

NOVEMBER 2025

The Palgrave Star

THE PALGRAVE CHRISTMAS FAYRE

Get Ready to Sparkle and Shop!

SUNDAY 23RD NOVEMBER

**PALGRAVE
COMMUNITY CENTRE
10.00AM – 3.00PM**

Our community Christmas Fayre is just around the corner, offering unique, handmade gifts, beautiful decorations, and festive fun for all ages!

WHAT TO EXPECT

- Artisan gifts including crafts, hand-knitted toys, peg dolls, scented heat pads, shelf sitters, card holders and Christmas decorations
- Raffle
- Refreshments, including turkey, cranberry & stuffing rolls from 11.30am

Join us to celebrate the season, support local makers, and find that perfect Christmas gift!



Christmas QUIZ NIGHT

PALGRAVE COMMUNITY
CENTRE

Get ready for a jolly good time at our Christmas Quiz Night!
BAR OPEN - RAFFLE - PRIZES!

 **Saturday**
29 November  **7.30 PM**
Doors open 7 PM

TEAMS OF UP TO 6 PEOPLE.
£10 PER PERSON INC SAVOURY & SWEET PLATTER

 **BOOK BY 22**
NOVEMBER! 

Contact Jane 07415 491577
pdccbookings@gmail.com

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 Monday 17th November.**

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	pdccbbookings@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.

Chair	Nick Duncumb	ChairPDCC@gmail.com
Vice-chair	<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, George Georgiou, Lee Lockwood and 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>

**Events at the Community Centre:
Dates for your Diary**

Saturday 8th November

Cinema night: Black Bag

(US spy thriller starring Cate Blanchett, Michael Fassbender, dir. Steven Soderbergh)

Monday 17th November

Rural Coffee Caravan

Sunday 23rd November

Christmas Fayre

Thursday 27th November

Charity Coffee Morning

in aid of The Salvation Army

Saturday 29th November

Christmas Quiz

Saturday 6th December

Christmas Prize Bingo

Friday 12th December

Multi-genre covers vocalist **HeidiMarie**

Sunday 14th December

Matinee Film with Afternoon Tea

Thursday 18th December

Christmas Music and Sing-a-Long
with the Ukulele Group



Charity Coffee Morning

Thursday 27th November 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 Salvation Army**

Donations of gifts will also be gratefully received for the SA Christmas Appeal

Most children receiving gifts are under 11 years, though some will be teenagers. All gifts, toys, books and pens should be unwrapped, new, gender neutral if possible, and toys must have a CE label.

If you need transport please contact Anne 644931



The Help for Hope Team Benefice of North Hartismere



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 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.

NOTICE IS HEREBY GIVEN
that the
**Annual General Meeting
of Palgrave Community Centre Club**
will be held at
PALGRAVE COMMUNITY CENTRE
on
Thursday 6th November 2025
at **7.30 pm**

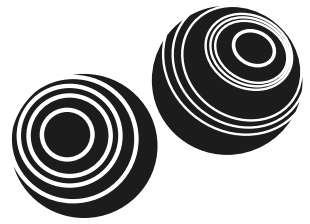
All Community Club (bar) Members are
welcome to attend.

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



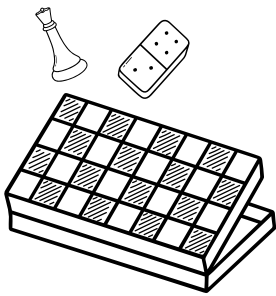
Friendship Club

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

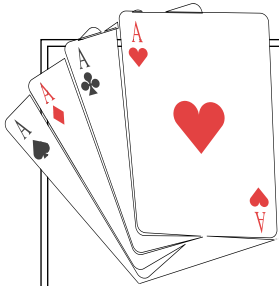
**Mondays
7.00pm - 9.00pm**

Palgrave Community
Centre

Experienced players welcome

£3.50 a session

Contact Jean Potter 07415 401577



Blister Pack Recycling: PLEASE MAKE SURE YOUR PACKS ARE EMPTY

This trial scheme at the Community Centre is being well used, but unfortunately many of the deposited packs still have tablets in them. This is potentially dangerous and such packs cannot be accepted as part of the recycling.

**** IT IS VERY IMPORTANT THAT YOU PLEASE CHECK THAT THE PACKS ARE EMPTY and that you have REMOVED ALL MEDICATION ****

Unwanted or unused medication can be returned to pharmacies so please do not leave medication in the packs that you deposit at the Community Centre.

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.



palgrave Village

SAVE A LIFE

Catastrophic Bleed Packs for Palgrave

Palgrave PCC has invested in 2 Catastrophic Bleed Packs, which will be added to the AED cabinets: one by the school and one by the Community Centre.

Now you may ask yourself: What is a Catastrophic Bleed Pack? Why would we need one? What can you do with them?

Well, if you have these questions, and you would like to know more, we've got THE event for you!

A free training and awareness session (sponsored by Palgrave PCC and the PDCC) will be held in the Community Centre on Friday 16 January at 7:30PM.

The session will be about 90 minutes (depending on your questions, of course) and there will be an opportunity to practise your life saving skills as our 'Annie' will make a guest appearance.

In adherence with our crowd management procedures, this is a ticketed event, so secure your place and register at

www.ticketsource.co.uk/palgrave or scan the QR Code.

More information: Heribert & Kathryn Westerveld 644007 or email Palgrave.VETS@hotmail.com.



Palgrave Volunteer Emergency Team – Now Active

Palgrave's own **Volunteer Emergency Team** is 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



Palgrave VETS Number:

01379 844989

For cardiac emergencies, call **999** first.





News from your Parish Council

The next PC meeting is at 7.30pm on Thursday 13th November in the PDCC lounge.

A Cemetery & Churchyard Clean Up took place on 11 October. Our thanks to the Church for hosting us, enabling the provision of hot refreshments for our volunteers. A hard core of about 15 people turned up, not huge considering the size of our village, but all determined to make a difference and we extend our gratitude to each and every one of them. Work like this can make a large visual impact and should never be undervalued. We would include a group photo except it wouldn't be very clear within these pages! The group concentrated solely on the Churchyard and the Cemetery, always a peaceful place to sit and contemplate life. Thank you everyone for your support.

School Play area: We await further feedback from the school before any further decisions are made on this proposed project.

Village maintenance works continue with the gates in the cemetery and churchyard being cleaned and preserved as well as the last bench needing an annual clean. A new bench will soon be in situ in the cemetery, replacing the old broken one.

Parking on Pavements: Please be considerate of others by not parking on pavements or footpaths. This hinders access for pedestrians, parents with pushchairs and people with limited mobility.

We'll try and give you a clearer insight into the rules and regulations.

Is it illegal? The definitive answer:

The whole of the UK could soon follow London and Scotland in making parking on pavements illegal. The Department for Transport (DfT) announced it's considering bringing the rest of the country in line with the capital's rules – which could land drivers with a £70 fine.

Parking on the pavement is not illegal outside of London and Scotland. You can, however, still get a fine for doing so in some instances, which makes the law quite a grey area. Since 1974, Highway Code rule 244 has stated that drivers "MUST NOT park partially or wholly on the pavement in London and should not do so elsewhere unless signs permit it."

The key things to note here are the words *must not* and *should not*. In London and Scotland, you must not park on the pavement, the '*must*' indicating there is legislation behind this rule and you could receive a fine for breaking it.

Outside of the capital, Scotland, or "elsewhere", the Highway Code states drivers *should not* park on the pavement, meaning it is advisory and not, therefore, backed up by any legislation.

However Rule 242 states: "You MUST NOT leave your vehicle or trailer in a dangerous position or where it causes any unnecessary obstruction of the road."

This is a *must not*, again, meaning if your car is reported or seen by a police officer and judged to be either in a dangerous position or causing an unnecessary obstruction of the road, you could receive a Fixed Penalty Notice. Again, just basic consideration for others is the simplest rule. Thank you!

Change of website and email address: A quick reminder that all Councillors have now moved to the new .gov.uk email addresses. A list of these are on the notice board and the website.

Out of the Box!

Bringing Palgrave's Telephone Box Back to Life

We want your input so please contact the clerk with your ideas, your energy and your time for this transformative Palgrave project. Full details are in last month's *Palgrave Star*!



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). Please don't call on a weekend or after normal working hours unless it is very urgent.

CINEMA NIGHT



ICE CREAM DURING THE INTERVAL!

MEMBERS £5
NON-
MEMBERS £6

BOOKING IS ESSENTIAL!

**SATURDAY
8TH NOVEMBER**

RSVP:
07415 401577

DOORS OPEN AT 7.00PM FOR A 7.30PM START

CHARITY NO. 269132

St Peter's Church, Palgrave

JAZZ EVENING at PALGRAVE CHURCH – Saturday 1st November

Cool and classy live music right on your doorstep

To round off the Palgrave Arts Festival, you are warmly invited to come and hear the DownTime Jazz Trio with guest singer Sophie Shaw. The Trio is well known throughout East Anglia and we are delighted that they will be performing for us alongside the wonderful Sophie Shaw, whose wide experience comes from many years as a Ronnie Scott's Club regular in Soho as well as many international appearances.

Doors open at 7.00pm with the music starting at 7.30pm. Tickets £10 with all proceeds split between the Church WC fund and East Anglia's Children's Hospices.

Search 'jazz palgrave' on TicketSource.co.uk

More info from Andrew Wheeler on 07798 843734
or andrewwheeler174@gmail.com

This event is made possible thanks to support from The Peoples' Postcode Lottery.

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.

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.

November Walks

Tuesday 11th – Margaret T. Tharston – LONG STRATTON (NR15 2YG)

Leave Palgrave at 9.45am

4.5 miles

Normal leaving time at 9.45am. This is a 4.5 mile walk with one stile. A large part of the walk follows the Tas Valley Way which meanders alongside the River Tas. If there has been a lot of rain, then be prepared for some mud. Parking at Tharston Church, but it is not a large car park so careful parking to fit all cars. Nearest postcode is NR15 2YG but if coming down Church Road, go to the end and turn right to the church. There are no pubs nearby so will see if The Old Ram in Tivetshall can take us.

Tuesday 18th – Hilary – KNETTISHALL HEATH (IP22 2TQ)

Leave Palgrave at 9.45am to start at 10.15am

4.5 miles

Walk starts from the East car park (at the opposite end from the main entrance). This is free parking but small so we should share transport as far as possible. Mud levels on the day will determine our route but the plan is to head down to the river to see how the summer's drought has affected the area and then move up into the heath and forest areas before returning down to the car park. There will be wild ponies grazing various parts of the reserve, but they are disinterested in humans as they have not been fed by us, and as a result, will keep their distance. Refreshments at the White Horse, South Lopham on the A1066.

Tuesday 25th – Diane & Elaine – IXWORTH
Leave Palgrave at 9.30am to start at 10.05am

5 miles

This is a walk we have done before and is mainly grassy tracks, no stiles. We do have to cross the A143 twice. 5 miles but there is a short cut making it 4 miles if anyone wants this and also if the weather not kind on that day. The longer walk takes us through Pakenham past the Water Mill. Free parking is available towards the end of the main street through Ixworth village on the left where the library is. Refreshments may be available next door to The Pykerrel Pub but haven't checked this out yet.

Borderhoppa Outings: November 2025

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

Mon 3rd	Taverham Nursery Centre	£18.00
Mon 10th	Beccles	£15.00
Mon 17th	Bressingham Garden Centre	£8.00
Thurs 20th	Diss Pound Stretcher & John Doe's	£8.00
Mon 24th	Bury St Edmunds Town	£18.00

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

u3a Diss

u3a is a 'self-help, self-managed Society' dedicated to lifelong learning for people no longer in full-time work. **u3a** welcomes all people irrespective of their age, gender or ethnicity.

The monthly meeting takes place on the morning of the first Thursday of each month at the United Reformed Church, Mere Street, Diss, IP22 4AD. Forty-five minutes are allocated to refreshment, socialising and catching up on the interest groups and notices. This is followed by a talk from an interesting guest speaker.

Doors open at 9.45am and the meeting commences at 10.30am. Refreshments are available free of charge until 10.15am.

Visitors/Non Members are welcome. We ask for a £3 donation towards refreshments and the speaker.

Our November meeting is on November 6th
Speaker Jan Mickalak – Looking at 18th Century Plants to Name

For more information visit <https://diss.u3asite.uk/>

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.

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



A word from Rosedale Bereavement Support

by Sarah Howard, Rosedale Funeral Home Bereavement Support Group Facilitator

I don't know about you, but to me, the world we now live in feels unrecognisable to the one I grew up in. Life seems to be changing at such a pace, I can hardly keep up!

The rapid rise of social media has led to everyone being able to share their own story, making sure their voice is heard and their point is made. Interrupting and shouting others down seems to have become acceptable behaviour on TV and radio interviews and life in general.

As someone working in the field of counselling for many years, I have noticed a subtle change of late. It now seems that in general, whilst everyone wants to be heard, there aren't many people who are prepared to listen.

A big part of my counselling training was learning how to really listen, making sure that the speaker feels truly heard and understood. Listening is such a valuable gift to give someone; all it costs us is our time.

When someone is bereaved, they often want to talk about their loved one. They miss them and are in their thoughts constantly. They don't want them to be forgotten and talking about them can be one way of keeping their memory alive.

Many bereaved people report that often people avoid mentioning their loved one in conversation. Perhaps they want to avoid causing further upset or don't know what to say to make things better? The truth is the bereaved person is already upset and

almost nothing anyone says can make things better!

Grief can also make some people feel very uncomfortable. Perhaps it reminds them of their own past bereavements. Or they prefer to avoid talking about messy emotions, preferring to keep the 'stiff upper lip'.



Of course, some people prefer to grieve privately. We all have our own way of dealing with grief, there is no right or wrong way. However, making time to listen to someone talk about their loved one and their bereavement can provide an outlet for grief, making them feel less lonely and isolated. It also demonstrates respect and helps to build stronger and more supportive relationships.

Perhaps we all need to slow down a bit, respect each other more and create some space to listen.

Rosedale's bereavement support groups provide a safe, trusted place to talk about bereavement and be listened to. Call us on **01379 640 810** to reserve your free place on the next group.

PALGRAVE COMMUNITY CLUB
presents...

★ HeidiMarie

Multi-genre covers vocalist



FRIDAY 12TH DECEMBER
8:30PM-10:30PM

Better Recycling 2026



The Government is requiring local councils to implement its enhanced recycling strategy, which aims to improve recycling rates and encourage a more consistent national approach to recycling across England.

To support the Government's strategy, from 2026 Suffolk Councils will be introducing 'Better Recycling', our new campaign to improve the recycling services we provide to residents. As well as the materials we already collect, we'll also start collecting the following from households directly:

- glass bottles and jars
- cartons e.g. Tetra Pak
- food waste (on a weekly basis)

Two of the most frequent questions we get asked are "Why don't you collect food?" or "Why don't you collect glass or cartons?" These changes will ensure all households will be able to recycle or compost more of their household waste.

The changes will also help the environment by increasing Suffolk's recycling rate, reducing the amount of waste that goes into our rubbish bins and decreasing the carbon impacts of Suffolk's waste and recycling collection service.

This is all vital in our efforts to combat the climate emergency and promote a circular economy that ensures precious resources can be repeatedly recycled and reused. It will also help Suffolk play its part in achieving the Government's aim to recycling or compost 65% of our waste by 2035.

We'll have more details for you in future issues of the Palgrave Star.

And that's not all...

Residents can now **recycle their broken electricals** more easily thanks to the launch of new recycling bins in the district.

Mid Suffolk District Council has launched six new, pink, electrical recycling bins.

The nearest to Palgrave is located at **Buckshorn Lane car park, Eye**

This means that residents can now recycle their small broken electrical items, like coffee machines, kettles, mobile phones, tablets, and anything smaller than a 4-slice toaster. Larger items will still need to be taken to a Suffolk Recycling Centre.

You can read the full story and find more information on the Mid Suffolk website – simply go to **www.midsuffolk.gov.uk** and search for '*recycle electricals*'

Botesdale Health Centre: Patient Participation Group

Questions of the month to the Team at Botesdale Health Centre (BHC)

Q: Why have I not been given an appointment with the doctor I asked for on my anima request?

A: We take into account each patient's preference for the type of appointment and their chosen clinician. However, as part of our triage process, our staff must assess the urgency of each request, determine which clinician is most appropriate, and consider availability. To ensure patients receive the most suitable care, we allocate appointments to the clinician best placed to meet their needs. If the requested clinician is appropriate and available, we will offer that appointment.

However, as we have a diverse team of clinical professionals working alongside our doctors – including Nurses, Urgent Care Practitioners (Paramedics), an Advanced Nurse Practitioner, a Clinical Pharmacist, a Physiotherapist, and a Social Prescriber – we must direct requests to the most relevant clinician. This helps us manage demand effectively, prevent duplicate appointments, and ensure patients are seen through the correct clinical pathways.

Reasonable adjustments

Did you know the Equality Act 2010 says all health and care organisations must make changes to their services so they can be accessible to people with disabilities? This includes people with a physical disability or a sensory disability, people with a learning disability or autistic people and people with a long-term condition such as dementia.

Reasonable adjustments can be quite complicated to arrange and sometimes need lots of planning across health and care teams for people who have complex needs. Speak to health and care professionals and tell them about the reasonable adjustments you may or your loved one may need.

Learn more about reasonable adjustments by visiting <https://suffolkandnortheastsex.icb.nhs.uk/your-health-and-services/reasonable-adjustments/>, or visit the PPG information desk at the Health Centre.

Help us keep parking spaces available

Car parking at the health centre is limited and often in high demand.

If you live locally, and if you are fit and feel well enough, please consider walking or cycling to your appointment where possible. Alternatively arrange for someone to drop you and pick you up when finished. This helps ensure parking is available for those who:

- Are travelling from surrounding villages
- Have additional mobility needs
- Are attending with young children or carers

Every small effort helps everyone. Thank you for your support and consideration.

Botesdale Health Centre Patient Participation Group 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 from 11:00-12:00**

- **25 November – Early Christmas Event**

A warm welcome awaits

Please join us at:

Parkview Chapel, The Street, Botesdale, IP22 1BX

Entrance and car park at the rear of the building

Please contact :

Janet Russell 07787148947 or

Suzie Burton 07464 627848 or

email botesdaleppg@gmail.com for any enquiries.

Confirmation of your attendance would be helpful.

**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**



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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

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