

The Palgrave Star

LICENSED BAR WILL BE OPEN

**Saturday
28th September 2024**

BINGO

**LATE
SUMMER
BINGO!**

RAFFLE!

**Doors Open at 6.30 pm
Eyes Down at 7.00 pm**

£1 PER BOOK
£5 FOR 6 BOOKS!

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

September 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 September.

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

Playing Field

£15 per hour

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

Contact details for regular groups using Palgrave Community Centre

- Art History Monthly Masterpiece – tkharrington@hotmail.co.uk
- Carpet Bowls and Cribbage - Jean Potter [via 07415401577](tel:07415401577)
- Drama Tots - Donna Corbyn 07535709969
- Diss Art Group - Phil Dyer 07597495408
- Extend - Polly Lavender 01379 643212 or 07739529449
- Friendship Club - Mavis Balding or Jean Potter [via 07415401577](tel:07415401577)
- Help for Hope coffee mornings – Ginny Manning 01379 644229
- Line Dance – Melissa Hawkes montereydance@hotmail.com
- LK Dance – Lynne Bailey 07835021439
- Palgrave All Stars - George Georgiou 07507862660
- Palgrave Parish Council - palgravepc@gmail.com
- Palgrave Photographic Group - Phil Dyer 07597495408
- Discovery Tutors – Di Grantham 07425171970 di@discoverytutors.co.uk
- Ukaholics Anonymous (Ukulele group) - Pete Arnold 07934432185

PALGRAVE PHOTOGRAPHY GROUP

NEW SEASON STARTS ON THE 19TH SEPTEMBER

After a brief summer break, the Palgrave Photo Group will kick off the 2024/25 season at 7:30 PM on September 19th in the lounge at the Community Centre.

This season, our regular monthly meetings will have a fresh focus on creativity, with member challenges taking centre stage. We'll explore a variety of themes, including sunsets, urban landscapes, close-ups, double exposures, off-the-floor shots, space, reflections, street photography, frame within a frame, Chiaroscuro, and more.

We're excited to welcome back our current members and are always eager to meet new enthusiasts looking to expand their knowledge and skills in this captivating hobby.

If you're interested in joining us, feel free to drop in or contact Phil at phildyer2114@gmail.com for more information.

You can also visit our website at www.palgravephoto.co.uk.

Forthcoming Events

Palgrave & District Community Centre

Charity no. 269132

Cinema Evening

Saturday 14th
September

see back page for more
information

28TH SEPTEMBER
LATE SUMMER BINGO

see front page for
more information

Christmas Craft
Fayre

Sunday
24th November

Christmas Quiz

*Saturday
30th
November*

Christmas Bingo

*Saturday 7th
December*

*Film with Christmas
themed Afternoon
Tea*

*Sunday 14th
December*

Seven Brides for Seven Brothers Film Cancellation

We took the decision, reluctantly, to cancel our August film of Seven Brides for Seven Brothers (on the preceding Wednesday to the planned showing). This was due to only 8 people having booked to see this film, making it unviable. For every film that we show at Palgrave Cinema we have to pay a licence fee of £104.40 to Filmbank Media plus the cost of the DVD. This means that at some of our Saturday screenings we make a loss.

We hope to be able to continue with our monthly screenings but we need your support and your friends support. The cost is only £5.00 per person (£4.00 for PDCC members) we have an interval of around 20 minutes when ice creams are available and the bar is open from 7.00 pm.

We try to choose films that appeal to a wide audience but maybe we are making the wrong choices. Suggestions for future films are welcome (although we can not guarantee that they will be shown) please contact Jane (Palgrave.Cinema@hotmail.com or on 07415 401577) with your recommendation or better still come along to our next film screening and chat with Michael or Jane.

The film we are showing in September is Where the Crawdads Sing, hope to see you there.

Doors open at 7.00pm film showing at 7.30pm.

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

September 11th
October 9th
November 6th
December 4th



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.



DOWN MEMORY LANE

Many of us who have lived in the village for a while will remember Jean Thorndyke, who resided at Little Holland on The Green. Jean had a deep passion for collecting articles, newspaper clippings, photos, and magazine stories that mentioned Palgrave. Her collection was often displayed during old photo exhibitions at the Community Centre. It was Jean's wish that her collection be entrusted to the Community Centre so her memories would be preserved.

To keep her stories alive, we've decided to feature regular articles in The Star, allowing everyone to share in her cherished memories.

Palgrave celebrates new community centre success

East Anglian Daily Times, April 14th 1986

Palgrave villagers raised their glasses and enjoyed the sweet taste of success when their community centre was officially declared open on Saturday. The village, which has never possessed a village hall and has not had a community meeting place for at least 20 years, built the building largely by self help.

More than 5000 hours of voluntary labour went into the construction of the £44,000 centre, opened by Canon Geoffrey Rogers, Chairman of Palgrave and District Community Council from 1973 to 1981.

When Canon Rogers left Palgrave for Bath three years ago, not a single brick had been laid but he said he was quite staggered to see the finished result.

"The great thing about the centre is that it is your own work. I would like to congratulate every single one of you who had a part in it. May it strengthen fellowship in the village and build up a real sense of community in Palgrave" he said.

Mr Ken Roberts, present Chairman of the Community Council, thanked all those who had helped, including Mid Suffolk District Council, which gave a grant of £11,500, and the Parish Council.

He said the community centre was already busy hosting activities, ranging from jazz dancing, to karate and from darts to the local playgroup.



Mr Ken Roberts, left, Chairman and Canon Geoffrey Rogers, who opened the new Centre on Saturday. In the background are from the left are Mr Peter Atkins, vice-chairman Mr Mike Cripps, Mr Colin Manning and Mr Jerry Rolfe.



Parish Council Monthly Update

The next PC meeting is 12 September @ 7.30pm, PDCC lounge, with a Cemetery meeting @ 7pm.

Vacancies for Parish Councillors and volunteers: There are only 2 vacancies on the PC and we would love to see these positions filled, alongside some other volunteer opportunities. The revised DDNP would benefit from another parishioner attending meetings alongside Councillor Richard Goodchild. Whilst the Neighbourhood Plan has been adopted and is now an official working document, it does need occasional updating and we need to ensure that our interests, as a village, are protected and taken into account when discussing matters. Contact either the Clerk or any Parish Councillor for more information or look on our website.

Defibrillator training and VETS: Following the very successful defib training a few months ago, Heribert is keen to set up a Palgrave group of the **Voluntary Emergency Telephone System** but more volunteers are needed to enable the group to operate effectively. Please see the separate article in this month's edition.

Lows footpath: The PC have spent a lot of precept and CIL money on maintaining the Lows footpath over the last few years, squeezing our budget and available funds. But we cannot beat nature! As a consequence we simply can't keep outlaying money to maintain it in the condition we would like, for the sake of all the people that use this very popular route to Diss. It is ultimately down to the farmer to take on more responsibility, apart from the grass cutting which the PC pays for three times a year, and we have had a very positive meeting with him.

The PC have in the past paid for a contractor to push back the grass to the edges of the tarred path but nature has once again encroached and the path is getting narrower as a result. We would like to get a working party together to repeat this exercise before the winter sets in. Use of your own gardening equipment will be needed. Note that we do own a petrol driven strimmer that may be useful for some of this task. If you are able bodied and can volunteer some time, please contact the Clerk and we will do our best to get this up and running asap.

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 Clean up Event Saturday 12 October, 10 – 12 noon

Meet at 10am at the Community Centre.

**If you would like to help out, please contact the Clerk
or any Parish Councillor.**

(Contact details are on the Notice Board or in the August Star edition)

Refreshments will be available

Specific areas that will be targeted this autumn are the Cemetery, sign cleaning around the village, strimming of targeted areas and ivy clearing on the Churchyard wall which is always on ongoing task. If you would like to volunteer for a specific task, please let us know in advance, or just turn up the day! The more the merrier! If you have any equipment that could be useful on the day e.g. secateurs, battery or petrol operated strimmer (as we only own 1), bowl for cleaning signs with old cloths and washing up liquid or similar, or anything else that you think may be useful, please bring it along.



©

Nature Notes

In the past few evenings, I have been hearing the sounds of machinery as farmers scramble to complete their harvests before the weather breaks, thinking about how vulnerable we are to weather and climate change. I've been thinking a lot about words recently. Not in the how large is your vocabulary and can you beat me at scrabble sense, but rather about the way we all interpret what we hear or read according to our own understanding and frames of reference. It seems to me that so many words especially in the context of this column, far from being incontrovertible, are in fact fraught with contest. My understanding of climate change; nature; natural; wild; wilderness; wilding and above all the current buzz word, re-wilding, may not chime with another's, and it is the term re-wilding which has been nagging at me for some time. Whilst it is my instinct to jump on any bandwagon promising a restorative approach to the land, I am also very aware that this one term alone depends upon a very narrow interpretation and is one which is not guaranteed to provide answers to many of the pressing problems of our age. I think there is broad acceptance that large areas of our countryside have become degraded over the years since 1950, with the then imperative to produce as much food as possible, as quickly as possible, regardless of consequences, to feed a war-ravaged country. Rapid / advances in farming techniques and machinery soon changed much of the landscape, changes which were later compounded by the financial pressures visited upon farmers forcing many of those without deep resources to sell to the better heeled, thus creating a new agro industry. There have always been smaller scale farms where high welfare ideals and care for the land has prevailed, but this approach has often incurred huge personal and financial costs, leading to increasing poverty amongst the very people needed to care for our environment. Let us not forget that without farmers we don't eat. Again, contested words, farms, farmers, custodians of the environment, food producers, it depends upon your frame of reference, and in some cases, bias. So, back to re-wilding. What does it mean? What is wild in terms of countryside? How much land should be "re-wilded"? What kind of land? Who pays? Who benefits? So many many questions, and do we even know what we want or why we want it? The natural world, by which I mean habitats, animals and climate, demands action to safeguard its future. But what action? We could all do our little bit to support tiny populations of insects or birds. I could allow my garden to return to an unmanaged tangle of growth or I could continue to garden with wildlife at the forefront of my thinking, but what would I actually achieve? Would my garden be truly 're-wilded' simply by allowing unregulated growth of plants? Of course not! To begin with, to what historic age do we want to return the land? Most of us have only the vaguest idea of the original British

landscape and its inhabitants, but the one thing of which I am certain, is that it was not parcelled out into small plots as it is now, with so few people having even have the tiniest outdoor space. Also, would I really want to look at my hypothetical re-wilded 'garden'? We have only to recall the controversy over 'no mow May' on the village green to understand the probable local impact of many gardens left to run wild. Whilst for some it would be charming, others would be concerned about a possible blight on the value of their own property. And then, there is the vexed question of wildlife. How many of us are completely at ease with the return of the animals needed to drive the change to a wilder landscape? The large pigs, cattle and ponies are one thing, but wild boar, undomesticated large, long-horned cattle and wild stallions may give more pause for thought. Beavers to help slow rivers and so aid flooding in unwanted areas are already proving a difficult sell to landowners and fishing folk, despite the huge benefit to many other species. When it comes to the larger predators needed to maintain a balance of the re-introduced animals, a degree of public push back is only natural. Wolves and bears do not generally get a good press, although the evidence is that at one time these were native. So, it seems to me that re-wilding is a cause which can only truly be followed by landowners, such as those at Knepp in E Sussex, who have large areas of unproductive and unsustainable land and have either the financial or political resources necessary to unlock the funds needed to transform them. In such cases I can do nothing but applaud, especially when visitors are encouraged to walk the area, albeit along fenced paths for safety. For the remaining areas of Britain which have become degraded over time there are harsh choices to be made, all coming down to public debate about how funds are allocated. Like everything else in our lives, action demands choices and sadly choices are often limited by financial constraints. So, what should we be aiming to achieve? This thorny question is so beset with difficulty and inequity, my response, however unsatisfactory, can be no more than aspirational. In my view, the biggest benefit for people as well as wildlife would be to reverse climate change. This would not only reduce starvation in overheated areas of the world, so removing one of the push factors in migration, it could also aid conservation of our water supplies. The gardeners amongst us will recognise the devastation lack of rain can inflict on our own plots. Reduced global temperatures would also aid the insects and micro-organisms we need for pollination and sustainable soil health. To benefit wild creatures, it is essential to provide and replace habitats, including protecting our waterways from contamination. Farmers need to be paid properly to leave wildlife corridors on their land, to unite smaller populations of animals, helping them to become more resilient to adverse events. So far so Utopian! Finally, I'd like a few million quid to start my own re-wilding project on the outskirts of Palgrave so I can find out what the term really means. Any offers??

Penny Thompson for Nature Notes

Wortham Burgate and District Twinning

Wortham Burgate and District Twinning are looking for new members. We are an organisation that has been going since 1991 and although we have a thriving membership, we would welcome more, particularly families.

The Twinning movement started as a post war idea to generate friendship between England and other European countries. In the current climate, this idea is still very valid and as an organisation we have been seeking to promote friendships between us and the people of Hédé Bazouges in Brittany for more than thirty years. During the covid years things faltered briefly but now not only are we still engaging with our French partners but we are also extending our partnership to include a German town, Badbergen in Northern Germany.

In May a group of 15, including two families, visited from Hédé Bazouges for a long weekend. Whilst their hosts looked after them for much of the time, other twinning members were also involved with giving lifts and providing meals. We fully recognise that not everyone can provide accommodation to host a guest, and some prefer not to. Work commitments can also make it difficult to host. We have introduced a system of 'host buddies' so that everyone can be involved if they wish. There are also social events during the visit which all members are invited to join in with.

A visit to Bressingham Gardens was enjoyed by our French visitors, old and young alike. Whilst it can be an opportunity to practise any language skills you might have, the ability to use our phones to translate what we are saying means that communication is not difficult. In any case many of our visitors speak excellent English.

As an organisation we do promote language skills for those that wish to try and we have regular French conversation groups. This may extend in future to German conversation also.

We are looking forward to a group of 10 visiting us from Badbergen in September and also plan to be visiting Hédé Bazouges for their Christmas Market in December. Return visits to both Hédé Bazouges and Badbergen are planned.

Of course, as a small community group it is not just about friendships with Europe but also links within our own communities. We are happy to have members from the surrounding area and hold social events on a regular basis. We currently have members from five other nearby villages.

If you are interested in making friends in our own community but also further afield in France and Germany and would like to join us or find out more, please either contact me (07949 204820) or visit our website, Facebook page or e mail us:

worthamandburgatetwinning.onesuffolk.net

facebook.com/worthamburgatetwinning

worthamandburgatetwinning@gmail.com

Linda Simpson Chairman Wortham and Burgate Twinning



Help for Hope
Charity Coffee Morning

Thursday 26th September
from 10.30am to 12.00



Come and join us for Coffee, Cake and Chat

at

The Palgrave Community Centre

Everyone is welcome

**All donations for the refreshments to
Suffolk MIND**



Suffolk MIND provides advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding.

They won't give up until everyone experiencing a mental health problem gets support and respect.

If you need transport please contact Anne 644931



Benefice of North Hartismere

Call for Land

In November last year we launched our Call for Land initiative, bringing together various environmental organisations, including Suffolk Wildlife Trust, Woodland Trust, Forestry Commission, Suffolk Tree Warden Network, with landowners wanting to do something with their land to benefit biodiversity. By doing this, we can provide landowners with a range of advice, support and resources to help them both to decide what to do and make their project **happen**, catering for sites both large and small.

Already, we have had many enquiries, seeking help for sites ranging from large gardens to tens of hectares. In some cases, we already have funding in place to start work this winter on woodland creation and hedge planting. Some schemes not only benefit wildlife, but also help reduce flooding and create a more attractive landscape.

The Call for Land initially arose as a means of addressing the low tree canopy cover we have in our district, well below the national average. Trees provide us with multiple benefits as identified in our Tree Canopy Survey <https://www.midsuffolk.gov.uk/web/mid-suffolk/w/tree-planting> but tree planting isn't the only approach. We are also helping with hedge planting, ponds, wetlands, natural colonisation and meadow creation

Given the level of interest so far, we are now running a free event to bring the partner organisations and landowners into the same place, so we can do more.

The event will take place at The Mix, Stowmarket, on Thursday 5th September, starting at 10am.

Tickets for this free event can be booked via this link:

<https://www.eventbrite.co.uk/e/call-for-land-summit-tickets-950534031877?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl>

We would be very grateful if you could share this event and link with anyone you think it may be of interest to. This could be someone with a large garden, a small field near their house, or much larger fields. They just need to be interested in creating or improving habitat on their land.

Landowners are also welcome to contact me directly to find out more ahead of the event, or if they cannot attend but are still interested in finding out more.

Richard Parmee

Biodiversity Project Manager

01449 724 762

07927 589 614

e: richard.parmee@baberghmidsuffolk.gov.uk

w: www.babergh.gov.uk

Babergh and Mid Suffolk District Council - Working Together

‘MONTHLY MASTERPIECE’ AT PALGRAVE COMMUNITY CENTRE



Edward Hopper’s ‘Nighthawks’ and Other Cafes in Art

***including works by Van Gogh, John Sloan, Manet,
Degas, Renoir and many more . . .***

THURSDAY 12th SEPTEMBER 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

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.

First September walk is Sue Orchard's walk on September 10th. Leaving Palgrave at 9.45am should get us to the starting point in about half an hour. The walk starts and finishes at the Old Buckenham Country Park cafe (NR17 1PP). There is parking and toilets by the cafe. The walk is around 4-4.5 miles with no stiles and is along mainly quiet lanes passing through some picturesque villages. From the cafe we head for a footpath along the edges of fields until we reach Banham road. A few hundred yards along this road we turn onto a pleasant woodland path after which we will walk the lanes going through the village of Stacksford. We hit the Hargham Road which we have to walk along for just under half a mile. This road can be a little busy - there is a grass verge which is a bit overgrown but passable for the adventurous! We turn back onto quiet lanes eventually going down Mill Lane. We can stop to admire the Old Buckenham Mill where there is some seating to take a short banana break. Then onwards for the last leg of the walk eventually walking down Banham Road to pick up our original footpath back to the Country Park and cafe for refreshments.

Bob's walk is at Dunwich on 17th September. About an hour's drive from Palgrave, leaving at 9.30am. Parking near to The Ship Inn, IP17 3DT. More details going out as an update a week or so before after I've trialled it.

Margaret T's walk is at Thelnetham on 24th September. Leaving Palgrave at 9.45am. This is a walk we did a few years ago and think it was around 5 miles or less. Parking opposite Thelnetham Windmill on the grass verge on Mill Road, IP22 1JS. This lovely walk visits the sources of the Little Ouse and Waveney rivers which forms part of the Norfolk and Suffolk border. We follow the river and pass through several fens. Refreshments at The White Horse, South Lopham, IP22 2LH.



VETS: You don't want to be alone when it really matters!

After the successful AED training, we would like to set up a system so that we can stand together in case of an emergency and help each other to save the life of a neighbour.

We all know that it can take some time before an ambulance makes it to Palgrave and, whether an AED is needed or not, some support may be needed.

This is where VETS comes in. VETS stands for Volunteer Emergency Telephone System and is run by Palgravians for Palgravians. Community Heartbeat Trust, who led the training, provides support, but we have to do it.

What is VETS?

When VETS is set up, there is a local phone number that people can call in an emergency situation, when it may be quicker to contact local help. A third of all 999 calls are from lone rescuers, so getting help to them quickly is important. When someone calls the VETS number, the phone rings for all the volunteers at the same time using "Hunting-Group" technology. Any one of the volunteers can accept the call and, after receiving the relevant information, go to the person who needs help and assist in the situation (i.e. being a good neighbour), pending the arrival of the emergency services.

The system can also be used for any emergency where additional help is required from neighbours, whether Cardiac Arrest or not. The availability of VETS helps and gives a level of reassurance to the elderly, those living alone, and those struggling with health and mobility, that there is always help at hand.



We need you!

Now, if you don't want to be alone in an emergency situation, please come and join VETS. At the time of writing this article we do have not enough volunteers to set it up, but with your help we may be able to do it.

Remember: when you get a call from VETS, it's up to you whether to accept or reject the call. Everybody gets the call at the same time and when you answer the phone you can either accept the call or not. If you don't accept, the phone rings again for the rest of the team.

Nobody will know if you reject a call, but you will make a difference for someone if you accept a call!

If you are interested in setting up VETS for Palgrave, please contact us on Palgrave.VETS@hotmail.com (This email address is managed by us!).

Kathryn and Heribert Westerveld

ART THAT INSPIRES

The Art Society Diss starts a new season of talks on Tuesday 17 September. It's fun, sociable, and at the Corn Hall in Diss where you can have a coffee or light lunch beforehand.

The subject matter is varied but always enjoyable and delivered by knowledgeable speakers who know how to entertain their audience. Why not come along and try us out?

Our programme for the next five months is as follows:

17 September: **The Jazz Age with Sandy Burnett and his double bass.** The early years to the Second World War; Louis Armstrong and the dawn of 'swing'.

15 October: **Princess Kesia Pterovic Njegash.** The princess who recorded a lost way of life in Montenegro.

19 November: **Chrysanthemums in Art and Culture.** Japonisme, operetta and the Chrysanthemum Throne.

3 December: **Les Trois Grandes Dames:** Three Impressionist artists: Mary Bracquemond, Berthe Morisot and Mary Cassatt.

21 January: **Frederic Lord Leighton.** The Curator of Leighton House explores Leighton's life and work.

All meetings are at the Corn Hall in Diss on the third Tuesday of the month (except December), at 2 pm. Suggested donation for guests is £8. For more information about membership: artsocdiss.org.uk or info@artsocdiss.org.uk. New members and guests are welcome.



Chrysanthemums in the garden at Petit-Gennevilliers, Gustave Caillebotte, Met Museum.

Back to School Word Search

j a n u a r y h i j a m
 m u s i c u s t u v u a
 y m b e l l u n c h s t
 l e a r n e q r s t t h
 f c y t a s c t k f r s
 e l k l m n r p j r a e
 b a c k p a c k l i l l
 r s c h o o l e o e i t
 u s w r i t i n g n a t
 a f r e a d i n g d o o
 r e h c a e t g a m e b
 y d p e n c i l c a s e

| | | | |
|----------|-------------|-----------|---------|
| January | lunch | learn | reading |
| teacher | bottle | February | maths |
| friend | pencil case | Australia | art |
| class | rules | school | music |
| backpack | game | writing | bell |

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 ***



Diss Garden Centre

Victoria Road

Diss
IP22 4JG

tel.01379 642873

For all your Gardening,
Pet Supplies and Wild Bird Food



Deliveries available. Helpful service and advice at all times



AJB Electrical

For all your electrical needs!

Ashley Bridges

18th Edition Electrician

12 Victory Court
Diss, Norfolk, IP22 4GN

07955656332

AJB-Electrical@hotmail.com

This space could be
yours.

To advertise see the
details at the front of the
magazine

John Doe of Diss

CARPETS • BEDS • FURNITURE



45,000
sq ft superstore

OPEN
7 DAYS
A WEEK

📍 46-50 Sawmills Road, Diss, IP22 4DA
Online johndoe.co.uk | Call 01379 644 081



Painter & Decorator

Local, Reliable Painting & Decorating Service

Internal and External Work - Domestic and Commercial

No Job too Big or too Small

Contact Evan Heasley
for a free no obligation
quote on:

Tel - 07584843029

Email - evanheasley@gmail.com

Facebook - Evan

Heasley Handyman





botesdale**dental**

PRACTICE & IMPLANT CLINIC

High quality dental treatment in a **calm, comfortable** and **relaxing** environment



Tel: 01379897176
Email: reception@botesdaledental.co.uk
Botesdale Dental Practice, Holly Close,
The Drift, Botesdale, Suffolk IP22 1DH

Find us on
www.botesdaledental.co.uk



Denplan
Part of Simplyhealth



M55 10 105-1220

PAUL LOVETT

REPAIRS & SERVICING

HOME APPLIANCES

07999 355267

E: lovett.repair@gmail.com



Covering
South Norfolk
& North Suffolk

20+ years
experience

Garwood's

OF SUFFOLK

TREE SERVICES AND GROUNDS MAINTENANCE



CROWN LIFTING
TREE FELLING
DISMANTLING
REDUCTIONS
PRUNING
THINNING
STUMP GRINDING



BASED IN WORTHAM, WE ARE DEDICATED, HARD WORKING AND TRUSTWORTHY. ALL OF OUR STAFF ARE FULLY TRAINED AND INSURED, RELIABLE AND PROFESSIONAL. ALL WORK IS CARRIED OUT RESPECTFULLY AND TO THE HIGHEST STANDARD.

**FOR A FREE ESTIMATE PLEASE CALL
Lee Garwood**

**Tel: 01379 890617 / 07880 528142
GARWOODSOFSUFFOLK@YAHOO.COM**



**Commercial and Commercial Property
Residential Conveyancing
Debt Recovery ~ Litigation
Matrimonial ~ Personal Injury
Wills, Probate and
Lasting Powers of Attorney**

For competitive fees and a personal service call
01379 854455

Offices at Diss, Ipswich, Felixstowe and at
Ancient House, The Thoroughfare in Harleston.

IP20 9AS

(formerly Taylor & Co)

Why not take a look at our website?

www.jackamans.co.uk

Susan Whymark Funeral Service Ltd

Independent and Family Run

Serving Eye, Harleston, Diss and the surrounding areas since 2004

We offer a range of services to suit your individual needs

- Funerals tailored to your needs and budget
- Full estimates given at time of arrangement
- Pre-Paid Funeral Plans available
- Direct Cremations
- Support Groups
- Memorials

We provide an efficient but friendly service through our professionally qualified staff

- Chestnut House, 12 Progress Way,
Eye, Suffolk, IP23 7HU
Tel: 01379 871168 (24hr)
- Ley House, 11a London Road,
Harleston, Norfolk, IP20 9BH
Tel: 01379 851253 (24hr)
- 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

No matter what size your budget

Our compassion is constant



- Home Visits
- Funeral Finance
- Direct Cremation
- Affordable Choices
- Pre-paid Funeral Plans
- Personal Touches
- Bereavement Support Groups and Resources

20 YEARS **Rosedale**
FUNERAL HOME
A FAMILY BUSINESS

63 Victoria Rd, Diss IP22 4JE

24hr Telephone:

01379 640810

www.rosedalefuneralhome.co.uk

Martyn Jones

The Palgrave Plumber

Gas and oil

Prompt response to
breakdown

Tel: 07716 772068

Your joy is my pride

T. L. PLANT HIRE

*If you are in a hole...
...we'll dig you out*

**07881
642232**

tom@tlplanthire.co.uk

Bridge House, Denmark Hill, Palgrave, Diss IP22 1AB



Diggers can be provided with operator, if required.

NO TIME TO IRON?

call

“IRON AWAY”

For more details

call Tracy

01379 643621

07932 787999



COLLECTION AND DELIVERY
SERVICE AVAILABLE

BASED IN WORTHAM

G.G. EVANS

Pest Control Services

07795 177695
01379 608932
info@ggevans.co.uk

**MOLES, RABBITS,
WASPS & MORE**





THE SUFFOLK SWEEP
- No. 1 for chimney care -

Chimney sweeping
Stove refurbishment
Cowl fitting
CCTV inspection

Please call Ben on:
07766 235 607
www.thesuffolksweep.co.uk




Andrew Gaskin
Gardening & Groundwork

01379 783515
07538938486
a.gaskinggardening@yahoo.com




Grass Cutting
Pressure washing
Small tree work
Hedge work
Gutter clearing
Fence repairs and painting
Shed felting
Patios
General maintenance



WAVENEY WINDOWS LTD

EST. 1977



CONSERVATORIES ♦ WINDOWS & DOORS ♦ FACIAS

NIGEL SAYWOOD
Design Consultant

Mob: 07909543905
Show Site: 01379 688488
Home: 01379 640313

SHOWSITE
Blooms of Bressingham
Garden Centre
Diss
Norfolk IP22 2AB

HARDWOOD & COLOURED UPVC AVAILABLE

Palgrave Community Cinema presents.....

WHERE THE CRAWDADS SING
SATURDAY 14TH SEPTEMBER 7.30pm



Where the Crawdads Sing is a 2018 coming-of-age murder mystery novel by American zoologist Delia Owens. The story follows two timelines that slowly intertwine. The first timeline describes the life and adventures of a young girl named Kya as she grows up isolated in the marshes of North Carolina.

The second timeline follows an investigation into the apparent murder of Chase Andrews, a local celebrity of Barkley Cove, a fictional coastal town of North Carolina.

By April 2023, the book had sold over 18 million copies. A film adaptation was released in July 2022

Doors open 7pm
Licensed bar
Ice creams available during the interval
BOOKING ESSENTIAL .. call / txt 074154015
£5 non-members, £4 members

Charity no.... 269132