

DECEMBER 2025

The Palgrave Star

PALGRAVE COMMUNITY CENTRE

CHRISTMAS *Prize Bingo*

Saturday 6th December

Doors open 6.30pm • Eyes down 7.00pm

Licensed Bar • Raffle

£6 for a book of 8 games

2 optional extra games @ £1 each

Spaces are limited – please call or text

07415 401577 to book your place

Children welcome but must be
accompanied by an adult

CHARITY NO. 269132

IT'S A UKULELE CHRISTMAS!



*Come and join
Ukaholics Anonymous
for a Christmas
Singalong!!!!*

Palgrave
Community
Centre
Thursday
18th Dec.
7.30 pm

.....
Songsheets

On screen

.....
Mulled wine
and mince
pies, too!!!

.....
FREE ENTRY

Donations to
Palgrave CC
welcome

Palgrave & District Community Centre

2025 has been a busy year at the Community Centre! Regular events have been films, quizzes, bingo, as well as talks and craft fayres. This year the ever-popular Garage Sales took place and after many years' absence we held a Summer Fete. The regular events will continue next year and the late May Bank Holiday weekend will showcase village-wide Open Gardens, welcoming visitors from near and far. Friday night sees the members' bar at the Community Centre opening its doors to welcome you for a drink and a chat with neighbours you might not even know!

Regular hirers provide us with a whole range of activities and contribute to the vibrancy of our Centre. This year we have been very lucky that Jackie McDonald volunteered her services to set out and help produce The Palgrave Star. The Star is produced monthly by the PDCC and delivered free by volunteers so that every household is kept informed of village activities.

Trustees are: Di Brown, Sian Bunbury, Wendy Cooper, Nick Duncumb, Val Firth, George Georgiou, Susan Hollowday, Jane Lockwood, Lee Lockwood, Jean Potter and Helen Thorburn, while Phil Dyer looks after our website (www.pdcc.co.uk). We have all worked hard to put on these events and raise money to cover the running costs and improvements at the Centre.

Talking of improvements – a lot of work has taken place over the last few months, particularly in the redecoration of the lounge bar. Have you seen it? Paint, flooring, fabrics and

furniture have been updated and co-ordinated. Thanks go to Donna Duncumb, a former Trustee who steered this project. The patio outside the lounge bar is being replaced, and – less visibly – we have had to carry out urgent repairs to our drains. We have installed improved external lighting and CCTV cameras. Most of this work was undertaken with the help of a generous grant from Mid Suffolk District Council, in recognition of our community work. Thank you very much to them.

Next year we hope to improve the sound system for the cinema and other events, extend the patio and improve the surface under the swings.

Our aim is to provide a welcoming and safe environment for use by you all. Please support us and join in with the fun. Renew or join the Community Centre as a Member (£10 per year); become a Bar Member (free) and meet up with your neighbours; come along to our coffee morning in February to meet us and let us know what events you would like to attend, or to offer your help.

Why not make a New Year's Resolution to join in and come along to something new?

Thank you everyone.
**Happy Christmas and
our very best wishes
for 2026.**

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 972957**.



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 here soon.

The Community Club Bar: Festive Opening Times

**We will be closed Friday 26th December.
Open as usual Friday 2nd January 2026 –
come and celebrate the new year with us!**

Community Centre Membership 2025-26

Membership subs for the Community Centre are now due for the next year. Volunteer collectors will be knocking on your door soon if they haven't already. The cost remains the same at only £10 for the year, and can be paid in cash or by bank transfer.

If we missed you and you wish to renew please contact Helen on 01379 651749.

HeidiMarie: multi-genre covers vocalist **Community Centre, Friday 12th December 8.30 - 10.30pm**

Friday 12th December is a date for your diary. The Community Centre bar team has organised an evening of popular Christmas-themed music performed live by the talented **HeldiMarie**. We are pleased to welcome Heidi back to Palgrave, she has been a great addition to our music festivals and the Summer Fete earlier this year. This is a free event, open to all. Everyone is welcome – and it's a great opportunity to sign up as a bar member!

You can find and follow Heidi Marie on Facebook and all social media platforms.



Christmas Blessings from the Charity Coffee Mornings Team!

As we celebrate this special time of year, we would like to express our thanks to everyone who has helped make the charity coffee mornings at Palgrave Community Centre such a success.

Whether you joined us for a cup of coffee and a chat, baked delicious treats, served refreshments, washed up, or generously donated to our chosen charities, you have made a real difference. The joy and sense of community at each gathering is truly inspiring, and thanks to your support, we have raised over £1500 this year for causes that matter to us all.

If you know of a local charity that could benefit from our support, please share your ideas with us at **gpleigh@outlook.com**. Your suggestions help us continue spreading hope and making a positive impact.

Would you like to get more involved? Whether you can help set up, bake, serve, or simply offer a welcoming smile, your time and talents will be warmly appreciated. It is a great way to meet new friends and be part of something special. If you're interested, please get in touch!

Keep an eye on the Parish News and Palgrave Star for future coffee morning dates. We look forward to welcoming you back in 2026 for more lively conversations, seeing new faces, making new friendships, and the simple joys of coming together for a good cause.

With warmest wishes for a joyful Christmas and a Peaceful New Year,

The Help for Hope Team, The North Hartismere Benefice





Events at the Community Centre: Dates for your Diary

Saturday 6th December

Christmas Prize Bingo

Friday 12th December

Multi-genre covers vocalist **HeidiMarie**

Sunday 14th December

Cinema: **Jack Frost** matinee screening with Afternoon Tea

Thursday 18th December

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

2026

Saturday 10th January

Cinema: **Black Bag** (re-scheduled). *Cate Blanchett and Michael Fassbender star in this sophisticated spy thriller.*

Friday 23rd January

Talk: **The Arctic** by Phil Dyer (see page 16)

Saturday 7th February

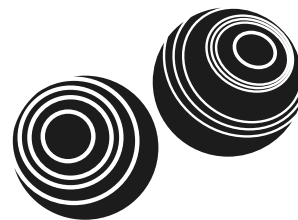
Coffee Morning with art and craft on display, created by Palgrave residents.

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



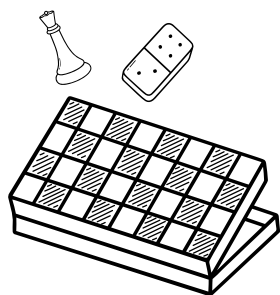
Friendship Club

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

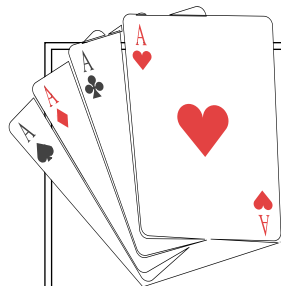
**Mondays
7.00pm - 9.00pm**

Palgrave Community Centre

Experienced players welcome

£3.50 a session

Contact Jean Potter 07415 401577



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.

NEW from November 2025
1st Sunday of each month:

9.30am: coffee and croissants.
10.00am: shortened gathering
to suit all ages.

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



CHRISTMAS SERVICES 2025 at St Peter's Church and around the Benefice include:

Sunday 21st December, 7.30pm
Carol Service with the Benefice Choir, Palgrave

Christmas Eve, 5.00pm
Nativity Service (short), Palgrave

Christmas Eve, 11.15pm
Midnight Communion, Wortham

Christmas Day, 9.30am
Christmas Morning Communion, Palgrave



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.

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



News from your Parish Council

The next meeting is 11 December @ 7.30pm in PDCC lounge



Your monthly update from the Parish Council includes:

We welcome Keith Charman back onto the Parish Council and look forward to working with him. This leaves just 2 vacancies which we are keen to fill.

Solar Farm update: The Grange Farm solar project is well under way with many of the planning conditions met & discharged by BMSDC. They can be viewed on the BMSDC planning portal. Our Parish Liaison Group met the new project managers, P S Renewables, on 26 November and we await an update from that first face to face meeting. We are aware of the recent mud & stones on Lion Road as a result of the project, and will ensure this is cleared / cleaned regularly so as not to cause a hazard to motorists.

There is no update on the Aura Marsh farm project which is not anticipated to start until 2027.

The Lows Footpath: Our immense gratitude once more to the working party gathered together by Heribert's enthusiasm for clearing the Lows footpath from encroaching nettles and ensuring this remains a beautiful walk into Diss. They did an amazing job previously and pulled out all the stops yet again. The work of everyone involved is of huge value.



We are in contact with our District Councillor about clearing away the old barbed wire and fencing near the bridge and are expediting this continuously until we get a resolution - this is a potential risk if anyone stumbles off the path at that point.

We heard recently about a **speeding cyclist** on the path who shouted obscenities to mums with children to get out of his way. Regrettably we have no power to do anything about such incidents. We can only remind everyone that it is first and foremost a Footpath, not a cycle track. Any cyclists using The Lows should technically get off their bike and push, not ride it. They have no right of way and at the very least they should at slow right down when meeting pedestrians. Verbal abuse is not acceptable behaviour by anyone. We can only offer our sincere apologies to the parents who were subjected to this incident.

Speedwatch: We would like to get this up and running again and our new Councillor, Keith, is keen to take this on. If you want to be part of his team, please contact Keith or the Parish Clerk to register your interest, while we determine what needs doing to restart this voluntary group. It's not an onerous task, is done on an ad-hoc basis as surprise to motorists is obviously the key element. Full training is provided by the Police Speedwatch team.

Reporting incidents on the Suffolk Highways reporting Tool; For a full list of what can be reported using this facility, please refer to the list on the Parish Notice Board at Forge Close, or refer to our own website page.

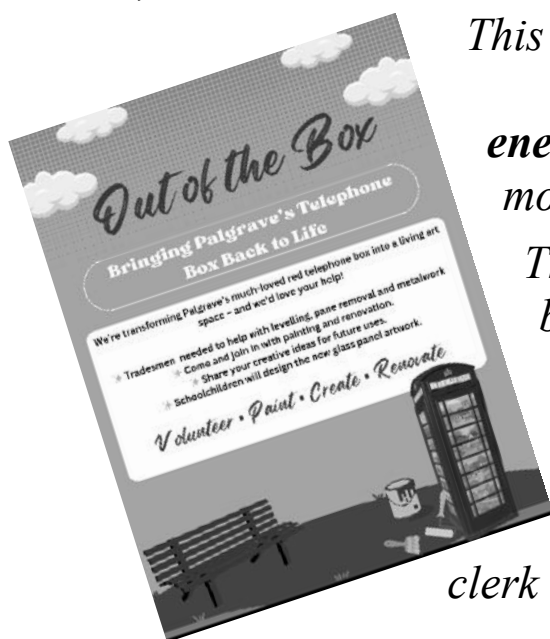
<https://www.suffolk.gov.uk/roads-and-transport/highway-maintenance/report-a-highways-issue>

or:

<https://palgrave-pc.gov.uk/home/report-a-highways-issue/>

If the problem is with a service provided by Mid Suffolk, that should be reported direct to them via their website – www.midsuffolk.gov.uk - where you can find a list of the services provided. These range from missed bin collections, street cleaning issues, fly tipping right through to environmental concerns as well as many other local services. Our parish clerk will always try and help in every way, but we do have limitations on what we can resolve so your assistance in using the correct reporting methods will help enormously and free up time to deal with other matters.

Out of the Box! Bringing Palgrave's Telephone Box Back to Life!



*This is a big project Palgravians should be proud of, so get in touch with your **ideas**, your **energy**, your **dynamism** and help keep the momentum going.*

*The next part of the project, if successful, will be the levelling of the box itself. This will be before any other major works are carried out but we still **need you** to come forward and volunteer for the spring when things should really start happening. Please contact the clerk to offer your support.*

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



Palgrave Community Centre Cinema

**Sunday
14th December 2025**

JACK FROST

Sunday afternoon matinee

**£15
PER
PERSON**

**WITH
AFTERNOON
TEA!**

**FOOD TO BE
SERVED
DURING
INTERVAL**

**BAR WILL
BE OPEN**



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

**BOOKING IS ESSENTIAL & MUST BOOK BY
DECEMBER 7TH, PLEASE CONTACT 07415 401577**

CHARITY NO. 269132

Palgrave Cinema Events

Sunday 14 December

Christmas Afternoon Tea Matinee: *Jack Frost*

After much debate over our festive choice (including one featuring a works Christmas party, a separated couple, and a certain “Yippee-ki-yay”), we’ve decided on the heartwarming *Jack Frost*!

Tickets £15 per person, including afternoon tea!
(Must be pre-booked and paid in advance)

Doors open 1.30pm • Film starts 2pm

Coming in 2026!

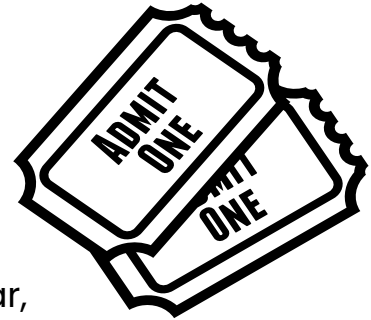
We’re excited to bring you some fantastic films next year, including *Downton Abbey*, *Deliver Me from Nowhere*, and *Wicked*, to name just a few.

Saturday 10th January

Black Bag (re-scheduled). Cate Blanchett and Michael Fassbender star in this sophisticated spy thriller.

Tickets £5 members, £6 non-members.

Doors open 7pm • Film starts 7.30pm • Licensed bar



To book, please call
07415 401577

Best wishes
Lee, Jane & Michael
Palgrave Cinema



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 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.

December Walks

Tuesday 2nd – Margaret T – BLACKTHORPE BARN on the ROUGHAM ESTATE (IP30 9HZ). Leave Palgrave at 9.45am **3.75 miles**

Normal leaving time as it is not a long walk. Parking either at the Barn or use the many overflow car parks but we will all meet in the Barn car park. There are a few ways to get to this venue so perhaps choose the one that suits you best. This lovely winter walk takes in woodland, paths and quiet lanes.

Those who wish can go into the Christmas Barn for some shopping but unfortunately they do not encourage large groups into their cafe as it is a very busy time for them. However, only 6 minutes away is the Victoria pub in Thurston, which we visited last summer after one of our walks and has a large car park. I shall enquire there if we would be able to go in.

Tuesday 9th
CHRISTMAS LUNCH – NAGS HEAD, EAST HARLING – 12.30 for 1.00pm

Tuesday 16th – Diane & Elaine – THORNHAM WOODS **4.5 miles**
Leave Palgrave at 9.45am

Two pubs close by: Thornham Four Horseshoes and White Horse, Stoke Ash. There is a car park charge of £2.50/£3.00.

u3a Diss

Our monthly meetings are held on the first Thursday of each month at the United Reformed Church, Mere Street, Diss (IP22 4AD). We start the morning with refreshments, socialising, and catching up on news from our interest groups. After that, enjoy an inspiring talk from a guest speaker.

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

Everyone is welcome. We ask for a £3 donation towards refreshments and the speaker.

Our final meeting of 2025 is on 4th December.

Our guest speaker is retired showgirl Jane Hoggar. Find out more about 'La Belle Époque' and Jane's life as a bluebell girl, cabaret artiste, can-can dancer, singer, magician's assistant ... and a mum!

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

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.

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.

Question of the month

Q: Is it possible to shorten the length of the questionnaire we need to complete when submitting an animal medical request?

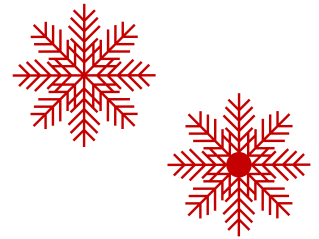
A: No, the length of the questionnaires can't be changed. They are set by the system provider and ask questions which will provide us with as much detail and information relevant to your concern.

You and your General Practice

We understand that getting the right help from your GP practice can sometimes feel a little confusing. That's why we wanted to share a new guide from the NHS called '*You and Your General Practice*'. You can find more information on our website: <https://www.botesdalehealthcentre.nhs.uk>

This guide also helps to explain how you can help your general practice. For example:

1. **Be prepared.** Before an appointment, think about writing down your symptoms, what you are worried about and what you want to talk about.
2. **Be on time.** Being late for an appointment or being unavailable for a timed call-back can affect other patients.
3. **Cancel if not needed.** If you can't go to your appointment, tell the practice as soon as you can, so that they can offer it to someone else.
4. **Use the NHS App or website.** If you're confident using smart phones or computers, order repeat prescriptions, and see your test results online.
5. **Turn on notifications.** If you use the NHS App, turn on notifications so the practice can contact you more easily. Please keep an eye out for messages.
6. **Order repeat medicines on time.** Make sure you ask for repeat prescriptions on time, so you don't run out, and only order what you need.
7. **Join the Patient Participation Group.** Your practice has a group of patients who can offer feedback on the services it delivers.



What is a Patient Participation Group?

A Patient Participation Group (PPG) consists of registered patients who collaborate with Botesdale Health Centre to enhance the patient experience, improve services, and find solutions to issues. By bringing together a diverse range of skills, knowledge, and experiences, PPGs also play a key role in developing and coordinating initiatives that benefit both the practice and the broader patient community. If assisting and giving back to your community appeals to you, please get in touch to arrange a conversation by email **Botesdaleppg@gmail.com** or telephone **07584 055061**.

Botesdale Singing for All

You don't need to be a singer to join this group – just come along and feel the joy of singing together!

This welcoming new group is especially for adults who may be feeling lonely, living with dementia, or facing mental or physical health challenges. Carers are warmly invited too.

These sessions will be held on the first Thursday of each month from 10am-12 noon, apart from January when the session will be held on Thursday 8th January. Cost £2.00 per session to cover refreshments and expenses.

For further information, please contact:

Phone: Sally Parsall 01379 898867

Email: Karen Ball at botesdalesingingforall@gmail.com



PALGRAVE COMMUNITY CENTRE CINEMA

CINEMA NIGHT



**LICENSED
BAR OPEN**

**ICE CREAM
DURING THE
INTERVAL!**

**MEMBERS £5
NON-
MEMBERS £6**

**BOOKING IS
ESSENTIAL!**

**10TH JANUARY
2026**

**RSVP:
07415 401577**

DOORS OPEN AT 7.00PM FOR A 7.30PM START
CHARITY NO. 269132

Borderhoppa Outings

December 2025:

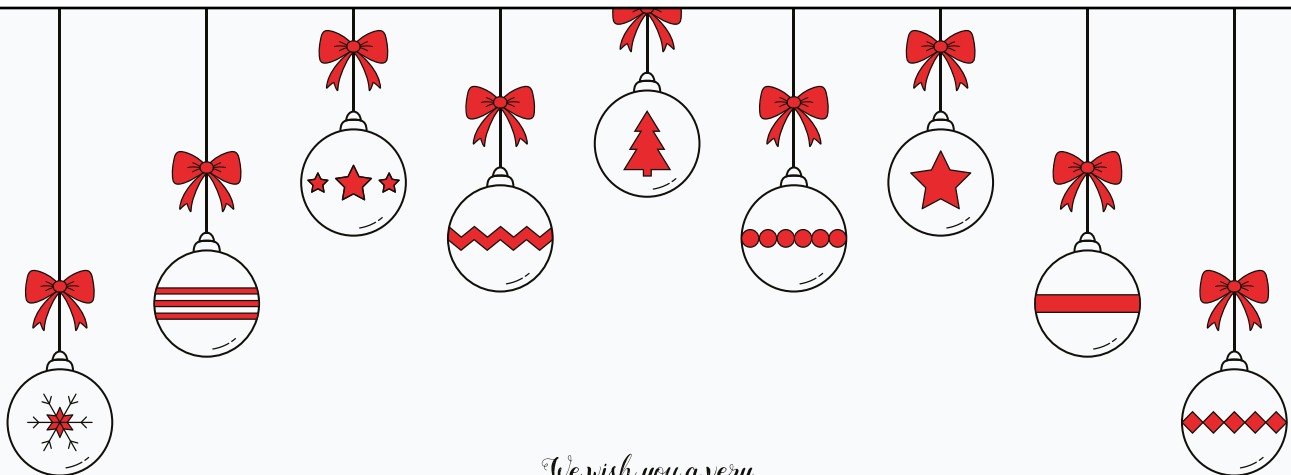
Mon 1st	Cherry Lane Garden Centre, Pulham	£8.00
Thur 4th	Lunch at Wortham Tea Rooms	£8.00
Mon 8th	Thetford Town / Garden centre	£15.00
Thur 11th	Lunch at The White Horse, Stoke Ash	£8.00
Mon 15th	Highway Garden and Leisure, Loddon, Norwich	£15.00
Mon 22nd	Borderhoppa Christmas Lunch at The Jolly Farmers	£TBC

January 2026:

Mon 5th	Cherry Lane Garden Centre, Pulham Market – Dial-a-Ride	
Thur 8th	Bury St. Edmunds Town	£18.00
Mon 12th	Highway Garden and Leisure, Loddon, Norwich	£15.00
Thur 15th	The Four Horseshoes, Thornham – Dial-a-Ride	
Mon 19th	Waitrose Café & Wymondham Garden Centre	£15.00
Thur 22nd	Notcutts Garden Centre, Norwich	£15.00
Mon 26th	Stoke Ash White Horse – Dial-a-Ride	

- 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



We wish you a very
MERRY CHRISTMAS
 and
 Happy New Year

THE ARCTIC

PEOPLES, BIODIVERSITY & THE QUEST FOR ITS RICH RESERVES



JOIN PHIL DYER

on a story of hope, expectation and ultimate failure, as Shell's
ill-fated quest to exploit the Arctic's rich reserves unfolds
against a backdrop of one of the planet's most unique and fragile
ecosystems



PALGRAVE COMMUNITY CENTRE

JANUARY 23RD AT 1900

TICKETS £6/£5 (MEMBERS) AVAILABLE FROM
bookingspdcc@gmail.com/07415401577

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*'

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 Wednesday 17th December.**

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

Regular Hirers

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	palgravepc@gmail.com
	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

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