

The Palgrave Star

**Christmas
Craft
Fayre**

Sunday 24th November
2024
10 am - 3 pm

YOU MIGHT
FIND THAT
CHRISTMAS
GIFT FOR
SOMEONE
SPECIAL

TURKEY
ROLLS

TEA,
COFFEE
&
CAKES

LOCAL
CRAFTERS
WITH
HANDMADE
CRAFTS

RAFFLE!

CHARITY NO. 269132

Palgrave Community Centre

November 2024

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: 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 or
pdccbookings@gmail.com

Other Trustees: Di Brown, Wendy Cooper, Donna Duncumb,
George Georgiou, Jane Lockwood, Lee Lockwood, and Jean Potter.

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 and the editor is Heather Goddard. 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/>

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 20th November.

News and articles can be submitted via the editor at:
thepalgravestar@gmail.com

You can also contact the editor, Heather on 07917355614.
To advertise your business in The Palgrave Star contact:
palgravestar.adverts@gmail.com

Advertising in the Palgrave Star

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 (from 6pm), Saturday and Sunday - £15.00 per hour

Lounge

Monday to Friday - £6.00 per hour

(Lounge is not available Friday evening)

Saturday and Sunday - £10.00 per hour

Contact our Centre Coordinator: Jane Lockwood 07415 401577 or
pdccbookings@gmail.com

List of Regular Hirers

Monday	Mini & Me Carpet Bowls LK Dance Line Dance Cribbage	Laura Nichols 07763111638 Jean Potter via 07415401577 Lynne Bailey 07835021439 Melissa Hawkes montereydance@hotmail.com Jean Potter via 07415401577
Tuesday	Drama Tots Diss Art Group Friendship Group Red Heart	Donna Corbyn 07535709969 Phil Dyer 07597495408 Jean Potter via 07415401577 Private Group
Wednesday	Extend Board Games Discovery Tutors LK Dance Bereaved by Suicide Support Group Palgrave School	Polly Lavender 01379 643212 / 07739529449 George 07507862660 / Pauline 07503161785 Di Grantham 07425171970 Lynne Bailey 07835021439 Susan Whymark 01379 871168 susan@susanwhymark.co.uk
Thursday	Art / History Help for Hope Coffee Mornings Conversational French Discovery Tutors Ukaholics Anonymous (Ukulele group) Palgrave Parish Council Palgrave Photographic Group Palgrave School	Tania Harrington tkharrington@hotmail.co.uk Ginny Manning 01379 644229 Di Grantham 07425171970 Di Grantham 07425171970 Pete Arnold 07934432185 palgravepc@gmail.com Phil Dyer 07597495408
Friday	Drama Tots	Donna Corbyn 07535709969
Saturday	Private Hire	pdccbookings@gmail.com / 07415401577
Sunday	Private Hire	pdccbookings@gmail.com / 07415401577

**NOTICE IS HERE BY GIVEN
that the
Annual General Meeting
of Palgrave Community Centre Club
will be held at
PALGRAVE COMMUNITY CENTRE
On Thursday 28th November 2024
At 7.30 pm**

Forthcoming Events

Palgrave & District Community Centre

Charity no. 269132

Cinema Evening

Saturday 9th November

see page 6 for more
information

Christmas Craft
Fayre

Sunday
24th November

See front page for
more details

Christmas Quiz

Saturday 30th November

*see back page for
more information*

Christmas Bingo

*Saturday 7th
December*

*See page 7 for more
details*

*Film with Christmas
themed Afternoon Tea*

*Sunday 15th
December*

*See page 8 for more
information*

*Ukulele Christmas
Thursday 19th December
See page 9 for more details*

Palgrave Community Centre Cinema

Saturday 9th November 2024

THE LAST RIFLEMAN

Doors open 7pm for 7.30 start



THE LAST RIFLEMAN is a moving and heartfelt drama that follows Artie Crawford (Brosnan), a World War II veteran living in a care home in Northern Ireland who has just lost his wife. On the 75th anniversary of the D-Day landings in Normandy, Artie decides to secretly escape his care home and embarks on an arduous but inspirational journey to France, to pay his final respects to his best friend and find the courage to face the ghosts of his past.

Booking essential Call /txt 07415401577

Members £4 Non members £5

LICENSED BAR OPEN & ICE CREAMS DURING INTERVAL

Charity no ... 269132

Saturday
7th December 2024



LICENSED
BAR WILL BE
OPEN.



CHRISTMAS PRIZE BINGO!

£1 PER
BOOK
£5 FOR
6 BOOKS!

RAFFLE!

Doors Open at 6.30 pm
Eyes Down at 7.00 pm

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



Cinema with Afternoon Tea

Palgrave Community Centre Cinema

Doors Open at 1.30 pm for a 2 pm film start.

Afternoon Tea during the interval!



A Boy Called Christmas



**£12
PER
PERSON**



**SUNDAY
15TH
DECEMBER
2024**



**BOOKING IS ESSENTIAL, PLEASE CALL
07415 401577 TO BOOK NOW.**

CHARITY NO. 269132

IT'S A UKULELE CHRISTMAS!



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

Palgrave
Community
Centre
Thursday
19th Dec.
7.30 pm

.....
Songsheets
provided

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

.....
FREE ENTRY

Donations to
Palgrave CC
welcome

PALGRAVE BONFIRE ON THE GREEN

As we approach another Guy Fawkes Night, some residents may recall the long-standing village tradition of hosting a bonfire on the Green. This tradition, however, was not without its share of controversy, as seen in various newspaper articles from 1984 and 1985, including a detailed piece in the Palgrave Star.

In November 1984, despite a threat of prosecution, the annual bonfire was lit without incident. However, tensions arose when a fire prevention officer deemed the bonfire a safety hazard, claiming the authorities had not been informed. Complaints had been made, and upon inspection, the Fire Department found it to be dangerous. Although a contractor was hired to remove the bonfire, the work could not be carried out, and the festivities went on as planned.

The core issue was that, starting as early as August, people from outside the village had been dumping rubbish around the site, making the bonfire difficult to control. It became clear that more oversight and official responsibility were needed for future events.

An article in the Diss Express, dated October 25th, 1985, described last-ditch efforts to save the tradition. Mid Suffolk District Council had posted warnings on the Green, stating the bonfire would be dismantled unless someone took responsibility and arranged insurance cover. That's when Judy Ward of The Paddocks stepped up. She organised the necessary insurance and obtained approval from both the police and fire services. With everything in place, the council stood down their workmen, and the bonfire went ahead.

Unfortunately, the tradition did not endure much longer. Anecdotal accounts suggest that during one of the last events, the fire brigade was called out to extinguish a smouldering roof at a nearby property, marking the beginning of the end for the village bonfire.

Though the bonfire tradition has since faded, you can still spot the site where it once stood—a raised area just in front of The Paddocks, serving as a reminder of those spirited Guy Fawkes Nights from the past.



The Community Club Bar

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

The bar is open every Friday from 7.30 - 10 pm in the lounge, this is a members bar which anyone over the age of 18 is welcome to join, we are currently offering free membership. So if you haven't joined us yet it's very easy to do just call our bar manager Lee on 07884972957 to give your details, PLEASE NOTE.. you must be a member 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.

What 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, its great to get involved in the Community.

Don't forget to make that call first and become a member.

Hope to see you there soon.



Last month we had an Arthritis talk at the Community Centre from ARTHRITIS ACTION via zoom. There was lots of good information shared but for those that were unable to attend you can view the information sheets online using the following links.

Self-management booklet: <https://www.arthritisaction.org.uk/wp-content/uploads/2023/04/Self-Management-Booklet-March-2023-Final-Version-Web.pdf>

Website: <https://www.arthritisaction.org.uk/>

Seated Exercises: <https://www.arthritisaction.org.uk/living-with-arthritis/resource-centre/arthritis-exercises/>

Groups & Events: <https://www.arthritisaction.org.uk/media-centre/events/>

Resource Centre: <https://www.arthritisaction.org.uk/living-with-arthritis/resource-centre/>

Mental Health Directory: <https://www.arthritisaction.org.uk/living-with-arthritis/resource-centre/mental-health-directory/>

Exercise and Activity Directory: <https://www.arthritisaction.org.uk/living-with-arthritis/resource-centre/exercise-and-activity-directory/>

YouTube Channel: <https://www.youtube.com/channel/UCL0jp8yWB5II8TQMqFfmzYA>

Membership: <https://www.arthritisaction.org.uk/join-us/member-registration/>

Podcast: <https://www.arthritisaction.org.uk/arthritis-action-podcasts/>

Donations: <https://www.arthritisaction.org.uk/make-donation/>

Juvenile Arthritis Research: <https://www.jarproject.org/hope>



Parish Council Monthly Update

The next PC meeting is 14 November @ 7.30pm, PDCC lounge.

Bins at the Cemetery:

The black bin at the cemetery is for the usual *unrecyclable* waste, the same as we have at home. We would appreciate it if any dead flowers / green waste etc from graves and such are put in the compost bin located in the car park. Dog poo bags should not be put in the black bin. There is a specific dog waste bin outside the cemetery with disposable bags provided by the Parish Council. Please use this for your pet's waste. We pay BMSDC an annual fee specifically for these dog waste bins so please use them, not the black bin. Thank you for your consideration.

Babergh & Mid Suffolk District Council's Innovation Awards:

Businesses across the districts are recognised for their fresh thinking and new ideas in the above awards, held every two years to celebrate businesses in all sectors that are striving to use unique and creative approaches to deliver products and services. 9 awards are handed out, acknowledging the most innovative local businesses across a range of categories. Our very own *Natural Building Systems* based in the Forge Business Centre in Palgrave are up for an award and we wish them every success.

Parking in Palgrave:

Please would drivers parking on Lion Road & near the school be aware of the guidelines of the Highway code which states: Parking at junctions is NOT allowed, rule 243 refers which says DO NOT stop or park:

- near a school entrance
- opposite or within 10 metres (32 feet) of a junction, except in an authorised parking space
- on a bend

Parking, particularly at school drop off / pick up time is becoming more and more of a hazard with vehicles unable to see past the junctions due to parked cars. Please remember that the safety of our school children is paramount. As such, we all need clear lines of view when driving vehicles otherwise there may be a serious accident and nobody wants this! We also don't want to call in officers to issue parking tickets, a heavy handed approach isn't helpful and so we earnestly ask all parents driving to / from school to be aware of other road users and show some consideration. We appreciate parking is a problem and we are actively trying to find a resolution but we also ask **you** to help **us** by parking appropriately. Thank you in advance for your co-operation.



Some thank you's.....

The Lows footpath Working Party:

What a truly fantastic job the team have done in getting the Lows footpath back on track. The PC would like to thank Heribert Westerveld for all his hard work in getting the volunteers together, and co-ordinating and identifying the work. We cannot thank everyone enough. It's amazing what a group of people can achieve if there is the will to do it. Thanks also to David Mortlock for his co-operation and help with this task.

Palgrave Community Clean up 12 October:

A lot was achieved but more still to do in the 2 areas covered. The Lows bench cleaned down & oiled, *Cemetery*: benches all assessed, cleaned & treated for algae & oiling where appropriate, weeding, strimming and gates treated for algae growth on north facing side. *Churchyard*: 1 tree felled; lots of ivy removed from churchyard wall; gravestones assessed where unstable etc; more tree work required. As you can read, still work to be done to get both the churchyard and cemetery looking neat and tidy. We are very grateful for **all** the help our 2 dozen or so volunteers gave to this event - we simply wouldn't achieve much without your help and will review the work at our next meeting.

If you have any matters you wish to raise, please come along to a meeting or contact the clerk E: palgravepc@gmail.com T: 01986 798422 (answerphone). ***Please do not call on a weekend unless it is extremely urgent.***

Launch of 2024 rural transport survey

I am pleased to launch our 2024 rural transport survey. The survey is open until 30 November. Your feedback will help us shape the requirements for future rural transport services.

Online <https://www.smartsurvey.co.uk/s/8B1YI2/>

Rural transport engagement events

If you would like to talk with our team about rural transport, come along to one of our drop-in events. These are scheduled around the county during October and November.



Event dates and venues:

<https://www.suffolkonboard.com/news/2024/09/rural-transport-engagement-events>

Timothy Stephenson
Head of Passenger Transport

'MONTHLY MASTERPIECE' **AT PALGRAVE COMMUNITY CENTRE**



Mondrian's 'Red Tree' and Other Trees in Art (including work by Cezanne, Van Gogh, Hockney, Freud, Gainsborough and Klimt)

THURSDAY 14th NOVEMBER 2024 AT 11 AM

**(a one hour talk followed by refreshments and discussion
finishing at 12.30pm) NO BOOKING REQUIRED. ALL WELCOME.**

£10 ENTRY (CASH PREFERRED BUT BACS ACCEPTABLE!)

ANY QUESTIONS?: email: tkharrington@hotmail.co.uk

BOTESDALE HEALTH CENTRE PATIENT PARTICIPATION GROUP (PPG)

Question of the month to the Team at Botesdale Health Centre

Question: Please can you explain the different options available for requesting repeat prescriptions? Are there options you would recommend for someone who is registered for online services and someone who is not?

Answer: Requesting repeats can be done online, through Patient Access or NHS App (the latter would be the preferred option). Alternatively, patients can request by putting it in writing with name, date of birth and medication they wish to order in the letter box at the front of the surgery. With the new system, within the dispensary, we do not automatically print repeats slips anymore as we are trying to reduce paper. If patients wish for one to be printed for them, the counter staff will be happy to do so. Please remember we need at least 5 working days' notice before your prescription/s will be ready to collect. We also offer an automatic service for patients who are on regular medication, if you are interested and would like more information please speak to a member of the dispensary team. We only accept telephone ordered orders for delivery to housebound patients only.

Are you currently waiting for hospital care?

Please share your experience. Tens of thousands of people are currently waiting for hospital treatment in Suffolk (e.g., for an operation) – are you?

Please take a few moments to share your experiences with Healthwatch Suffolk. This is an important chance to have your say, and your feedback could help to improve support for those waiting now and in the future. Please take part in the anonymous survey: smartsurvey.co.uk/s/elective

Need help to take part?

Simply call Healthwatch Suffolk for free on 0800 448 8234. You can ask us for a hard copy of this survey or another format, such as easy read. Support to feedback using British Sign Language is also available from SignLive.

Please consider sharing this survey with your family, friends and neighbours.

Support if you're waiting for hospital care

If you're waiting for hospital treatment, it can have a big impact on your quality of life. Healthwatch Suffolk have gathered together some information to support you to stay well whilst you are waiting.

See below for links to services and websites that offer support around mental health, personal finances, befriending, healthy living and more. Not everything is listed everything here, but you can also call Healthwatch Suffolk for free additional information and signposting support.

General advice

If you're waiting longer than you expected for your treatment or procedure, it's even more important to use this time to get as healthy as you can. Take action to make sure that you are fit and ready for your procedure because it can avoid complications during surgery and help you to prepare for a successful recovery.

The [Royal College of Anaesthetists](https://rcoa.ac.uk/patients/patient-information-resources/preparing-surgery-fitter-better-sooner) has developed "Fitter Better Sooner" resources, available at: <https://rcoa.ac.uk/patients/patient-information-resources/preparing-surgery-fitter-better-sooner>.

These resources can help you prepare for your surgery both physically and mentally. [My Planned Care](https://www.myplannedcare.nhs.uk/my-health-and-wellbeing/) also has a section on [keeping well and preparing for your procedure](https://www.myplannedcare.nhs.uk/my-health-and-wellbeing/), with information on topics such as employment advice, money worries, sleep, support for carers, unplanned weight loss or malnutrition, and more. Further information <https://www.myplannedcare.nhs.uk/my-health-and-wellbeing/>

If you are concerned that your condition is getting worse, you should contact your GP or [NHS 111](https://www.nhs.uk/111) for advice. You can also try hospital Patient Advice and Liaison services (if you have an enquiry about your hospital treatment), or the contact information you might have to reach your consultant.

Thank You

Pam Whistlecraft, William Beaney and Kieran Beaney would like to thank everybody for sponsoring us on the church bike ride. We did 25 miles, visited 21 churches and raised £425.

EAST ANGLIAN TRADITIONAL MUSIC TRUST

The Trust collect, archive and perform music, song, dance, and stories from East Anglia. On Sunday 17th November we are inviting you to an informal afternoon of our entertainment in Garboldisham Village Hall, Church Rd, Garboldisham, IP22 2SE . Doors open at 1.30pm. Please do come along whether you wish to perform or just to be an audience member. We begin the entertainment at 2pm and the afternoon will be brought to a close at 4pm, but if you should so desire, opposite the Hall is The Fox will be open till 5pm. Entry is FREE, but donations gratefully accepted. There will be a raffle and there is a small charge for teas and cakes. We hope you will be able to join us.

The Lows Working Party: Phase 1 completed!! Yippee!!!

After 4 days of hard graft, the 'members' of Palgrave in Action have completed Phase 1 of the Lows Working Party! With the help of (in a random alphabetical order) Margaret Drake, Nicholas Hales, Steve Harold, Graham Leigh, Will Martin (Digger Driver), Eileen and Tom Sayers, John Wells, and Kathryn Westerveld (Cakes and Coffee!), we cleared the nettles and brambles in the first half of the Lows and forced the banks back onto their own territory. So, in most places you can now pass a buggy without getting prickled. A lesson we learned while doing so is that it's not a good idea to throw spoil on a wasp nest. Once may be ok, but the second time you may get stung! Anyway, if you haven't done so, please take a stroll down the Lows and note the difference.

A very special thank you to Tom Linnett from TL Plant Hire (yes, opposite Denmark Bridge), who helped us out by lending us a mini digger. That made our lives so much easier! A big Thank You! Thank you also to everyone who expressed interest in helping and/or encouraged us along the way.

For Phase 2, we'll wait till the hedge is cut back and then we'll tackle the nettles on the Diss side of the Lows. If you would also like to be part of the party, please let Heribert know (hw1379@outlook.com).

Palgrave French Conversation Group

Ah, the allure of French—the language that dances on the tongue like a delicate macaron! Whether you're a seasoned Francophile or just dipping your baguette into the linguistic fondue, joining a French conversation group can be both educational and downright fun.

Palgrave has its own French conversation group which meets on a Thursday at 2.45pm at the Community Centre, during school term times. We have been meeting for just over a year and those of us who have been attending from the very start, have noticeably improved.

Why join a French Conversation Group?

1. **Camaraderie:** French conversation groups are like little oases where language enthusiasts gather to share their passion. It's not just about grammar and vocabulary; it's about connecting with fellow learners. Our small and friendly group welcomes new members of all abilities.
2. **Practice Makes Parfait:** Textbooks are great, so are language learning apps (some members of the group are learning French on the Duolingo app), but nothing beats real-world practice. In our group, we chat about everyday topics, from the weather (always a safe bet) to existential ponderings. Of course, we do have 'Grammar Corner' where everyone has the opportunity to practice and improve some focussed skills.
3. **Accent Ambitions:** Ever dreamed of sounding like a Parisian poet? Well, mon ami, this is your chance! Our resident Modern Foreign Languages teacher is a native speaker of the language. Who better to learn from?

Where do I sign up?

We would love for you to join us, so if you'd like to meet us and see what it is all about, please contact Di Grantham on 07425 171970 or email di@discoverytutors.co.uk



CABARET EVENING

Singers from The Palgrave Players are set to entertain us next month with a fabulous medley of songs from the musicals. Come and be transported to the West End and enjoy the full variety: from heart-rending solos to foot-tapping choruses – you'll be sure to leave humming a tune!

Saturday 16th November; 7.30pm in St Peter's Church

Tickets £8.00 (to include glass of wine) from

www.ticketsource.co.uk/st-peters-church-palgrave or look out for the QR code on posters.

Proceeds in aid of Palgrave Church.

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 Bob, bobsolley@aol.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.

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

Margaret T's walk - 12th November. Alburgh, near Harleston, 4.5 miles. Normal leaving time from Palgrave 9.45am. This lovely countryside walk is varied with quiet lanes, woodlands and clear field paths which is set on rising ground above the Waveney Valley. Park at Alburgh village hall IP20 0DP. Refreshments will be taken at The Broken Egg Cafe, just outside Harleston on the Redenhall Road IP20 9QN, turn left at the big red chicken!!

Bob's walk 19th November. This is going to be a 3 mile walk from The Blue Boar Inn at Walsham Le Willows IP31 3AA. We will leave Palgrave at 9.45am hopefully ready to walk at 10.20am. Then an easy walk through the village through good field paths, green lanes mixed woodlands and meadows. The pub has a good menu, if you really plan to eat suggest you phone the pub in advance and book your meal.

26th November local walk starting from Palgrave Community Centre at 9.45am. Footpaths, field edges, quiet roads. Maybe Fair Green or Diss for refreshments after.





Charity Coffee Morning

Thursday 28th 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

A word from Rosedale Bereavement Support.....

I love this time of year, Autumn being my favourite season. I channel my inner Dane, embrace the Hygge and take every opportunity to enjoy blustery walks in the chilly air, followed by warming food and drinks by the fire. There is nothing quite like cosying up in a comfy armchair with a blanket and a good book or magazine. I think I share much in common with hedgehogs because I like to hibernate when the season of falling leaves arrives!

I know that not everyone shares my preference and it seems that most people I talk to, lament the end of summer. Many dread the end of long, warm days and the opportunity to be out and about as much as possible. This is especially true of those who are bereaved, particularly those who now find themselves living alone.

Motivation can wane and doing anything can feel like more of an effort. However, it is more important than ever at this time of year, to make self-care a priority.

Self-care can sound a bit selfish but it really just means taking time to look after yourself and doing things that make you feel recharged and warm inside. It might involve spending time alone, to rest and relax or reaching out to engage with others.

This could mean volunteering for an organisation or charity which gives a sense of purpose by knowing we are helping others and making a positive difference in the world.

We can also make time to meet with others. Inviting someone round for a coffee or meal, or going out together, could mean a lot to someone who also lives alone.

Those who are bereaved can sometimes experience feelings of guilt if they start to enjoy life again and engage with others. This is not unusual and does not mean that we are leaving our loved ones behind or being disrespectful to them. It simply means that we are trying to make the most of the life we have now. We are all entitled to experience joy, happiness and connection in life – it's what makes life worth living.

So, this Autumn, make time for self-care: Meet with others, enjoy some good food, watch an uplifting film, read a good book, have a long soak in a fragrant bubble bath or whatever else makes you feel warm inside.

Our next Bereavement Support Groups start in January. All our groups are free and open to everyone. Please book your place by calling 07901 888 122 or pop into your local Rosedale branch.



This article was written by Sarah Howard, Rosedale Funeral Home Bereavement Support Facilitator

The Suffolk Libraries mobile service visits
Palgrave - outside the School - on the
following Wednesdays, at 2pm;-

November 6th
December 4th



Donations welcomed to cover costs.

PALGRAVE BOARDGAME CLUB

Palgrave Community Centre. Every Wednesday 1 - 3.
See Facebook page for evening sessions.

Contact:
George 07507 862660 * Pauline 07503 161785.

**CHESS * BACKGAMMON * SCRABBLE * YAHTZEE * DRAUGHTS
* AND MANY MORE ***



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- Denmark House, 1 & 2a Carmel Works
Park Road, Diss, Norfolk, IP22 4AS
Tel: 01379 831332 (24hr)



See our customer reviews at

www.susanwhymark.co.uk Email: susan@susanwhymark.co.uk



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