

The Palgrave Star

January 2025

Palgrave Community Centre Cinema

Saturday 11th January 2025

THE FALL GUY

Doors open 7pm for 7.30 start



He's a stuntman, and like everyone in the stunt community, he gets blown up, shot, crashed, thrown through windows and dropped from the highest of heights, all for our entertainment. And now, fresh off an almost career-ending accident, this working-class hero has to track down a missing movie star, solve a conspiracy and try to win back the love of his life while still doing his day job. What could possibly go right?

Booking essential Call /txt 07415401577

Members £4 Non members £5

LICENSED BAR OPEN & ICE CREAMS DURING INTERVAL

Charity no ... 269132

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 January.

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

Forthcoming Events

Palgrave & District Community Centre
Charity no. 269132

31ST January
HIDDEN GEMS OF EAST
ANGLIA

See page 9 for more
DETAILS

Valentine's Day
Ukulele Singalong

Thursday 6th February

See page 10 for more details

PDCC AGM

Wednesday 19th
February 2025

7.30pm

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 of Palgrave and District Community Centre Annual General Meeting

NOTICE IS HEREBY GIVEN that the Annual General Meeting of Palgrave and District Community Centre will be held at Palgrave and District Community Centre, Upper Rose Lane, Palgrave at 7.30 on Wednesday, 19th February 2025 to transact the following business:

- I. Consideration of the Chairperson's annual report**
- II. Consideration and adoption of the annual accounts**
- III. Consideration of the level of annual subscription payable by Members**
- IV. The election of Officers and Trustees**
- V. The Continuation of the Independent Examiner of the Charity's Accounts**
- VI. Notice of Approved Membership Organisations**
- VII. Such other matters as the Chairperson shall deem necessary**

The Annual General Meeting is open to all paid-up members of the PDCC. It is your opportunity to hear about this year's activities, to ask questions and to make suggestions about future activities.

Officers and a Trustee Committee will be elected for the coming year at this meeting.



PRE-CHRISTMAS FUN



Did you attend any of our Pre-Christmas events? If so, then we hope that you enjoyed meeting up with friends and neighbours or welcoming new residents to the Community Centre.

We started off in November with a very successful Craft Fayre. We had thirteen stalls selling an amazing range of produce, and as ever, delicious refreshments were served, including the ever-popular turkey rolls.

A few days later we held the Christmas Quiz. Ant, Rachel and Will were again the knowledgeable hosts who led the evening. Ticket prices included baked potatoes with a choice of toppings, and seasonal prizes were played for. There was even an impromptu performance by everyone of 'The twelve days of Christmas'.

The Christmas raffle prize of a magnificent hamper was drawn in the Friday night bar on 6th December which started off the December activities.

Many thanks to Celia for 'calling' at our well-attended Christmas Bingo evening. The prizes included vouchers donated by the Fair Green Fish Bar.

The Christmas film with afternoon tea was a very enjoyable and sociable event. Those who attended were treated to a magnificent afternoon tea during the film interval.

Singing along to the accompaniment of the Ukulele band has become a popular and regular Christmas event. Mulled wine, sausage rolls, mince pies and other seasonal treats helped all the musicians on their way.

Rounding the fun off was a sociable Friday evening in the bar, just before Christmas. The bar is open to Members each Friday, so do come along.

THANK YOU to everyone who contributed to these events, in any way. The Trustees are very grateful for your support and we hope to see you at the events which are being organised for 2025.

HAPPY NEW YEAR

*Join us
for*

HIDDEN GEMS OF EAST ANGLIA

A photographic discovery

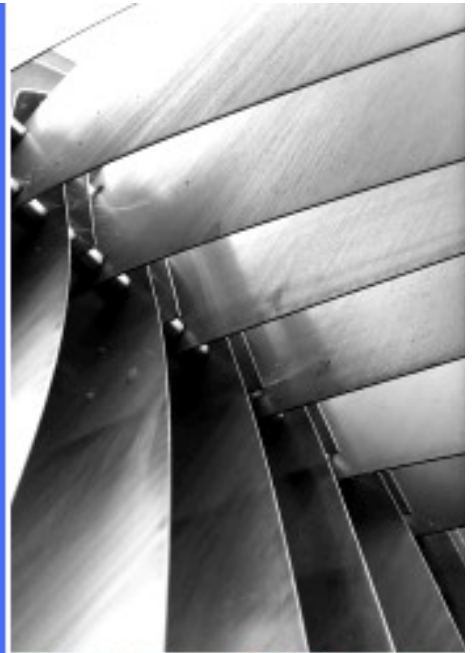
Presented by

LUCY KAYNE
AND PHIL DYER

**PALGRAVE COMMUNITY CENTRE
PALGRAVE**

**JANUARY 31ST
7.00-9.00**

**TICKETS £6/£4 MEMBERS
AVAILABLE FROM
BOOKINGSPDCC@GMAIL.COM
07415401577**



VALENTINE'S DAY



UKULELE SINGALONG

*Ukaholics Anonymous
will lead songs for
star-struck and
broken-hearted lovers.
Singalong or just enjoy
the music.*

*Palgrave
Community
Centre*

Thursday

6th Feb.

7.30 pm

*Lyrics
provided on
screen*

*Sweet
Treats,
too!!!*

*FREE EVENT,
but donations
for the
Community
Centre will be
welcome.*

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



**Happy
New Year!**

We wish every Palgravian good wishes, health and happiness for the New Year and throughout 2024

Parish Council Meeting Update: Please note there is **NO** Parish Council meeting in January due to the Clerk's holiday. The next meeting has been brought forward by 1 week from 13th to 6th February to accommodate the lengthy time between the Dec. & Feb. meetings. Meetings from March onwards will revert back to the 2nd Thursday of the month, in the PDCC lounge, starting at 7.30pm.

The Lows bench: Someone has cut a small wedge from the seat of the Lows Bench which now requires sanding and sealing as a result. This bench was lovingly made by Ed Cooke for the benefit of the people of Palgrave who use the Lows footpath to Diss, as a place to sit and reflect, enjoy the peaceful views, and possibly catch their breath before moving on. If you see anyone attempting to damage the bench, do please let us know as a matter of urgency. Or if you know who the perpetrator is, please have a quiet word with them. ***Thank you!***

Diss and District Neighbourhood Plan: We need someone more than ever to assist the PC as the threat of more housing grows following statements issued by the Government could make a significant impact to our communities. Meetings are generally held remotely with the odd attendance in person. If you feel you can contribute by attending and reporting back to the PC, please get in touch. We would love to have you on board!

The BT Phone box opposite the Church: BT are disconnecting it in early 2025. Records show it was only used once in the last 12 months. We've agreed to purchase it at the nominal cost of £1. But what do we do with it? Thousands of boxes have been reinvented as cafes, mini-libraries, to name just a few ideas. Could it be a small gallery or a permanent art installation? Funding may be available through the Pride in Your Place initiative to make your vision happen, so please put your thinking caps on, and get back to us with your ideas. Let's make this a unique source of pride for Palgrave!



HOT OFF THE PRESS!! Our 20mph campaign received official approval by Suffolk County Council at meeting level. We applaud Phil and Rupert for their work on this.

Threatening Youths at the PDCC: During the course of our November meeting, we experienced a frightening incident with youths in the PDCC grounds resulting with us calling the Police. The youths dispersed immediately and were nowhere to be seen when the Police arrived, who were extremely helpful. We don't know who the youths were but behaviour like this is never acceptable.

Speedwatch Group: We've potentially got 5 volunteers to get this up and running again and need just one more person to come on board! Could that be you? Please get in touch with Cllr.Hopkins E; mhopkins.palgrave@gmail.com or contact the Clerk and she will pass on your details.

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 E: palgravepc@gmail.com T: 01986 798422 (answerphone). Please do not call on a weekend unless it is extremely urgent.

PALGRAVE COMMUNITY LITTER PICK	
Saturday 29 March 2025	Join us for the next community litter pick! Meet up at the Church at 10am for hot refreshments. Then collect your picker, <u>hi-viz</u> jacket & bin bags, confirm your area to collect in with our co-ordinator, and off you go! If you'd like to take part, please let Caroline, the clerk know. It's easier for us to manage if we know approx. how many people will turn up. Children also welcome. We hope to see you there!

Suffolk launches new digital service to support response to incidents.

Suffolk Constabulary is launching a three-month trial using Enhanced Video Response (EVR) across its Response Investigation Teams from 2 January 2025.

This new system will provide victims with the option of speaking with a police officer remotely and promptly via a video link to obtain immediate details of the incident and initial evidence.

This three-month trial is being launched with the aim of expanding video appointment capability outside that which is already offered by the Domestic Abuse Video Response Team (DAVR).

The process will follow a member of the public calling into the Contact and Control Room (CCR) regarding an incident. Response officers will conduct a suitability review to determine appropriateness of using EVR.

A dedicated team consisting of a Sergeant and six PCs will monitor the queue and then call the victim(s) to set up a video call. If the victim is not available at that time, a diarised appointment can then be made via the scheduled element.

It's important to make clear victims will still be able to choose to see an officer in person if they wish to for the first statement, initial evidence gathering and future enquiries as the case progresses where appropriate. They will not be given an EVR appointment without first consenting.

Temporary Assistance Chief Constable Alice Scott said: "The EVR pilot is an exciting step in technological progression, providing greater channel choice to victims when reporting a crime in Suffolk. Suffolk Constabulary is committed to innovation and wanting to continuously improving how we meet the needs and expectations of our communities. This is another positive step on that journey."

The service will not cover victims under the age of 18 - these should still be dealt with face to face by an officer. The service will also not cover offences where the suspect is present or likely to return during the call, where the victim is under the influence of drugs or alcohol, where the victim has no or limited access to WiFi or 4/5G, where the victim has no or limited access to a phone or tablet with camera capabilities, any calls that would need an interpreter of any immediate 'Grade A' call.

Suffolk's Police and Crime Commissioner Tim Passmore said: "Following the introduction of rapid video response to support victims of domestic last year, I am delighted to see this evolution into enhanced video response to support victims of other crimes."

"The way we communicate with each other is changing and it is important that the Constabulary adapts too. Using technology to support victims, when it is appropriate, is good for the victims and makes the Constabulary more efficient and effective. I fully support this pilot and look forward to being updated on the results in due course."

Bird watching in Palgrave?

Are you taking part in the Big Garden Birdwatch, organised by the RSPB from Friday 24th to Sunday 26 January? Details can be obtained from www.rspb.org/birdwatch and the PDCC would be very interested to know if you see something unusual in Palgrave which we can then share in The Star.

On your visits to the Community Centre over the last five years or so, you may have noticed blue tits nesting in the cigarette bin next to the entrance doors. The Bird Group at the Natural History Museum are particularly interested to know where such nesting has taken place and we shall be reporting this to them for their records.





Charity Coffee Morning

**Thursday 23rd January
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
Waveney Food Bank**



HELPING LOCAL PEOPLE IN CRISIS

If you need transport please contact Anne 644931



The Help for Hope Team - Benefice of North Hartismere

Loft Insulation Offer gives Suffolk residents 50% off eco-friendly insulation



The Suffolk Loft Insulation Offer

Keep your home warmer for less

According to The Energy Saving Trust, an uninsulated home loses a quarter of its heat through its roof. For the second year in a row, help to afford eco-friendly loft insulation is now available for Suffolk residents.

The Suffolk Climate Change Partnership has teamed up with an insulation provider to help Suffolk residents make their homes warmer and save money on their energy bills.

Residents will receive a 50% discount off their purchase of 200mm or 370mm wide insulation rolls (up to £200) with free delivery, from High Loft, the UK's leading eco loft insulation brand.

The offer is open to anyone in Suffolk and will close once the allocated funding has been spent. Simply go to www.bit.ly/suffloft and fill in the form to receive your personalised link to order, or call High Loft's insulation experts on 01706 248203 (Mon – Fri, 9am - 5pm).

Or, to find out more visit www.greensuffolk.org/at-home/funding.

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 9.45am on the 2nd, 3rd and 4th, possibly 5th Tuesday, of each month but please check individual walk details.

Margaret T's walk at Finningham on 14th January. Leaving Palgrave at 9.45am. This is a stunning 4-mile amble through the countryside with views over some villages. Parking is around The Green approached down Church Lane. Easiest way there is to find the White Horse pub, IP14 4TL, and take the road opposite and then a few yards turn left onto the lane but parking is limited if there are a lot of cars. The White Horse pub is still closed so may be some could park in front of the building as the car park is chained off. Refreshments again at the Trowel and Hammer, Mill Road, Cotton, IP14 4QL

Diane and Tristan's walk on January 21st. Leave Palgrave as usual at 9.45am for starting the walk around 10.15am. Starting point, Billingford Horseshoes layby, then walk from there, just under 5 miles, back for refreshments at the Horseshoes. If that sounds OK, we are happy to give it a go. Hope other people will be prepared to lead some walks for us in February and on through the year.

Jean & Lorna's walk on January 28th. Details will be sent out a week or so before.



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details on how to do so.***



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HAPPY
New
Year
2025

From the Palgrave &
District Community
Centre and
The Palgrave Star