

JULY 2026

The Palgrave Star

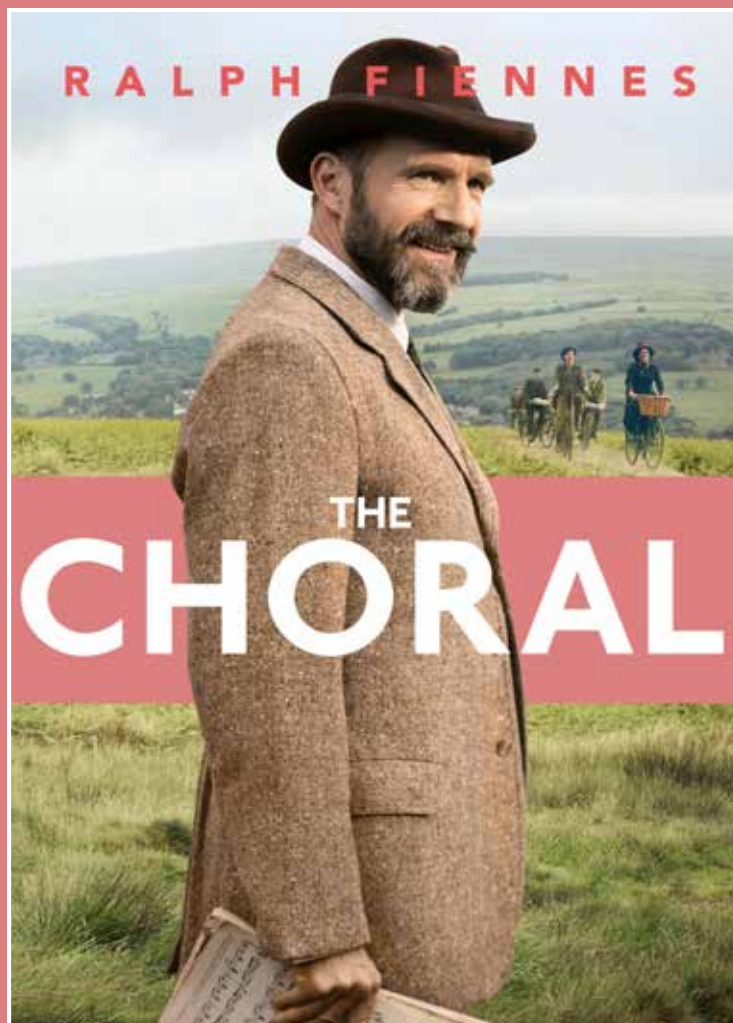
PALGRAVE COMMUNITY CENTRE CINEMA

THE CHORAL

SATURDAY 11TH JULY 2026

DOORS OPEN 7:00PM FOR 7:30PM START

£6 entry for non-members, £5 entry for members.
Licensed bar will be open.



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

Booking is essential! Please contact 07415 401577.

CHARITY NO. 269132

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 Friday 17th July.**

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
bookingspdcc@gmail.com

Welcome to our July issue!

May and June have been very busy months at the Community Centre!

We have held three big events – the Village Garage Sales, Open Gardens and our own 40th Celebrations. The Garage Sales and Open Gardens were hugely successful events, drawing visitors to the village from a wide area.

In contrast, the 40th celebration of the Community Centre was much more focussed on the village itself – the history leading up to the building of the Centre and the events and fund-raising which has gone on for forty years and more. Talented local musicians (and musical operators!), artists and crafters showcased what enterprise and community spirit we have in the village, and although we say it ourselves, the Community Centre and playing field provided an excellent venue for us all to socialise and celebrate. The Trustees, with the help of many faithful volunteers, organised and set up for the day, and cleared up afterwards.

We were delighted that so many of you responded to the invitation to join us, whether you have been involved in the Community Centre for over forty years, or less, or whether it was your first visit. The atmosphere was great so thank you for joining in, and we hope that you had a good afternoon. You'll find a photographic round up of our day on this month's back cover.

July will be a bit quieter, although regular group meetings and the monthly Cinema will be taking place as usual, as advertised. Also, at Coffee & Company on 20th July (see page 10) we hope that the Police will be offering a box for the safe disposal of any unwanted knives.

In other news...

Community Centre Bottle Bank

Your new blue topped refuse bins can take bottles, but did you know that you can still use the bottle banks at the Community Centre?



The Community Centre receives valuable funds from the recycling. We shall continue to have the bottle banks and hope that you will still use them. Please continue to come: when you're out for a walk, dropping in at the Friday night Members' bar, or attending an event or class – remember to 'bring a bottle'!

Dogs on the playing field

In recent years Trustees have accepted that villagers enjoy walking their dogs on the playing field. However this is first and foremost a playing field, used by the school for PE lessons and sports day, by children and families to meet up and play, and by youngsters meeting their friends. Not everyone feels confident when dogs are running loose on the field.

If you are walking your dog *please* be respectful of other users. Keep your dog on a lead at all times and make sure you clean up any mess.

Many thanks.



Needles & Pins

NEW

Last Friday of the month 2.30 - 4.30pm

Palgrave Community Centre

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

£2.00 a session, includes tea or coffee.

Contact Helen Thorburn 01379 651749

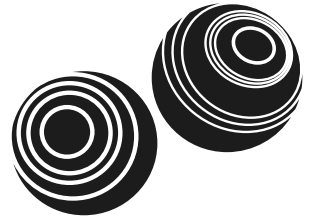


Carpet Bowls

Mondays 2.00pm-4.00pm Palgrave Community Centre

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

Contact Jean Potter 07415 401577



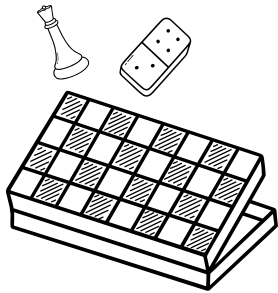
Friendship Club

Alternate Tuesdays 2.00pm-4.00pm

Palgrave Community Centre

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

Contact Jean Potter 07415 401577



Crib

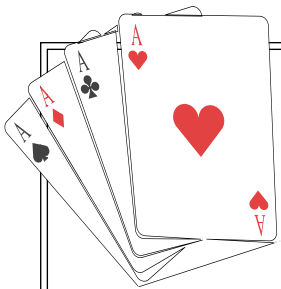
**Mondays
7.00pm - 9.00pm**

Palgrave Community
Centre

Experienced players welcome

£3.50 a session

Contact Jean Potter 07415 401577



The Community Club Bar



From this, in 1987...



...to today!

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

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

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

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



Charity Coffee Morning

Thursday 23rd July From 10.30 to 12.00



Come and join us at The Palgrave Community Centre

A warm welcome to everyone

Donations for the Refreshments this month are to

British Heart Foundation



Our vision is a world where everyone has a healthier heart for longer

BHF is the biggest independent funder of research into cardiovascular disease in the UK. We want to power the next breakthroughs in diagnosing, treating, and preventing the world's biggest killer.

If you need transport please contact Anne 644931



The Help & Hope Team - Benefice of North Hartismere

News from your Parish Council



The next Parish Council meeting is on Thursday 9 July at 7.30pm in the PDCC lounge.

The 20mph scheme: The final estimate & design have been approved. It's costing slightly less than the initial estimate thanks to the work put in by Cllr Fausset, and will include renewing the 'No Entry' and 'School-Keep Clear' road markings.

St. John's site, Lion Road: You may have noticed that the site is closed with only a security firm present. The medical company that were setting up there have gone into liquidation. So what will happen to the site now? We don't know is the simple answer. We'll keep you informed as and when we hear anything. Likewise, if you discover more information about it's future, please do let us know.

Land at end of Lows Footpath: We reported some time ago that MSDC had purchased the riverside site on the right at the very end of the Lows FP before the bridge. They've teamed up with the River Waveney Trust (RWT), to protect it from development and enhance it as a wildlife haven, for the local community, our community! A management plan has been agreed with RWT to restore the site. Volunteers are always welcome to help with this site. Contact the RWT for more information: <https://www.riverwaveneytrust.org/volunteer/> or call 07903 243108.

Citizens Advice (CA): The Diss office at 12a Market Place is open Mondays, Wednesdays, Thursdays, 9:30am-4pm and Fridays, 9:30am-2:30pm. But did you know that MSDC have helped fund a service every Friday morning at Eye library. CA offers free advice on issues like housing, benefits, money, relationships, & employment. They can also make a referral to a local food bank for you. No appointment required.

Just a quick reminder about the July road closures once again f.y.i.: Crossing Road 6 – 24 July, The Green on the Access Road 27 July – 14 August, and 2-way traffic lights on Upper Rose Lane 27 July – 7 August. Planned dates but may be subject to change.

Babergh & Mid Suffolk District Councils Joint Local Plan: We urge you, as individuals & residents, to complete this survey in regard to the new local plan which will help shape the future of our districts. It will guide decisions on housing, jobs, infrastructure, town centres, the environment, transport and community facilities, helping to ensure that we remain attractive, sustainable and thriving places to live, work and visit.

The scoping consultation is an opportunity for BMSDC to gather views from residents, businesses, and other stakeholders on key challenges, opportunities and priorities for the future. All feedback at this stage will be reviewed and used to inform later stages of plan preparation, including draft policies and public engagement.

The consultation survey is open from **Friday 5 June 2026** and closes at **5pm Friday 31 July 2026** and is available here: <https://www.smartsurvey.co.uk/s/scoping/>
Further information including FAQs and supporting documents can be found on our websites at: www.midsuffolk.gov.uk/joint-local-plan-scoping-consultation

The new 'Simpler' Recycling Bins: We're aware not everyone has received their new bins at the time of writing. MSDC are working their way through the outstanding list. The new recycling regime came into force in June. To check your bin collection day and week, report any missed collections, or request changes to your bins, see:

<https://www.midsuffolk.gov.uk/bins-and-recycling>

You can see the new waste collection schedule here:

<https://www.midsuffolk.gov.uk/documents/d/asset-library-54706/mid-suffolk-waste-collection-schedule-june-to-november-2026>

Further information on recycling www.suffolkrecycles.org.uk or on social media @suffolkrecycles

Crossing Road Flooding: The PC have been trying to resolve the flooding issue on this road for nearly 2 years and have a long trail of correspondence about it. The gully outside Oak Tree Cottage is blocked due to the obstruction by the railway crossing sign which has gone through the drainpipe itself a few metres downhill. Both Highways & environmental health are aware of the problem - it's unfortunately not one we can fix. The constant flooding further down on the other side of the railway crossing is also a major concern and we are making every effort to get this resolved asap.

Phone box project update – *Out of the Box!*

Bringing Palgrave's Telephone Box Back to Life

We're excited to tell you that the phone box is going on a little trip to Beccles for a makeover on 1 July. It will be professionally sandblasted and recoated.

This doesn't mean there's nothing left for us to do – quite the opposite! When it's returned it will have to be reset into the base, the internal frame fixed to the new door and then rehung, and all 72 metal frames for the glass panels secured back into place on the 3 sides. This should be a lot easier than the initial job we had of removing them so we are **STILL** looking for volunteers to help finish this project.

We promise that the hardest part of the work has been done so please offer some of your time to help complete this exciting piece of work. Hannah Shelton has been working with the school children and the Art Group to paint the glass panels in what will be a lasting tribute to our beautiful village.

Alongside that, the Historic Information panel is on order together with the leaflet trail, which will complete the project. Our enormous appreciation to Phil Dyer and Ian McClintock for their contribution to this part of the project. We hope to have an official 'unveiling' of the overall scheme sometime in August or September, date t.b.c.

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/>

A Little Bit of Community Centre History

Over 40 years ago. Before the Community Centre was built...

1952

The original aim was to build a village hall which would accommodate whist and bridge drives – popular and good money-raising activities of the time. In 1952 a fund was started which, with profits also from an auction, jumble sale and fêtes, had risen to almost £1000 by 1958. This was in addition to buying and fencing the site of the old school garden in Lows Lane where the intended building was to be.

A village meeting in 1960 decided that a playing field was a higher priority than a village hall; in 1960 funds were transferred and the present playing field was bought for £400. A further £300 was spent on levelling, rolling and sowing seed.

The following two years saw the bowling green and cricket square laid, some children's equipment erected and the sale of the Lows Lane plot. Further children's equipment was added in 1973.

(with thanks to The Palgrave Star December 1983, A. Anness & S. Leeder)

1983

The playing field was transferred from the Playing Field Committee to the Community Council.

The Community Council pursues options for a new building, in the area of the current building.

How were funds raised?

Sponsored cycle rides, sponsored walks, coffee mornings, jumble sales, car boot sales, a sponsored knit-in, cider buffet, whist drive, fashion show and a grant of £11,500 from Mid Suffolk District Council all added to the funds.

More unusual fund raising was achieved by a regular cake, craft and produce stall in Diss Market Place, frequent car park marshal duties at Bressingham Gardens & Steam Museum and interest-free loans from Community Council members.

Where were events held?

Many events were held in the school. Thrandeston Village Hall was also used as well as private houses.

A lot of events were held on the playing field, including in the Community Centre's own marquee. The Mother and Toddler Group met in the playing field hut.



Building the Community Centre

July 1984

The first turf was lifted.

1984 - 1986

The building was constructed largely using volunteer labour.

1986

The bar opened, events started to be held in the Centre and the Centre itself was officially opened. The start of Youth Club, ladies groups, table tennis, mothers and toddlers, darts and dominoes, including tournaments, regular cabaret nights, crib drives and prize bingo.

1988

The start of the Over 60's Club/ Friendship Club.

1990

New swings and play equipment installed.

2017

The installation of new play equipment following fund raising by a joint working party of Parish Council, Community Council and parents.

...and by 2026

The Centre provides a venue for over twenty regular activities and groups to meet, is available for private hire and both the hall and field are used by the school. The Community Centre hosts its own regular events such as crib, carpet bowls, Friendship Club, quizzes, monthly film nights, bingo, weekly Members' Bar, coffee mornings, craft fayres and many more.

The current Trustees are hugely thankful to the Trustees who served before. Their foresight and the dedication of a loyal group of volunteer builders led to the construction of the building which we now have in the village.

Over the years a massive amount of commitment and fundraising took place and this continues to this day.

We thank you all for your support whether as Members, by attending or volunteering to help at events, manning the bar, taking part in classes and groups, distributing The Palgrave Star, or in many other ways.

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**



Joining us on Monday 20th July:
Christian, Community Police Officer
and
MSDC re: reducing energy costs

Just turn up, no need to book!

**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

u3a Diss

Two events in July to enjoy!

The monthly meeting will take place on **2nd July** at the United Reformed Church, Mere Street, Diss IP22 4AD. We'll start the morning with refreshments, socialising, and catching up on the interest groups and notices, followed by a talk from our guest speaker **Tony Diamond** who will tell us about *The Shipping Forecast*. To find out more about Tony and his unusual talks, visit <https://www.facebook.com/AMDiamondauthor/> or <https://diamondspeaker.my.canva.site/thor/>

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

July not only sees our usual monthly meeting but at **10.30am on Thursday 16th July** u3a Diss presents:

MIDSUMMER MARDLE – a day at the Corn Hall, Diss

(OED "Mardle": a rabble, an unruly crowd, a group of hangers on, chat)

Feed your mind...
Dr Sam Newton (from Time Team)
Master Workshop of Sutton Hoo

Feed your body...
Buffet Lunch

Feed your spirit...
Jane Hoggar *The Magic of the Musical*

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

**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.

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Team**



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Palgrave Walking Group

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

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

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

July's Jaunts

<i>date</i>	<i>where</i>	<i>led by</i>	<i>miles</i>
14th	Hoxne Leave Hoxne Village Hall at 9.45am Starting at the village hall (St Edmunds Hall) IP21 5AN leaving at 9.45 from Hoxne village hall. Was hoping the Hoxne Swan would be open under new management but will have to clarify nearer the time if that's the case.	Diane & Elaine	4.5
21st	Hinderclay & Thelnetham Leave Palgrave at 9.45am... ...for a start at 10.00am Hinderclay Village Hall IP22 1HW. Refreshments: Either Hopton or Redgrave?	Joan Cowel	5
28th	Scole Leave Palgrave at 9.45am Our walk will start at Frenze Beck for 10.15 departure. For refreshments, Ampersand across the road, but they do not do food. Alternatively there is Angela's at John Doe's just up the road.	Sharon & Carol	4

Borderhoppa Outings

July 2026:		<i>Price per person</i>
Thur 2nd	The Foundry Garden Centre, Tasburgh	£10.00
Mon 6th	Breakfast at Stoke Ash White Horse – Dial-a-ride	-
Wed 8th	Bury Market Day (Long Stratton and Pulham areas)	£18.00
Thur 9th	Tea & Cakes at Dutch Barn Nursery, Blo Norton – Dial-a-ride	-
Mon 13th	Highway Garden & Leisure	£15.00
Wed 15th	Bury Market Day (Harleston and Eye areas)	£18.00
Thur 16th	B&M and Beccles Town Centre	£15.00
Mon 20th	Lowestoft Dunelm and town or seafront	£20.00
Thur 23rd	Wroxham	£18.00
Mon 27th	Sheringham	£25.00
Thur 30th	Halesworth and Lunch at Dunwich	£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



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 Community Centre Cinema

**Sunday afternoon
matinee with
strawberry tea**

SONG SUNG BLUE

Sunday 16th August 2026

**WITH
STRAWBERRY
TEA FOR £10!**



**Doors Open 1.30 pm
Starts at 2.00 pm**

BOOKING ONLY, PLEASE CONTACT 07415 401577.

CHARITY NO. 269132

Botesdale Health Centre

Questions of the month to the team at BHC

Q. Is it possible for patients to receive a text when their prescription is ready to collect?

A. If a patient would like to receive a text to let them know a prescription is ready to collect, we need to enable the function on their record. Patients can ask for that to be done at the dispensary counter. Once enabled, you will receive a text each time your prescription is ready.

Q: How do I cancel an appointment with Botesdale Health Centre?

A: It is important that you let us know if you are unable to make an appointment so we can offer the appointment to someone else. One of the easiest ways to reduce the risk of missing an appointment is by tapping the NHS App to turn on notifications for reminders, so you can cancel or rearrange appointments if you need to. Alternatively, you can phone BHC or let us know through Anima (using the "Admin Request" option) that you need to cancel or rearrange an appointment.

As a PPG, we would recommend that if you can't make your appointment, please let BHC know as early as possible so the slot can be offered to another patient.

NHS easy-read leaflet to explain how you can now contact your GP surgery

This is a new 4-page easy-read leaflet to explain how patients can now contact their GP surgery. It has been produced to support the NHS GP Online Access Campaign 2026. You can download the leaflet here: [GP-Access_EasyRead_Leaflet.pdf](#).

Want to know more about high cholesterol?

A new flyer, co-produced by NHS England and Heart UK, explains who is most at risk of high cholesterol and highlights simple, proactive steps people can take to reduce it. Further information: [https://www.heartuk.org.uk/downloads/heart-uk-brochures/j9349huk-risk-infographicaw-final-\(1\).pdf](https://www.heartuk.org.uk/downloads/heart-uk-brochures/j9349huk-risk-infographicaw-final-(1).pdf) Take some time also to explore these easy-to-read booklets, specially designed for adults and children. Whether you're newly diagnosed or looking to better understand how to live well with a cholesterol-related condition, these resources offer helpful tips, guidance, and support for every step of the journey. Further information: <https://www.heartuk.org.uk/cholesterol/booklets>

Volunteer car park marshals needed!

We are actively recruiting a small number of additional volunteers to assist with car parking duties during the autumn vaccination clinics and beyond. Full training will be provided. The commitment is usually a 2 to 4hr shift, normally on a Saturday depending on your availability on the clinic days. If you enjoy helping people, can spare a little time and would like to join an active group of local volunteers we would be delighted to hear from you.

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

Thelnetham

Windmill



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

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

For more information go to thelnethamwindmill.org.uk

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

Thelnetham windmill charity number
265212

OPEN DAYS 2026

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

Monday 4th May
(Bank Holiday)

Sunday 24th May **

Sunday 21st June

Sunday 12th July

Monday 31st August
(Bank Holiday)

Sunday 27th September

Guided tours:

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

Windmill cream teas and other refreshments are available

Cash payments only at the mill

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

LOHP GUIDED FENLAND WALK

13:00 TO 15:00

MEET ON PARKERS PIECE

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

		<p>Andrew Gaskin Gardening & Groundwork</p> <p>01379 783515 07638938486 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>	

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