

# The Palgrave Star

April 2025



**EASTER  
CRAFT  
FAYRE**

**BACON  
ROLLS**

**TEA,  
COFFEE  
&  
CAKES**

**RAFFLE!**

Sunday 6th April  
2025  
10 am - 3 pm

**CHARITY NO. 269132**

**Palgrave Community Centre**

The poster features a large, stylized brown Easter egg shape on a yellow background. Two smaller Easter eggs are in the top left: one with blue and white wavy patterns, and another with pink, yellow, and blue zigzag patterns. Three light blue, scalloped-edge callouts contain the text 'BACON ROLLS', 'TEA, COFFEE & CAKES', and 'RAFFLE!'. A small white rabbit with pink flowers on its head is in the bottom right. The event details and charity information are at the bottom.

## **Can you help ? : Volunteer role compiling The Star**

PDCC Trustees are looking for a volunteer to compile the monthly editions of The Star, which is delivered, free to each house in Palgrave.

Trustees will have selected the content for inclusion.

The monthly duties would include:

- Formatting and sizing individual pages for the magazine including adverts, articles and events posters.
- Checking that the standardised information pages conform to the overall layout.
- Liaising with Trustees for content, layout and final approval before submission.
- Submitting to the printer as a PDF and dealing with any queries.

The volunteer will need:

- Appropriate IT skills, in particular related to publishing software such as Publisher, Canva or InDesign.
- Approx 4 hours per month (depending on experience) to carry out the duties and meet publishing deadlines
- Previous experience of this type of work would be desirable but not essential

The role will suit anyone with the appropriate skills and time. School students seeking practical volunteering experience in this type of production will also be considered.

If you are interested or would like more information please contact:

Helen Thorburn 01379 651749 [h.thorburn@hotmail.co.uk](mailto:h.thorburn@hotmail.co.uk)

Or Sian Bunbury 01379 643635 [pdccsec@gmail.com](mailto:pdccsec@gmail.com)

***We would love to hear from you. Thank you.***

# Forthcoming Events at the Community Centre

Sunday 6th April	Easter Craft Fayre (see front cover)
Sunday 11th May	9.00am - 2.00pm Palgrave Garage Sales £10 (Members £5) contact Jane: 07415401577 to book. (see page 7)
Saturday 17th May	Quiz (see back page)
Sunday 22nd June	Summer Fete



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: Wendy Cooper, Donna Duncumb,  
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 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 April.

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](mailto:pdccbookings@gmail.com)

# List of Regular Hirers

Day	Group	Contact
Monday	Mini & Me	Danielle 07936026940
	Carpet Bowls	Jean Potter via 07415401577
	LK Dance	Lynne Bailey 07835021439
	Line Dance	Melissa Hawkes <a href="mailto:montereydance@hotmail.com">montereydance@hotmail.com</a>
	Cribbage	Jean Potter via 07415401577
Tuesday	Drama Tots	Donna Corbyn 07535709969
	Diss Art Group	Phil Dyer 07597495408
	Friendship Group	Jean Potter via 07415401577
	Yoga	<a href="mailto:Susiewonforyoga@gmail.com">Susiewonforyoga@gmail.com</a>
Wednesday	Zumba	<a href="mailto:Simsfitnessnorfolk@gmail.com">Simsfitnessnorfolk@gmail.com</a> 07576315458
	Extend	Polly Lavender 01379 643212 07739529449
	Board games	George 07507862660 Pauline 07503161785
	Discovery Tutors	Di Grantham 07425171970
	LK Dance	Lynne Bailey 07835021439
	Bereaved by suicide Support Group	Susan Whymark 01379 871168 <a href="mailto:susan@susanwhymark.co.uk">susan@susanwhymark.co.uk</a>
	Palgrave School	
Thursday	Art / History	Tania Harrington <a href="mailto:tkharrington@hotmail.co.uk">tkharrington@hotmail.co.uk</a>
	Help for Hope coffee mornings	Ginny Manning 01379 644229
	Conversational French	Di Grantham 07425171970
	Discovery Tutors	Di Grantham 07425171970
	Ukaholics Anonymous (Ukulele group)	Pete Arnold 07934432185
	Rocking Foxes	Sharon Wentworth 07803045536 <a href="mailto:info@rockingfoxes.co.uk">info@rockingfoxes.co.uk</a>
	Palgrave Parish Council	<a href="mailto:palgravepc@gmail.com">palgravepc@gmail.com</a>
	Palgrave Photographic Group	Phil Dyer 07597495408
	Palgrave School	
Friday	Drama Tots	Donna Corbyn 07535709969
Saturday	Private Hire	<a href="mailto:pdccbookings@gmail.com">pdccbookings@gmail.com</a> 07415401577
		<a href="mailto:pdccbookings@gmail.com">pdccbookings@gmail.com</a> 07415401577
Sunday	Private Hire	<a href="mailto:pdccbookings@gmail.com">pdccbookings@gmail.com</a> 07415401577

**Palgrave Garage Sale Day**  
**Sunday 11th May 9.00am - 2.00pm**

**Miss the deadline - then you miss taking part in the event**

Palgrave Garage Sale Day is fast approaching but still plenty of time to turn out your cupboards and sheds and much easier than packing up the car - let the buyers come to you.

This is an event the Community Centre has organised for several years, and the event has been popular with folk travelling several miles to visit Palgrave eagerly looking for (and finding) bargains.

We produce a map with a list of the participating garages, which we sell on the day from the Community Centre for a nominal amount.

**This year the fee remains at £10.00 but for PDCC members it will be £5.00.**

Funds raised from this event go towards maintaining the Community Centre which is self-funding.

**DO NOT DELAY BOOK TODAY**

**To make sure you are on the map please contact Jane Lockwood  
07415 401577, pdccbookings@gmail.com by 30th April.**

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**Blister Pack Re-cycling**

Blister Packs, used for tablets contain a mix of aluminium foil and plastic and cannot be recycled in your recycling bin at home.

However, they can be recycled, and Mid-Suffolk District Council is trialling a project with a recycling provider to test the viability of the service.

We will have a recycling container in the Community Centre for residents to drop off their used blister packs.

It will be located in the entrance hall for a trial period, and we hope that it will be available to use from 1<sup>st</sup> April 2025.

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*Thank You*

The Community Centre has recently benefited from a grant from Mid Suffolk District Council to enable the installation of CCTV cameras around the building. We are very grateful to them and hope that this will help to deter incidents of anti-social behaviour at the Centre and enable you to feel safe when using our building and land.

We have had a new gate fitted to allow emergency vehicles to enter the field. Our thanks go to BCP Scaffolding for providing the poles free of charge and to Graham Wilson for building and fitting it free of charge.  
Hopefully we will now get many years use out of it.



Palgrave Community Centre Cinema

Saturday  
12th April 2025

# PADDINGTON in PERU



BAR OPEN • ICECREAM DURING INTERVAL



BOOKING IS ESSENTIAL, PLEASE CONTACT  
07415 401577.

CHARITY NO. 269132



# 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.





## News from your Parish Council

***The next PC meeting is 7.30pm on 10<sup>th</sup> April in the PDCC lounge.***

**Parish Council Update:** We're sorry to see Marion Sneddon and Mary Hopkins leave the PC. Marion has spent many years on the PC and has provided a lot of support over that time. While Mary was only with us for a short while, she nevertheless made a substantial impact. We wish them both well. We would also like to welcome back David Bremner and new Councillor Joe Robinson. This means we have 9 Councillors, leaving just 2 vacancies.

**The BT Kiosk:** This has now been fully decommissioned with all equipment removed. We'd really like to turn this into something truly unique to Palgrave and some ideas have been mooted which we're excited to hear more about. If you would like to help with this project, or have any ideas you would like to share, please contact the clerk.

**The 20mph campaign:** Still awaiting the commissioning document by Highways with estimated costs in order to determine the way forward.

**The Grass Verge outside Malt House:** After a few complaints about the state of this verge since the new kerb was installed, we asked Highways to do a site visit. They replied as follows: *"Primarily, this is a verge, and is used as an informal footway by residents in Palgrave and also on the opposite side of the road."*

*Having inspected the verge and kerbing, in accordance with our Highways Maintenance Operational Plan, there are no obvious trips or significant level differences. Due to the limited height of the kerb upstand, with the material being slightly higher, this will help prevent verge overrun, so I have no significant concerns regarding this. The verge didn't have loose material, therefore it looked well compacted and not overly dissimilar to what was there before. There were no significant slopes or gradients to enter or leave the verge, therefore we are confident that the average road user would have no issue in walking along this verge. This being said, this is not a paved footway, and obvious caution is required when walking on highway verges."*

However, the PC have agreed to have it slightly levelled and re-seeded. Ideally this will be done over the Easter holidays. It will be zoned off for at least 4 weeks to allow the seed to take hold and grow. It may be inconvenient for a short while but this is the best resolution we came up with for this strip of land.

**EcoPower Suffolk:** There are plans for a 600 ha solar project between Occold and Eye off the B1077. Because of its size it's classed as a National Strategic Infrastructure Project (NSIP) and so the government (not the Local Authority) will decide if it goes ahead. <https://ecopowersuffolk.com/>

The first consultation period runs from 10 March – 22 April with some public events that unfortunately we were informed about too late and have since passed. You can still have your say by contacting them via their website at: <https://ecopowersuffolk.com/have-your-say/>

Stage 1 carries out non-statutory consultation activities through local councillors, residents, and community organisations. Stage 2 is will carry out a formal statutory consultation in line with the requirements of the Planning Act 2008. During the statutory consultation, public consultation events will be held at venues local to the Project and materials will be made available to provide members of the public the opportunity to comment on our proposals.

**Devolution:** We urge each and every resident to complete the online survey regarding the proposed amalgamation of Norfolk and Suffolk under the Devolution process. We'll endeavour to keep our website up to date with information as it's received. There's a flyer on the Forge Close notice Board. The combined counties could be given new devolved powers and funding to help improve opportunities, transport, housing, skills and more according to the Govt. There are so many questions, most of which we do not yet know the answers to, but this is your chance to have a vital say about the process. Visit: [www.gov.uk/norfolk-and-suffolk-devolution](http://www.gov.uk/norfolk-and-suffolk-devolution) to complete the survey, which closes 1159 hours 13 April.

**Planning changes:** BMSDC are proposing to deal with planning applications differently by reducing the number of letters they send out about any application in your area. Again, a full statement is on the Forge Close Notice Board in this regard. The consultation runs from 17 March to 12 May and can be accessed using the link: <https://www.smartsurvey.co.uk/s/bmsdcSCI/>

*Lots to take in this month, apologies but there IS a lot happening at the moment and we want to ensure you are fully informed. Please visit our website for more information. <https://palgrave.onesuffolk.net/>*

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

## **Food Waste Action Week 2025**

Food Savvy once again joined with Food Waste Action Week.

Do you ever buy big packs of fruit and veg and then end up throwing some of the pack away? If you do, then you're not alone. Every year in the UK we throw away 1.7 million tonnes of fruit and veg. We buy too much and then don't get around to eating it in time. Isn't that ridiculous?

Research from our friends at Love Food Hate Waste has shown that **if all apples, bananas and potatoes were sold loose, 8.2 million shopping baskets worth of food waste could be prevented every year**. And that's simply because when fruit and veg is sold loose, you can buy the amount that you need and can use. Buying your fruit and veg loose also means that you can choose the quality that you prefer too – a slightly greener banana, one rosy, red apple or the perfect potatoes for jackets! So, why not give it a try?

Buy Loose, Waste Less.

Find out more

at [www.lovefoodhatewaste.com/fwaw](http://www.lovefoodhatewaste.com/fwaw) and [www.foodsavvy.org.uk/food-waste-action-week-25](http://www.foodsavvy.org.uk/food-waste-action-week-25)



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### **SINGING WORKSHOP with TOM APPLETON ~ 10<sup>th</sup> May**

Join us for a fun morning of singing with local musician Tom Appleton.

Palgrave Arts Festival is delighted to invite singers of all ages and abilities to a vocal workshop, with music to suit all tastes, led by Tom at St Peter's Church, Palgrave on Saturday 10<sup>th</sup> May between 10 a.m. and 12 noon. The two-hour workshop will culminate in an informal showcase at 11:40 a.m. to which friends and family are invited.

Tom is a professional singer, choir trainer and presenter. He is a former member of The Monteverdi Choir and currently is the Director of Music at Aldeburgh Music Club and a member of the Norfolk and Suffolk Music Hub Executive Board. Tom is passionate about music education and is known to many for his infectious enthusiasm and humour. For more information about Tom, please visit [www.tomappletonarts.co.uk](http://www.tomappletonarts.co.uk)

Tickets on the door or via ticket source: [www.ticketsource.co.uk/paf](http://www.ticketsource.co.uk/paf). £5 for adults, under 18s free. All under 18s to be accompanied by an adult. Proceeds to East Anglia's Children's Hospices (EACH).

For more information about the workshop email: [palgraveartsfestival@gmail.com](mailto:palgraveartsfestival@gmail.com)

### What is a Patient Participation Group ?

A Patient Participation Group (PPG) consists of registered patients who collaborate with Botesdale Health Centre (BHC) 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 you would like to know more please contact:

[botesdaleppg@gmail.com](mailto:botesdaleppg@gmail.com)

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

**Q:** What are Dispensary new opening hours?

**A:** The dispensary will **NO** longer close for lunch. Our new opening hours are:

- Monday 8.30 am – 8 pm
- Tuesday 8.30 am - 6.30 pm
- Wednesday 8.30 am - 6.30 pm
- Thursday 8.30 am - 6.30 pm
- Friday 8.30 am - 6.30 pm
- Saturday 9.00 am - 12noon.

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### Patient feedback

Many thanks to all of you who have completed the PPG feedback form in the waiting room. Your feedback between Oct and Dec 2024 has been analysed and passed back to BHC who are continuously striving to improve your experience with accessing services.

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### Discontinuation of the ultrasound service

We have been informed of an important development regarding a service that the West Suffolk Hospital has been providing at the Health Centre. It is with deep regret BHC announce the discontinuation of the Ultrasound service with immediate effect. This decision was outside of BHC's control, who tried to explore alternative solutions to keep the service. Further information: <https://www.botesdalehealthcentre.nhs.uk/discontinuation-of-the-ultrasound-service/>

As a PPG we are exploring why there has been a lack of community consultation regarding this.

Waveney Foodbank, a registered charity (1151679), has been dedicated to feeding local residents since 2012. Annually, we assist approximately 10,000 individuals facing food insecurity.

#### **Understanding Food Insecurity**

Food insecurity is defined as the lack of consistent access to sufficient food for an active, healthy life. This condition can be temporary or prolonged, often linked to poverty, unemployment, and economic challenges. Other contributing factors include rising food prices, natural disasters, and health issues.

Individuals experiencing food insecurity may:

- Skip meals or reduce meal sizes.
- Rely on less nutritious, cheaper food options.
- Worry about running out of food before being able to afford more.
- Face difficult choices between paying bills and buying food.

Addressing food insecurity involves ensuring everyone has access to sufficient, safe, and nutritious food to meet their dietary needs and preferences for an active and healthy life. Waveney Foodbank provides emergency food assistance to those in need.

#### How to Get Help

Waveney Foodbank, in collaboration with Trussell Trust, offers vital support to individuals and families facing food insecurity in the local area. If you or someone you know needs assistance, follow these steps:

1. **Contact Citizens Advice:** For those in financial crisis, the first point of contact is Citizens Advice. Call their free helpline at 0808 208 2138 (available Monday to Friday, 9am-5pm). Trained advisers will confidentially discuss your situation, help you maximize your income, navigate the benefits system, and identify any additional grants you might be entitled to.
2. **Obtain a Foodbank Voucher:** If necessary, you will be issued a foodbank voucher, essential for receiving an emergency food parcel from Waveney Foodbank. This voucher system ensures targeted support for those most in need.

**Collect Your Food Parcel:** Visit any of our centres to collect your food parcel. You will be directed to the nearest centre and provided with opening times. If these are not suitable, inform the advisor, and they will offer alternative options. If you are unable to visit a centre due to a disability or other valid reasons, we may be able to deliver a parcel to you.

You will receive a parcel containing a minimum of three days' worth of nutritionally balanced, non-perishable food items, designed to provide essential nutrition and support during your time of need.



Please let us know if you need any non-food items eg. pet food, hygiene products, baby products, cleaning items, or toiletries.

#### Additional Support

Waveney Foodbank also offers additional support and advice to help address the underlying causes of your crisis. This may include referrals to other services, financial advice, and assistance with benefits applications.

#### Community Support

Waveney Foodbank relies on the generosity of the local community for food donations, volunteering, and financial support. If you are in a position to help, consider donating food, volunteering your time, or making a financial contribution to support our vital work.

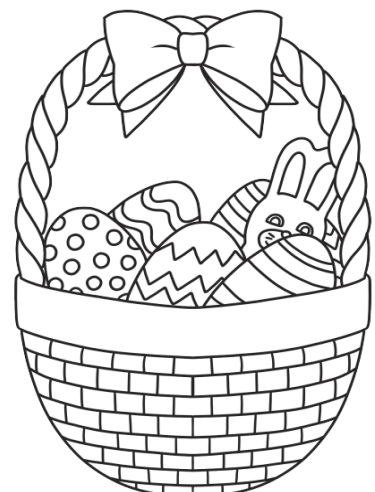
For more information, visit the Waveney Foodbank website at [Waveney.foodbank.org.uk](http://Waveney.foodbank.org.uk) or contact us by phone at 07484 394749.

### **Patient Participation Group, Parish Fields Practice Diss.**

You are probably aware of the PPG of Botesdale Practice as they publicise regularly in the Star. Parish Fields Practice in Diss also has a PPG and we would love to have some new members. There is information on the Practice website (About Us – Patient Participation Group) if you would like to know more or, as I am a member, you can ask me!

Have you heard about the Practice Open Evening, being held at Roydon Village Hall commencing at 6.30pm on Thursday 10<sup>th</sup> April 2025? The evening will be an opportunity to hear from the Practice about how GP practices operate, the challenges they face and what we are doing to manage these challenges. Practice staff will be in attendance to answer your questions about the Practice, as will the Patient Participation Group. I hope to see you there if not before.

For more info: Please speak to Heribert Westerveld or email: [ppgparishfieldsdiss@gmail.com](mailto:ppgparishfieldsdiss@gmail.com)





# Charity Coffee Morning

Thursday April 24<sup>th</sup> from 10.30 to 12.00

Come and join us at The Palgrave Community Centre

All are welcome

Donations this month are to  
**Parkinson's UK - local group**



Our strategy focuses on 4 areas:

Pushing for excellent health and care; Building your community of support  
Getting you new treatments, faster; Becoming fit for the future.

If you need transport please contact Anne 644931



The Help for Hope Team - Benefice of North Hartismere



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

## **Borderhoppa Outings for April 2025**

**Mon 7<sup>th</sup>** – Lathams and Lunch at Poppylands, Horsey – Fare £20.00

**Thurs 10<sup>th</sup>** – Great Yarmouth - £20.00

**Mon 14<sup>th</sup>** – Breakfast at Wortham Tea Rooms followed by shopping at B&M and  
The Range, Bury St Edmunds – Fare £18.00

**Thurs 17<sup>th</sup>** – Ipswich Town Centre – Fare £20.00

**Thurs 24<sup>th</sup>** – Hillcrest Nurseries, Stanton - £10.00

**Mon 28<sup>th</sup>** – Peter Beales Roses, Attleborough - £15.00

To book or for more information please call 01379 854800 or visit our website  
[www.borderhoppa.org](http://www.borderhoppa.org)

## Palgrave Walking Group

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

if you wish to join us on any of the walks, please feel free to join us at the Palgrave Community cCentre 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 9.45am on the 2nd, 3rd and 4th Tuesday of each month but please check individual walk details.

### In Memoriam

*It is with great sadness that we have to report that Brian Beecroft, one of the founder members of the Palgrave Walking Group, passed away peacefully in February. He was 102 years old. For Brian, walking was his passion, and he was an avid walker all his life. He was still out walking well into his nineties and even up to several months ago he would walk with his stroller most days around Church Farm Close where he lived, weather permitting, stopping to chat with neighbours along the way. Brian was a unique and colourful character and will be greatly missed. Our thoughts are with his widow Ann and all his family and friends.*

*God bless and rest in peace Brian.*

### Walks

**8<sup>th</sup> April. Diane's Walk - Palgrave Community Centre 9.45am** starting point Frenze Beck Car Park IP22 4GG, at 10am. Short section on pavement along the main road, then paths, quiet lanes and field edges to Scole Common. Return via Frenze Church and Frenze Beck Nature Reserve. May be muddy in places, so please wear suitable footwear. Refreshments can be taken at John Doe's, just a few yards from the car park in Sawmills Road.

**15<sup>th</sup> April Margaret T's Walk - Palgrave Community Centre 9.45am** Old Newton near Stowmarket, around 4.25 miles. Normal leaving time from Palgrave to start the walk at 10.15am. I went via Finningham on the B1113 which most will be familiar with by now. This is a lovely country walk over rural footpaths and lanes which go through the Gipping Valley and the hamlet of Tyrell Oak. Parking will be outside the church, nearest post code is IP14 4ED but once on Church Road, follow on the road and down the hill to the church. If there are no spaces left, then turn right past the church and park in the lay-by opposite the school. Refreshments at the Trowel and Hammer, Mill Road, Cotton IP14 4QL.

**22<sup>nd</sup> April Bob's local walk - The Angel car park on Fair Green Diss at 10am** The walk is 4 miles long and should take around 2 hours. It is mainly on field edge footpaths, a narrow rural road where we will have to walk single file, woodland paths, and heathland.

**29<sup>th</sup> April Hilary's walk from Redgrave - Palgrave Community Centre 9.45am** Park the cars at the Cross Keys in Redgrave which will be open on Tuesdays for the Summer, and for thirsty walkers! But before that, we will head North out of the village, towards the Fen and walk along established rural paths and quiet country lanes, turning South and West as we head back to Redgrave, about 4.5 miles in all.





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(text may be best)

Fair Green, Diss

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Star please see page 3 for  
details on how to do so.***



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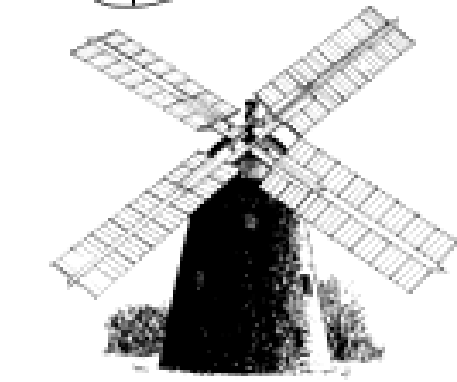
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# Thelnetham Windmill



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](http://thelnethamwindmill.org.uk)

If you are interested in volunteering please contact [Thelnetham.windmill@gmail.com](mailto:Thelnetham.windmill@gmail.com) or speak to us on open days

Thelnetham windmill charity number 265212

## OPEN DAYS 2025

The mill will be open between 11 am and 4pm\* on the following days and wind permitting the sails will be turning

Monday 21 April

*(Bank Holiday)*

Monday 5<sup>th</sup> May

*(Bank Holiday)*

Monday 26<sup>th</sup> May \*\*

*(Bank Holiday)*

Sunday 29<sup>th</sup> June

Sunday 3<sup>rd</sup> August

Monday 25<sup>th</sup> August

*(Bank Holiday)*

Sunday 28<sup>th</sup> September

Guided tours:

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

\*Last tours of the mill commence at 3pm  
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**

**\*\*LOHP STALL AND GUIDED FEN WALK  
AT 1 PM**

# Palgrave Community Centre



**Saturday 17th May**

**7.30pm**

Doors Open 7.00pm

## ***Licensed Bar \* Raffle***

Teams of up to 6  
Book by 10th May

Contact Jane Lockwood

07415 401577

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**£10.00 per person**

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*PDCC Charity No 269132*