26 financial year.

During February, we will commence redecorating the hall. Although this will not be as much as a transformation as the lounge we are expecting it to provide a brighter and cleaner look and feel. The Community Centre will bear the cost of this redecoration.

We applied for a grant from Adnams for replacing the amplification system which is generally used for the cinema. We have been granted part of the cost and we are currently looking at sources who will provide the additional funding required.

As part of the enquiry for the grant application for the remaining patio, we have applied for funding to have the area under the swings in the children's playground replaced. The cost is quite considerable. The area has been

patched up using bark over the years, but this is a short-term solution as the bark is displaced and causes rainwater to accumulate under the swings. As previously mentioned we are awaiting the outcome of the enquiry for a grant from the Mid Suffolk District Council CIL fund application.

Upkeep of the wild flower meadow is another cost we incur. Along with the cutting there are various seeds etc. that need to be purchased to maintain it. We are speaking to Mid Suffolk about this as they may provide some or all of the requirements.

As in previous years, the bar has made a generous donation to the Community Centre and this is a welcome source of income. The bar is open for all members on a Friday night, and it would be good if more people were aware of it and attended.

With all of this work required we have had to prioritise our needs and for the time being the kitchen refurbishment mentioned last year is on hold. There is however a wish list and this is one of them.

I hope this overview provides you with an idea of the work we have done and that is pending to maintain and improve the Centre. Please let me know if you have any questions or observations.

Thanks

Once again, my thanks go out to an army of volunteers who work quietly behind the scenes to make the Centre and its events tick. I have, again, grouped them as follows;

- The contribution made over the year by the Trustees. Behind the scenes numerous meetings, conversations and decisions are taking place that are not always noticed by others in the community.
- The Centre Coordinator who provides ongoing facilitation of the day-to-day events.
- Volunteers who carry out general building maintenance, which saves the

Centre costs that they would otherwise have to pay to outside contractors.

- The Officers who diligently perform their duties to ensure good governance is maintained.
- The volunteers who administer and collect membership subscriptions.
- The volunteers who help with the catering at our events, whether it is baking, preparing, serving, clearing up, or generally providing a helping hand.
- The volunteers who contribute, collate, edit and distribute the Palgrave Star.
- The volunteers who serve behind the bar at events and on Fridays.
- The volunteers who help in maintaining and updating the social media and website.
- The volunteers who help promote, organise and present our regular events such as film, quiz and bingo nights.
- Those who help set up the hall for events, assist in running them and clear away afterwards.
- The regular and private hirers who help make the Centre a viable concern.
- And last but by no means least – those who attend the events.

Financial Review

As has been mentioned, the Financials that have been distributed today have not been audited by our auditor due to bereavement. I am sure you will join me in saying our thoughts are with her and her family at this sad time.

We have had the financials reviewed by a competent volunteer and I am grateful to him for the time he spent going through the figures. We are not expecting any change but the audited figures will be made publicly available once signed off. The Treasurers Report details the financial position, and this report has commented on the highlights and areas of concern. Again, this year, we believe we are in a good position to be optimistic about the coming year.

Conclusion

As last year, The Community Centre continues to provide services to the local community that are being utilised. Demand for the centre continues to grow and the events are well attended. We are and will continue to look for ways to maintain and improve the current position. The Trustees are aware that the repairs and improvements to the Centre are consuming our funds and we will work to minimise this however we remain aware that we need to adhere to new regulations and a changing environment. We are actively working on ways to improve the facility and seek funding for these changes.

Thank you for your time.

Nick Duncumb
Chair, PDCC

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

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 Tuesday 17th March.**

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

The Community Club Bar

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

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

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



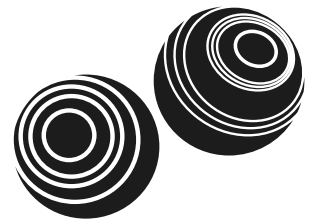
PLEASE NOTE: You must be a member for two days before you can drink at the bar. Members can sign in one guest per evening.

Carpet Bowls

Mondays 2.00pm–4.00pm Palgrave Community Centre

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

Contact Jean Potter 07415 401577



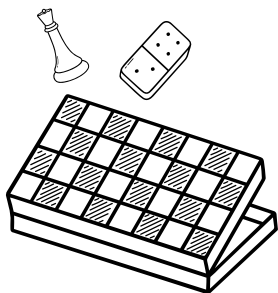
Friendship Club

Alternate Tuesdays 2.00pm–4.00pm

Palgrave Community Centre

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

Contact Jean Potter 07415 401577



Crib

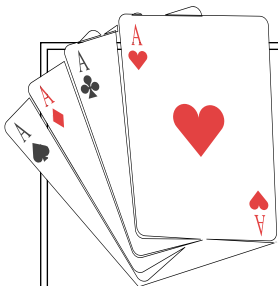
**Mondays
7.00pm – 9.00pm**

Palgrave Community
Centre

Experienced players welcome

£3.50 a session

Contact Jean Potter 07415 401577



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 |



Interiors designed around you
and your budget

07596137736 | leo@elielinteriors.com

C Howard Carpentry

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

Please call for quotation

Craig Howard

07917 660 933

C.HowardCarpentry@gmail.com

Bespoke
units &
Fitments



COTTRELLS
PROPERTY

Independent
Chartered Surveyors
and Estate Agents.

01379 771190

alexander@cottrellsproperty.co.uk



No matter what size your budget

Our compassion is constant



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



63 Victoria Rd, Diss IP22 4JE
24hr Telephone:
01379 640810
www.rosedalefuneralhome.co.uk

Garwood's

OF SUFFOLK

TREE SERVICES AND GROUNDS
MAINTENANCE



CROWN LIFTING
TREE FELLING
DISMANTLING
REDUCTIONS
PRUNING
THINNING
STUMP GRINDING



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

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

T.L. PLANT HIRE

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

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

**07881
642232**

tom@tlplanthire.co.uk

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



Diggers can be provided with operator, if required.

John Doe of Diss

CARPETS • BEDS • FURNITURE



45,000
sq ft superstore

OPEN
7 DAYS
A WEEK

📍 46-50 Sawmills Road, Diss, IP22 4DA
Online johndoe.co.uk | Call 01379 644 081



This space could be yours!

To advertise your business in The Palgrave Star, please contact:

palgravestars.adverts@gmail.com

Small box: £40 (H45 x W60mm)

Qtr page: £60 (H90 x W60mm)

Half page: £110 (H90 x W130mm)

Full page: £175 (H190 x W130mm)

Prices are for 12 months' advertising.



THE SUFFOLK SWEEP

- No. 1 for chimney care -

Chimney sweeping

Stove refurbishment

Cowl fitting

CCTV inspection

Please call Ben on:

07766 235 607

www.thesuffolksweep.co.uk

EVERY SECOND COUNTS- BE THE LIFELINE



**IN A CARDIAC EMERGENCY?
CALL 999 FIRST, THEN DIAL**

01379 844989

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

YOU ONLY HAVE MINUTES TO SAVE A LIFE

**Volunteer Emergency
Team**



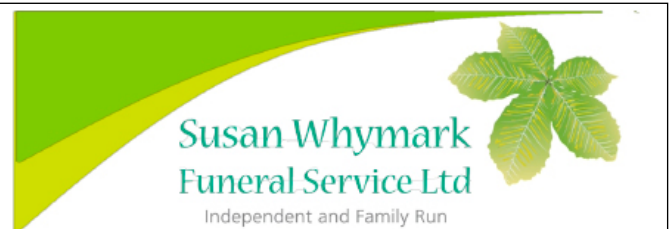
**Commercial and Commercial Property
Residential Conveyancing
Debt Recovery ~ Litigation
Matrimonial ~ Personal Injury
Wills, Probate and
Lasting Powers of Attorney**

For competitive fees and a personal service call
01379 854455

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

Why not take a look at our website?

www.jackamans.co.uk



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

We offer a range of services to suit your individual needs

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

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

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

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

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

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



See our customer reviews at
www.susanwhymark.co.uk
Email: susan@susanwhymark.co.uk



| | | |
|---|---|--|
|  |  | <p>Andrew Gaskin Gardening & Groundwork</p> <p>01379 783515 07538938486 a.gaskinggardening@yahoo.com</p> |
|  | <p>Grass Cutting Pressure washing Small tree work Hedge work Gutter clearing Fence repairs and painting Shed felting Patios General maintenance</p> |  |

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

Ashley Bridges
18th Edition Electrician


12 Victory Court 07955656332
Diss, Norfolk, IP22 4GN

AJB-Electrical@hotmail.com

| | | |
|---|---|---|
|  | <p>Diss Garden Centre Victoria Road Diss IP22 4JG tel.01379 642873</p> | <p>For all your Gardening, Pet Supplies and Wild Bird Food</p>  |
| <p><i>Deliveries available. Helpful service and advice at all times</i></p> | | |

If you contact any of our advertisers, please say that you got their details from The Palgrave Star!

EST.1977

WAVENEY WINDOWS LTD  OMNIA SUPERIOR

CONSERVATORIES ♦ WINDOWS & DOORS ♦ FACIAS

| | |
|--|---|
| <p><i>NIGEL SAYWOOD</i> <i>Design Consultant</i></p> <p><i>Mob: 07909543905</i> <i>Show Site: 01379 688488</i> <i>Home: 01379 640313</i></p> | <p><i>SHOWSITE</i> <i>Blooms of Bressingham</i> <i>Garden Centre</i> <i>Diss</i> <i>Norfolk IP22 2AB</i></p> |
|--|---|

HARDWOOD & COLOURED UPVC AVAILABLE

SEE OUR NEW TIMBER ALTERNATIVE "EVOLUTION" WINDOW

Painter & Decorator

Local, Reliable Painting & Decorating Service

Internal and External Work - Domestic and Commercial

No Job too Big or too Small

Contact Evan Heasley
for a free no obligation
quote on:

Tel - 07584 843029

Email - evanheasley@gmail.com

Facebook - Evan
Heasley Handyman



G.G. EVANS

Pest Control Services

07795 177695

01379 608932

info@ggevens.co.uk

**MOLES, RABBITS,
WASPS & MORE**



MIKE'S GUTTERS

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

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



**GUTTER REPLACEMENT
SERVICES** ✓

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





botesdaledental

PRACTICE & IMPLANT CLINIC

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



Botesdale Dental
PRACTICE & IMPLANT CLINIC

Tel: 01379 897 176

Email: reception@botesdaledental.co.uk

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

Find us on
www.botesdaledental.co.uk



“Our Plan”

Offers many benefits

Call or email for an information pack.

**PALGRAVE COMMUNITY CENTRE
CINEMA**

CHARITY NO. 269132

SATURDAY 14TH MARCH 2026

CINEMA NIGHT

MEMBERS £5 / NON-MEMBERS £6

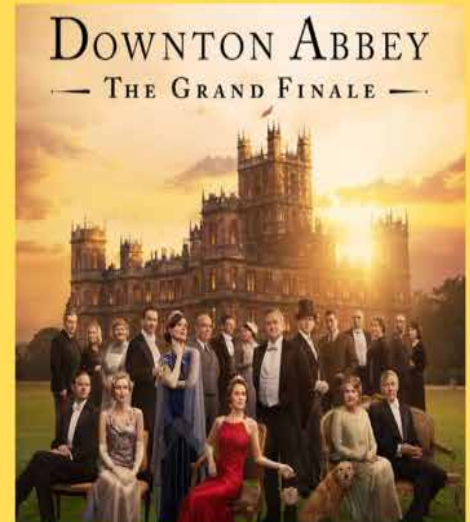
DOWNTON ABBEY THE GRAND FINALE

**DOORS
OPEN 7.00PM
FOR A
7.30PM
START**

**ICE-CREAM
AVAILABLE
DURING
INTERVAL**

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

**BAR
OPEN**



**BOOKING IS ESSENTIAL!
PLEASE CONTACT: 07415 401577**