

The Palgrave Star

AUGUST 2025

Palgrave Community Centre Cinema

Saturday 13th
September 2025

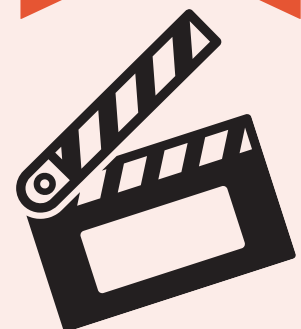
Mr Burton



£5 FOR
MEMBERS



£6 FOR
NON-
MEMBERS



Doors Open 7.00 pm
Starts at 7.30 pm

BOOKING IS ESSENTIAL, PLEASE CONTACT
07415 401577

CHARITY NO. 269132

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 Sunday 17th August.**

News and articles can be submitted via the editor at:
thepalgravestargmail.com

Advertising in The Palgrave Star

To advertise your business in The Palgrave Star contact:
palgravestar.adverts@gmail.com

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 (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 Friday evenings.

Contact our Booking Secretary:

Jane Lockwood

07415 401577

pdccbookings@gmail.com

List of Regular Hirers

Day	Group	Contact
Monday	Carpet Bowls	Jean Potter – 07415 401577
	LK Dance	Lynne Bailey – 07835 021439
	Line Dance	Melissa Hawkes monte-reydance@hotmail.com
	Cribbage	Jean Potter – 07415 401577
Tuesday	Drama Tots	Donna Corbyn – 07535 709969
	Diss Art Group	Phil Dyer – 07597 495408
	Friendship Group	Jean Potter – 07415 401577
	Yoga	Susiewonforyoga@gmail.com
Wednesday	Zumba	Simsfitnessnorfolk@gmail.com 07576 315458
	Extend	Polly Lavender – 01379 643212 or 07739 529449
	Board Games	George – 07507 862660 Pauline – 07503 161785
	Discovery Tutors	Di Grantham – 07425 171970
	LK Dance	Lynne Bailey – 07835 021439
	Bereaved by Suicide support group	Susan Whymark – 01379 871168 susan@susanwhymark.co.uk
	Palgrave School	
Thursday	Help for Hope coffee mornings	Ginny Manning – 01379 644229
	Conversational French	Di Grantham – 07425 171970
	Discovery Tutors	Di Grantham – 07425 171970
	Ukaholics Anonymous (Ukulele group)	Pete Arnold – 07934 432185
	Rocking Foxes	Sharon Wentworth – 07803 045536 info@rockingfoxes.co.uk
	Palgrave Parish Council	palgravepc@gmail.com
	Palgrave Photographic Group	Phil Dyer – 07597 495408
	Palgrave School	
Friday	Drama Tots	Donna Corbyn – 07535 709969
	Beanstalk Creative Hub	beanstalkcreativehub@gmail.com
	Community Club Members' Bar	Lee Lockwood – 07884 972957
Saturday & Sunday	Private Hire	pdccbookings@gmail.com 07415 401577

Palgrave & District Community Centre (PDCC)

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	<i>Position vacant</i>	
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, Donna Duncumb, George Georgiou, Lee Lockwood & Jean Potter	
Parish Council Representative	Susan Hollowday	
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. *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>

Producing and delivering The Star

The Trustees are very grateful to Madeline Lowe, who helped us with the production of the last two editions of The Star. Thank you very much Madeline.

We are also very pleased that a volunteer from the village has offered to help with compiling The Star for us, starting with this edition. Many thanks to Jackie McDonald for coming forward. We look forward to working with Jackie as we continue to produce an informative newsletter which will keep you up to date with news, and events at the Community Centre and elsewhere in the village.

The work of a lot of other volunteers also enables The Star to be delivered to each house in the village. Thank you to all the distributors and deliverers, including two new deliverers at the bottom of Denmark Hill and Ling Road.

Palgrave Volunteer Emergency Team – Now Active

Palgrave now has its own **Volunteer Emergency Team**, trained and ready to assist with **CPR and defibrillation** in the critical moments before emergency services arrive.

In a cardiac emergency:

1. Call 999 first

2. Then call our local number: **01379 844989**

A nearby volunteer will respond and be with you as quickly as possible.

Save precious time – store this number in your phone or keep it somewhere visible at home, like the fridge or noticeboard.

To find out more or join this vital local initiative, email us at: **Palgrave.VETS@hotmail.com**

*Cut me out
and keep
me safe!*



Palgrave VETS Number:
01379 844989

For cardiac emergencies
call **999** first.



News from your Parish Council

There isn't a meeting in August so the next PC meeting is at 7.30pm on 11th September in the PDCC lounge. It will be preceded by a Cemetery Committee meeting at 7pm, at the same venue.

We alerted you previously about the Government's new housing targets which potentially could mean an additional 124 houses in Palgrave in the next 20 years. Our ongoing involvement and commitment to the DDNP is one way of helping protect Palgrave from large new estates in a more cohesive and supportive way. There is also grave concern amongst members about the number of solar farms in the region, the accumulative impact, and ensuring that any breaches of planning conditions are dealt with quickly by the relevant District Council, in our case Babergh Mid Suffolk. **With limited capacity due to a reduced number of Parish Councillors, we really would love to have an additional local person on board who is interested in the above matters and those of the surrounding villages, to help on the DDNP.** If you are passionate about the future of the village, please do consider joining Councillor David Bremner as another representative on the DDNP. Note, you DO NOT have to be a Parish Councillor to help on the DDNP. Please contact the Clerk if you feel you can contribute to this important group. Meetings are usually quarterly, online.

Solar Farm update: No update on the Aura project at Marsh Farm; we're still awaiting publication of the full planning permission with associated conditions. However, we can confirm the larger Grange Farm project is due to start the first build stage in October, the main build commencing in January 2026, to be up and operational by autumn 2026. A meeting will be taking place soon between the contractor, P S Renewables, and the Parish Liaison Group.

Cemetery clean up: Sadly, only one person has come forward to help with tidying up the cemetery! As the saying goes, many hands make light work, and it really will only take a couple of hours on a morning to do the few little jobs that are needed, like sweeping up leaves in the car park and so on. We only need 2 or 3 more people, so please offer your help via the clerk and we can then schedule a morning to suit everyone involved. Thank you so much in anticipation of your help!

School play area: The school has yet to award the contract for the improvements to the play area. Funding is the big issue, and we are working with them to try and source the best possible grant / funding opportunity.

20mph Project: We're awaiting the final design plan following a recent site meeting

and were encouraged by the helpfulness of the Highways engineer, getting across to him that we want to try and keep costs to a minimum.

Manorial Waste Land opp. the Church: Following completion of the Village Sign stand (except for the white lettering to be done in July/August), the bus shelter and, by the time you read this, renovation of the two benches and the wooden bench on The Green, we are embarking on a major project, funding dependant, on upgrading the BT phone kiosk alongside an Historic Trail information board with take-away flyers incorporating a Palgrave circular walk. This will further enhance this grassed area for both locals and visitors alike. It is a big project so if you would like to get involved in any way, please DO contact the Clerk. All help is welcome.

DATE FOR YOUR DIARY:

Village Clean Up morning Saturday 11 October, 10-12 noon.

Please put the date in your diaries. More information to follow...



If you have any matters you wish to raise, please come along to a meeting or contact the clerk, Caroline Emeny – E: palgravepc@gmail.com T: 01986 798422 (answerphone). Please don't call on a weekend or after normal working hours unless it is very urgent.

JOIN YOUR LOCAL TEAM & BECOME A PARISH COUNCILLOR

- Do you want to help make Palgrave a better place to live?
- Do you want to serve your community?
- Do you have time or expertise which could benefit your community?
- Do you want to make a difference to all those around you?
- Do you have innovative ideas for the Council?
- Are you concerned about your local area?
- Do you want to represent the views of local people?

If this is you, then we need you!

If you would like to make a difference, and be involved in shaping the future of your local Community, why not step forward and apply to become a Parish Councillor? We need people from all backgrounds and experiences who reflect their community to put themselves forward for co-option to the Parish Council. Refer to our website for more detailed information. We are looking for 3 new Councillors.

<https://palgrave.onesuffolk.net/parish-council>

The Community Centre

Palgrave Summer Fête

After an absence of six years, the Palgrave Summer Village Fête returned on Sunday 22nd June. It was the day following the longest day of the year and it was another long day for some of the helpers who started setting up very early! The sun shone – too much, for some of us – and it was baking hot with an intermittent breeze on the field.

It was too hot for tea and coffee for many, who opted for cold drinks from the bar, which had to send out for further supplies to replenish some popular lines. Mary Berry would have been proud of the wide range of delicious cakes, baked by local people, on sale on the refreshment table. The BBQ proved popular, the “chef” and helpers coped well with the queue and the heat.

Everyone loves a tombola and they certainly did at the fête. There were many people surrounding the stall, business was brisk with a diverse range of prizes to be won from tea bags, soup and soap to hair accessories and flower vases.

There was lots on offer: face painting, traditional fête games including splat the rat, wheel of fortune and a higher or lower card game, all a reminder of our childhood. The Zumba group who meet the Community Centre braved the heat and demonstrated their moves to lively music. Heidi Marie, Painting the Silence and Ukaholics Anonymous entertained us with their musical performances. Thirty four folk tested their dexterity on the digger, provided and manned by Waterfields of Scole, moving footballs in the digger bucket. There was the opportunity to try out navigation and flying skills on the flight simulator. Some crashed, but hopefully their skills on the road are somewhat better! St John Ambulance volunteers were in attendance for emergency first aid but fortunately their skills were not required.

Around £1000 profit was made, a useful amount towards our future projects which include rectifying the ongoing drainage issue, replacing and extending the patio area and the maintenance of the play area.

And finally, the Fiat 500 contained 78 balloons. The winner was Katherine who had the closest guess at 76. Well done, Katherine!



There are many people who contributed to making this event a success, too many to mention without the risk of forgetting someone. So if you baked, cooked, sold, helped in any way, performed or just came along, we give our heartfelt thanks, we couldn't have done it without you all. THANK YOU!

P.S. We will do it again...just not quite sure when!

Dates for your Diary: Events at the Community Centre

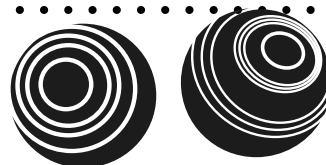
Sunday 10th August	Matinee Cinema & Str
Saturday 20th September	Prize Bingo
Friday 3rd October	The Gallery (a talk) by Rees Jones
Sunday 23rd November	Christmas Fayre
Saturday 29th November	Christmas Quiz
Saturday 6th December	Christmas Prize Bingo
Sunday 14th December	Matinee Film with Afternoon Tea

SOLD OUT

Regrettably, due to a lack of support, we had to cancel the Summer Bingo. Our next Prize Bingo is scheduled for **Saturday 20th September**; mark the date in your diary. More details next month!

..... Carpet Bowls

Mondays 2.00pm-4.00pm



£2.00 a session
Includes tea or coffee

Contact Jean Potter via 07415 401577

Limited spaces
Palgrave Community Centre

*Please note:
There will be no bowls sessions during August*

- - - - Friendship Club - - - -

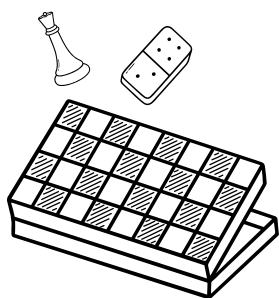
Alternate Tuesdays 2.00pm-4.00pm

Palgrave Community Centre

All welcome

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

Contact Jean Potter via 07415 401577



==== Crib =====

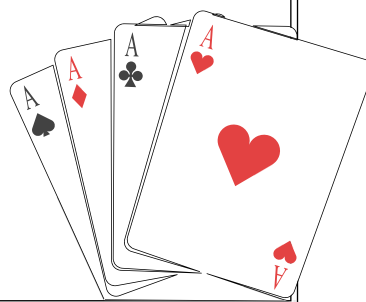
Mondays 7.00pm - 9.00pm

Palgrave Community Centre

Experienced players welcome

£3.50 a session

Contact Jean Potter via 07415 401577



The Community Club Bar

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

This is run as a Member's bar which anyone over the age of 18 is welcome to join. Children under 16 must be accompanied by an adult. We open every Friday from 7.30pm – 10pm in the lounge.



We are currently offering free membership.

So, if you haven't joined yet, call our bar manager Lee on 07884 972956

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.



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

Don't forget to make that call first and become a member! Hope to see you there soon.

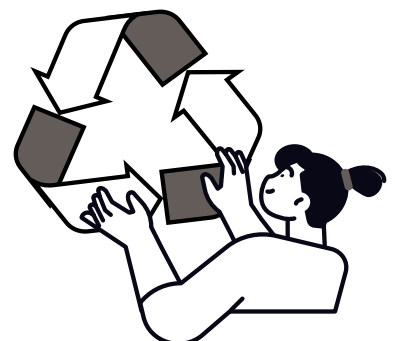
Blister Pack Recycling

The recycling trial is going well and many of you have made use of the main container inside the Community Centre, or the box (like a post box) which is on the outside wall to the left of the main entrance, marked **FOR EMPTY BLISTER PACKS ONLY. PLEASE CHECK THAT THE PACKS ARE EMPTY. REMOVE ALL MEDICATION.**

The outside box is being regularly emptied into the main container, so that you can drop off your packs even when the building is locked.

PLEASE NOTE : the scheme is for Blister Packs, used for tablets which contain a mix of aluminium foil and plastic.

We cannot accept the plastic disposable dossett boxes, which are supplied by pharmacies. These can be recycled in your recycling bin at home.





VJ Day: 80th Anniversary of Japan announcing its surrender – Friday 15th August

We do not have anything organised to celebrate this day, but since it falls on a Friday, we are inviting you to the Community Centre Bar to raise a glass to remember all those who sadly lost their lives in the Second World War from the UK and across the Commonwealth. The bar opens at 7.30pm.

It's also a chance to see the recently decorated bar and lounge area.



Charity Coffee Morning



Thursday August 28th from 10.30 to 12.00



Come and join us at The Palgrave Community Centre

All are welcome

Donations this month are to

Cancer Support Suffolk



Our Mission at Cancer Support Suffolk we are focused on life before, during and after cancer. We aim to educate our community about the signs and symptoms prior to its arrival, support cancer patients during treatment through non-clinical therapies and provide a safe space in our wellbeing workshops in the latter part of treatment and beyond.

If you need transport please contact Anne 644931



The Help for Hope Team - Benefice of North Hartismere

**Palgrave Arts Festival presents:
POP-UP PERFORMANCE NIGHT!**

Your stage. Your spotlight. Your moment!

After a brilliant evening of talent in 2023, Open Mic Night is back — and it's going to be bigger, bolder, and even more fun! Whether you're a seasoned performer or breaking the ice, this is your chance to shine in front of a warm, friendly crowd.

Learning the lute? Passionate about poetry? Shine as a singer? Whatever your thing, we want to hear it! No pressure. No pretence. Just an informal evening packed with creativity, community – and maybe a little courage!

We need an audience too, of course:

WHEN: Friday 10th October
WHERE: Palgrave Church
DOORS: 6:30pm, with FIRST ACT at 7:00pm sharp
ENTRY: £5.00 – refunded if you get on the stage!

Refreshments will be on sale.

Tickets via Ticket Source – scan the QR code >>>>>>
or pay on the door (but numbers may be limited).



Got something to share?

You can decide on the night, or help our schedule by contacting us in advance:

Hugh Bunbury (thebunburys@gmail.com) or
Nicola Diggins (nicola.diggins@yahoo.co.uk).

Performances typically 5–10 minutes.

**Come for the talent, stay for the atmosphere — and
maybe leave feeling just a little bit inspired.**

**NEXT EVENT >>> JAZZ CONCERT with the DOWNTIME INTERNATIONAL trio.
Watch out for details soon!**

All proceeds towards the Palgrave Church WC project.
This event is made possible thanks to players of the People's Postcode Lottery.

**St Peter's Church,
Palgrave**



Suffolk Historic Churches Trust Cycle Ride

The annual 'Ride & Stride' is on Saturday 13th September. Our county has some fabulous and ancient church buildings, with a wealth of history to discover. Nearly all will be open on the day, and you'll likely be met by enthusiastic parishioners or like-minded visitors. What better way to enjoy the countryside while getting that essential exercise!

If you want to collect sponsorship, so much the better. Proceeds go half to SHCT and half to your chosen church. Every little helps. Sponsor forms are available in the church or from Hugh Bunbury.

Palgrave Church Gift Day: Saturday 13th September

St Peter's Church will be seeking your support through a Gift Day next month. As always we are extremely grateful to everyone who helps towards keeping the Parish Church going in our village. We rely completely on voluntary donations and there are no government subsidies or funding for the day-to-day costs. The Church is here for your wedding, funeral or baptism; for festivals and events; and for your private prayer and contemplation.

St. Peter's Church, Palgrave
SERVICE MOST SUNDAYS at 11.00am



Our morning service is a blend of traditional and modern form of worship. Hymns, Bible Readings, Prayers and Holy Communion.

Informal and friendly.
All are welcome.

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

Rural Coffee Caravan

Making a difference to rural communities throughout Suffolk

Come and share a pot of tea, our welcome is warm and our friendship free!

We'll be visiting:

Palgrave Community Centre

Mondays 10am—12pm

August 18th, September 15th

October 20th, November 17th

Come along for some company and a catch up with your neighbours over a cup of tea or coffee with biscuits and cake. We bring a great source of information along with the free refreshments.

We look forward to seeing you.

All Welcome!



www.ruralcoffeecaravan.org.uk tel: 01284 663 472

Registered No: 1187423



Palgrave Players Shine Bright: Award Wins, Cast Reveals, and a Call to Join the Chorus!



The heart of Palgrave is beating louder than ever, thanks to the unstoppable energy of its beloved theatre group. Fresh off a double win at the prestigious NODA East Awards – ‘Best Musical’ and ‘Best Production in the East Region’ – the **Palgrave Players** are riding high on a wave of celebration and community pride.

>> A Triumph for Local Talent

Their award-winning production of *Once: The Musical* was hailed as “amongst the highest standard ever witnessed on an amateur stage,” and rightly so. With heartfelt performances, live music, and a cast that included rising stars from Hartismere School, the show was a testament to the power of local creativity and teamwork.



>> Made in Dagenham: Cast Announced!

Now, the Players are gearing up for their next big production: *Made in Dagenham*, a spirited musical based on the true story of the 1968 Ford sewing machinists’ strike. The newly announced cast includes a mix of seasoned performers and fresh faces, with Nicola Diggins stepping into the lead role of Rita. Her Essex roots and powerhouse vocals promise to bring authenticity and fire to the stage.



>> Join the Chorus – We Need You!

There’s still time to be part of the magic! The Players are looking to fill a few remaining **male chorus roles** and welcome **helping hands** for sound, lighting, and backstage support. No experience necessary – just enthusiasm and a love for community theatre. To get involved email ppsecretaries@gmail.com



>> Save the Date!

Performances: Thursday 23rd to Saturday 25th October 2025

Venue: Garboldisham Village Hall, nr Diss IP22 2SE

Tickets are ON SALE NOW and expected to fly, so book early via Palgrave Players’ ticket page – just scan the QR code.



This is more than just a show – it’s a celebration of Palgrave’s spirit, talent, and togetherness. Whether you’re on stage, behind the scenes, or clapping from the audience, come and be part of something unforgettable!

www.palgraveplayers.com

Palgrave Community Centre Cinema

• **SOLD OUT** • **SOLD OUT** • **SOLD OUT** •

WEST SIDE STORY

Sunday afternoon matinee

£10
PER
PERSON



WITH
STRAWBERRY
TEA!

Doors Open 1.30 pm
Starts at 2.00 pm

BOOKING IS ESSENTIAL, PLEASE CONTACT
07415 401577
CHARITY NO. 269132

Future Cinema Features

Mr Burton – Saturday 13th September



Based on a remarkable true story, discover how the poor son of a Welsh miner became one of the greatest actors the world has ever known, with the help of an unlikely mentor.

<https://www.youtube.com/watch?v=h6Trx84-gy4>

A quick reminder for our usual films...

Book in advance, with payments made at the door. Doors will open at 19:00, with the feature commencing at 19:30. Our bar will be open, and ice creams will be available for purchase during the interval!

...and a note about admission price

The monthly Saturday evening cinema has been running for some 13 or so years and for nearly that long the price has remained static. We have now increased the price to £6 for non members and £5 for members. Every time we have a screening we have to obtain a single screening licence from Filmbank at the cost of £104.50. Consequently, unless enough people attend we barely break even and sometimes we run at a loss.

Ice cream, with a choice of flavours, is available during the interval and the bar is open.

Please bring your friends and help support the Community Centre Cinema night.

Warm regards, Lee, Jane, and Michael
(Palgrave Cinema)

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 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.

Walks

12th August. Liz's Walk – Redgrave and Hinderclay Fen.

Leave Palgrave 9.45am. Start 10.00am.

5 miles

Start at the Crosskeys Pub in Redgrave at 10.00am. You can park in the pub car park. A nice and varied walk through Redgrave, Thelnetham and Hinderclay Fen. An easy ramble for all. Refreshments at the Keys and for those who wish to eat, the food is good.

19th August. Diane & Eliane's walk – Thornham Woods.

Leave Palgrave at 9.30am. 10.00am start.

4.5miles

Probably Thornham Woods but will confirm. A walk of approximately 4.5 miles. The café will be open, and there are also two pubs close by: Thornham Four Horseshoes and the White Horse, Stoke Ash. There is a car park charge of £2.50/£3.00. Overflow car park opposite. Due to the high temperatures we have been having, aim to start walk no later than 10am from Thornham.

26th August – Local Walk

Depart The Angel, Fair Green at 9.45am

3.5miles

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.

16th September: The Incas – Chloe Sayer.
Art & Textiles of the Incas and their predecessors.

21st October: Eric Ravilious – Jo Walton
The lure of the everyday.

18th November: Tudor Art: a New Story – Dr Christina Faraday
New research on portraits, textiles, furniture and architecture.

2nd December: The Scoliotic Knight – Tobias Capwell
The arms and armour of Richard III.

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



Borderhoppa Outings for August 2025

- Door to door dial-a-ride service
- Weekly members outings throughout the year
- Group hires for not-for-profit organisations

Mon 4th	Aylsham (Market Day) & Taverham Nursery Centre – £20.00
Thurs 7th	Holt Town Centre and Garden Centre – £25.00
Mon 11th	Waveney River Boat Trip and Carvery at The Wherry Hotel – £30.00 (Includes bus fare and ticket for boat; lunch extra)
Thurs 14th	Aldeburgh & Thorpeness – £20.00
Mon 18th	Halesworth & Lunch at Dunwich – £20.00
Thurs 21st	Cherry Lane at Fritton followed by Lunch at The Bell Inn, St. Olaves – £20.00
Thurs 28th	Bure Valley Railway, Wroxham to Aylsham and return, with lunch and shopping in Wroxham – £30.00 (includes train ticket)

To book or for more information please call 01379 854800
or visit www.borderhoppa.org



Botesdale Health Centre

Question of the month to the Team at Botesdale Health Centre

Q. What advice can you provide when preparing for holidays or bank holiday weekends with ordering repeat prescriptions?

A. Make sure you've got enough of your regular medication. Avoid last-minute stress with these 5 simple steps:

1. Plan ahead, especially before holidays and bank holidays.
2. Check your medicine supply.
3. Order any repeat prescriptions you need using the NHS App or continue with your usual method of requesting prescriptions. Currently, the process of requesting medication through Anima is not the easiest way so please avoid using Anima.
4. Before picking up your repeat medications, please allow at least 5 working days for order processing. Saturday and Sunday are not classed as working days.
5. Please don't wait until the last minute to pick up your medication from the Dispensary at Botesdale Health Centre, as this can lead to queues lengthening again.

Remember: NHS 111 is for urgent prescriptions only – don't leave it too late!

Pharmacy First

Pharmacy First is an NHS initiative that makes it easy for you to get healthcare advice and NHS funded treatment for seven common conditions through your local pharmacy.

Conditions they can offer prescription medicine for are:

- Impetigo (aged 1 year and over)
- Infected insect bites (aged 1 year and over)
- Earache (aged 1 to 17 years)
- Sore throat (aged 5 years and over)
- Sinusitis (aged 12 years and over)
- Urinary tract infections (UTIs) (women aged 16 to 64 years)
- Shingles (aged 18 years and over)

How can Pharmacy First help?

Pharmacy First provides prompt treatment and advice for these common conditions. Pharmacists might offer self-care, advice and/or over-the-counter or prescription medications based on your needs.

How can you access the Pharmacy First Service?

If you have symptoms suggestive of one of the seven conditions included in the Pharmacy First Service, some pharmacies offer a walk-in service or book an online appointment service. You may also be referred by your doctor surgery or another healthcare professional to a participating pharmacy for expert advice

and treatment, if clinically appropriate. One of several pharmacies in Diss offer the Pharmacy First service. Find a pharmacy near you through your NHS App or via the NHS website at www.nhs.uk

Additional support from Pharmacies

Minor ailments: Pharmacists can help with a variety of everyday health issues such as colds, flu, aches, pains, rashes, and cystitis. They can also assist with emergency contraception, pregnancy tests, and needle exchange services. No appointment is needed, and they will refer you to a doctor if necessary.

Healthy living advice: Pharmacies can support your overall health by offering advice on diet, exercise, and smoking cessation. They provide nicotine replacement therapies and regular check-ins to help you quit smoking and stay healthy.

Some pharmacies also offer free blood pressure checks, for some adults over the age of 40 who meet the eligibility criteria and where appropriate, a 24-hour Ambulatory BP service.

Other services some pharmacies provide include travel vaccinations, antimalarial tablets, weight management with Mounjaro, and private Covid vaccinations (now NHS have finished). Please note most of these are subject to private charges.

See your NHS App for more information or visit the NHS website at www.nhs.uk to find out how pharmacies can help.



MACMILLAN
CANCER SUPPORT



Patient Participation Group
Botesdale Health Centre

CANCER SUPPORT GROUP

to which all will be most welcome ... those newly diagnosed.... going through treatment....or who have completed treatment. An opportunity to share your experience and be encouraged by others
Carers are welcome too.

Cancer support meetings are planned for 4th Tuesday of each month
11:00-12:00

Parkview Chapel, The Street, Botesdale, IP22 1BX
Entrance and car park at the rear of the building

Confirmation of attendance would be appreciated
Further information: botesdaleppg@gmail.com
or call 07787148947

**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**



**Expert
interior
design for
everyday
living**

Blending style and function to create personalised interiors.

• Space Planning • Design Concept • Furniture Sourcing

Fancy a change? Recently moved home? Looking to sell a property? From a single room to your whole house, I can help you transform your space.

07596 137736 | leo@elielinteriors.com



**Independent
Chartered Surveyors
and Estate Agents.**

01379 771190

alexander@cottrellsproperty.co.uk



**No matter what size
your budget**
Our compassion is constant



the good funeral guide.

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

Rosedale
FUNERAL HOME
A FAMILY BUSINESS


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**

f t i y p



Chimney sweeping
Stove refurbishment
Cowl fitting
CCTV inspection

Please call Ben on:
07766 235 607
www.thesuffolksweep.co.uk

KATIE CLEANER

Experienced domestic cleaner with references. Will meet to discuss cleaning requirements without obligation. Covering a 4 mile radius of Diss.

Phone Katie on 01379 643 991
07535 702 793
(text may be best)
Fair Green, Diss

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

12 Victory Court
Diss, Norfolk, IP22 4GN

07955656332

AJB-Electrical@hotmail.com

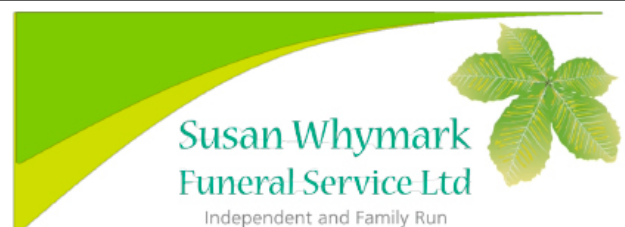


**Commercial and Commercial Property
Residential Conveyancing
Debt Recovery ~ Litigation
Matrimonial ~ Personal Injury
Wills, Probate and
Lasting Powers of Attorney**

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





WAVENEY

WINDOWS

EST.1977 LTD

CONSERVATORIES ♦ WINDOWS & DOORS ♦ FACIAS

NIGEL SAYWOOD
Design Consultant

Mob: 07909543905

Show Site: 01379 688488

Home: 01379 640313

SHOWSITE
Blooms of Bressingham
Garden Centre
Diss
Norfolk IP22 2AB

HARDWOOD & COLOURED UPVC AVAILABLE

SEE OUR NEW TIMBER ALTERNATIVE "EVOLUTION" WINDOW



Diss Garden Centre

Victoria Road
Diss
IP22 4JG
tel.01379 642873

For all your Gardening,
Pet Supplies and Wild Bird Food



Deliveries available. Helpful service and advice at all times

Katie's Foot Pedicure

Are you finding it difficult to care for your feet and lower legs? I offer 30 minute pedicure treatments (incl. nail clip) for couples and individuals from the comfort of their own home.

Certificate in Pedicure.
Katiemace908@gmail.com
07535 702793

This space could be yours.

If you would like to advertise in the Palgrave Star please see page 2 for details on how to do so.

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



07563112589

info@mikesgutters.co.uk

www.mikesgutters.co.uk

Fully Insured & Accredited Ladder safety

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 &
Fittings**



botesdaledental

PRACTICE & IMPLANT CLINIC

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



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

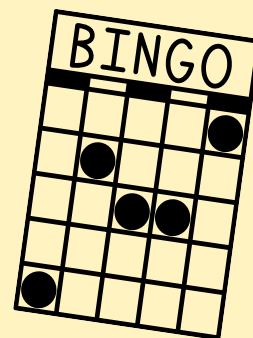


“Our Plan”

Offers many benefits
Call or email for an information pack.

LICENSED
BAR WILL BE
OPEN.

Saturday 20th
September 2025



BINGO NIGHT!

RAFFLE!

Doors Open at 6.30 pm
Eyes Down at 7.00 pm

£1 PER
BOOK
£5 FOR
6 BOOKS!

Palgrave Community Centre

AS WE HAVE LIMITED NUMBERS, PLEASE CALL
OR TEXT **07415 401577** TO BOOK YOUR
PLACES.

CHILDREN WELCOME, MUST BE
ACCOMPANIED BY AN ADULT.

CHARITY NO. 269132