

THE OFFICIAL

Diss Town Guide

2024 - 2025

27th Edition
includes
Map of Diss

Town Council website: www.diss.gov.uk


£5 where sold



*...views to
gaze at*

Residential Sales
Residential Lettings
Rural Business
Diss Auction Rooms

twgaze



*Diss Auction Rooms
...lots to
gaze at*



www.twgaze.co.uk

The Official Diss Town Guide

2024-2025. 27th Edition



Committee

Doreen Collins (Chair)

Gary Enderby

Suzanne Kayne

Keith Rackham

John Robertson

Sarah Veness

Supported by Diss Town Council

The information in this guide is reproduced as it was submitted and, to the best of our belief, was accurate at the time of going to press. We have contacted everyone in the Guide to obtain permission to reproduce their contact details. We cannot be held responsible for any omissions. The committee and publishers accept no responsibility for any inaccuracies that may have occurred.

Publisher: Falcon Publications,
Unit 10a & 11 Red House Yard, Gislegham
Road, Thornham Magna, Eye, IP23 8HH
Telephone: 01379 773347

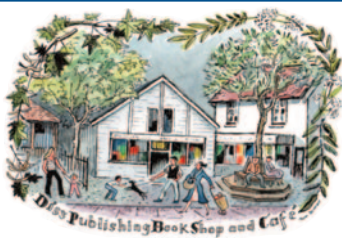
Email: info@falconpublications.co.uk
www.falconpublications.co.uk

Cover Photograph: Flock Installation at Diss
Mere. Credit: Sarah Veness

Published by: Falcon Publications
Design & Artwork: Copy Concept
© Falcon Publications

Diss Publishing

Est.
1925



♥ your local Bookshop for Arts, Gifts & Café

Situated at the Mere's Mouth, Diss Publishing Bookshop provides a special shopping experience. With our focus on customer service and knowledgeable staff, we are more than a bookshop.

We stock gifts and stationery products; Filofax, Cross, Parker & Waterman Pens, Winsor & Newton Art supplies, Jellycats, book tokens & Gift vouchers, candles, cufflinks, chocolates, office supplies, Gibson puzzles & games, Top Model & Dino World toys, Powell nightwear and more.

Resident artists are on hand to help you with art supplies and specialist buyers are here to provide everything from a tempting selection of hand picked gifts and stationery, to our beautiful array of greeting cards. You can even indulge in a well-deserved cup of coffee or lunch in the cosy café that boasts prime views of the Mere.

With best-selling books found alongside beautiful and unique titles, not usually found on the high street, we are the ideal place to discover the perfect gift or hidden treasure. **We are particularly proud to announce our win as Romantic Bookseller of the Year 2023 from the Romantic Novelists Association.**

You can also take advantage of our efficient personal ordering service, available to provide anything that you can't find on our well stocked shelves.

Diss Publishing Bookshop was incorporated in 1925. We're proud of our independence and historical place in this medieval town. Do come and visit, whether to enjoy one of our regular literary events or to meet a friend.

Before you lose yourself in a good book, remember to take the time to lose yourself in Diss Publishing. Please support your local independent bookshop.

Telephone: 01379 644612 or email: info@disspublishing.co.uk

Mon – Sat 9am to 5.15pm. Find us at 40 Mere Street, Diss, Norfolk IP22 4AH.

www.disspublishing.co.uk – *Feeding you and your imagination* –

We promise to be worth your visit. We pay our taxes and support your local economy.



Photo - Jordan Coleman, jordanphotography@aol.com

INTRODUCTION

Foreword	7
History of Diss with Dennis Cross	9

LOCAL SERVICES

Local Government	14
Emergency Services	19
Additional Information	21
Travel	35
Health, Welfare & Social Services	39
Voluntary Welfare Organisations	45

RECREATION

Arts, Crafts, Dancing & Music	55
Youth Activities	65
Clubs & Societies	67
Sports & Games	73

EDUCATION

Schools	79
Pre-Schools/Nurseries	80
Adult Education	81

RELIGION

Churches & Other Religious Groups	83
-----------------------------------	----

CAR PARKS

Diss Car Parks	88
----------------	----

MAP

Map	92
Street Index	94

Visit www.diss.gov.uk for a wealth of information about the town, its community and the Town Council along with forthcoming events in and around Diss.



Foreword

By Doreen Collins

Dear Residents and Visitors

Welcome to the 27th edition of the Diss Town Guide – a Guide designed to inform and promote our wonderful Market Town with the many attractions, facilities and businesses within its boundary.

Since the last Guide we have seen many changes including the death of Queen Elizabeth II, the Coronation of King Charles III and welcoming our friends from Ukraine to name but a few. Some positive steps have been taken to improve the Town Centre with the opening of the former Beales store by the Diss Community Trust to encourage and support local businesses including an area selling pre-loved clothes, a cafe and lots of local crafts!

We've enjoyed events like the Carnival, Organ Festival and the Christmas Lights and look forward to commemorating the 80th Anniversary of D-Day with the unveiling of the Beacon of Hope.

The new play equipment installed in the Park is being well used, the Corn Hall is continuing to offer a variety of entertainment and hopefully 2024 will see our Town welcoming new residents and tourists.

The Guide again includes all the information you may require for clubs and societies, local services, travel, health and welfare, tradesmen and much more and is provided free of charge to all households.

The information contained within the Guide is as up to date as possible. Grateful thanks goes to the publishers and the Committee for their efforts in completing this process.



Photo - Dennis Harris (using a drone)



AMPERSAND
BREW CO.

INDEPENDENT CRAFT BREWERY

Dedicated taproom with 14 taps
plus local wine & gin.

Vegan & gluten free beers available.

27-31 Sawmills Rd, Diss IP22 4GG
ampersandbrew.co

🐦 [@ampersandbrewco](https://twitter.com/ampersandbrewco) 📷 [ampersandbrewco](https://www.instagram.com/ampersandbrewco)



History of Diss

Here, avid Postcard collector and local historian Dennis Cross shares some of the historical postcards from his extensive collection...

Farming was the foundation of the area's wealth and helped build the prosperity of towns like Diss. Diss is mentioned in the Domesday Book as a moderately sized Royal Manor of no great importance. But when a market was established, it brought wealth to the town. Flemish weavers came from across the Channel and for many centuries wool and linen were the chief industries. These continued to flourish throughout the sixteenth and seventeenth centuries and many of the town's historic buildings from the era remain intact, for example the Dolphin Inn in the Market Place and Fair Green houses.

A focal point of the town through the years has been the Mere and in fact Diss gets its name from Dic or Disce which is Saxon for ditch of standing water. When a serious fire broke out in Mere Street in 1640, it was only the water from the lake, which covers five and a half acres, that saved the houses in the street. The greatest event of all came more than 250 years later in 1891, when the Mere completely froze over. The highlight was a carnival on ice when hundreds of skaters donned fancy dress to dance to the strains of a 30-strong band playing in the middle of the ice.



Dennis Cross

In this 2024/25 edition of the Diss Town Guide, I have displayed some postcards and photos of transport in the early 1900s and people at their work place in the Diss area. With the coming of the railways, farmers could get a better price for their produce in London. Building materials, coal, oil and household goods could be imported in and local factories could send their finished products to other parts of the country.

In the 1920s, lorries and vans started to appear making deliveries and collections with buses bringing villagers into Diss to shop. Today we depend on various forms of transport - cars, lorries, vans etc. People commute by train to London in an hour and a half which was unheard of in the early 1900s when it took at least three hours.

HISTORY

Charabanc Trip, 1914

Ernest Froud with his charabanc about to set off for a trip to the coast with members of the Wesleyan Methodist Chapel. This was one of the first charabancs to be owned and operated in Diss. The top speed was about 15mph and the wooden-spoked wheels with solid tyres must have provided a very uncomfortable journey!



Early Post Van, c.1927

The first motorised vehicles used for postal deliveries in Diss were Model-T Fords, with wooden spoked wheels, no self-starter, hand-operated windscreen wipers and half doors which gave no protection against inclement weather. The only protective clothing issued was a peaked cap. Identified on the picture are Mr Copping of Roydon and Mr W. Nunn, a postman in Diss.



Diss Railway Station, 1905

The Eastern Union Railway came to Diss on 2nd July, 1849 - a service of four trains in each direction, weekdays only, from London to Burston. The route beyond Burston to Norwich came into operation five months later on 12th December, 1849. A journey time of five hours stopping at all stations. Most expresses started from Cromer around 1900 and didn't stop until they arrived at Ipswich.

**Mr Frank Algar, Milkman, c.1925**

Mr Frank Algar owned a dairy farm at Walcot Green. After early morning milking, he would commence his daily milk round.



Diss Station Goodsyard c.1962

Shire horses named Charlie and Mary are seen hauling a coal truck with porters Gerald Ravn-Johannesson and Barry Mobbs. These horses were soon to be retired with the introduction of diesels which, unlike steam locomotives, did not give off sparks and could easily shunt all sidings.



Mere Street, 1910.

Looking north along Mere St in 1910 right near where Chittys & West developed their garage on the left, you see different modes of transport including an early car, bicycle and a horse and cart. In the distance, on the right, is the Co-op's first bakery, later to become Currys selling bikes and radios.





The Water Tower, 1912

The Diss water tower and works cost £8000 with building work commencing in January, 1912. Mains construction and pipe laying followed shortly afterwards. By 1922 approximately 12 million gallons a year were supplied to the town. By 1962, the water supply had risen to 90 million gallons a year, after a new bore and tower had been constructed. Note the wooden scaffold poles and horse and cart for transport.



The Diss Soda Water Works. Gostling & Co., Proprietors.

Soda Water Works, c.1894

Gostling Soda Water Works was situated at the east end of Church Street adjoining what was then Finchams Meadows, later to become Uplands Way. Gostling & Co manufactured soda water priced at 2s 6d (12 1/2p) per dozen bottles, also lemonade, ginger beer, gingerade, seltzer water and various other drinks. All the water used in the manufacture of the drinks came from a deep well in Fincham Meadows. In the 1890s, horse-drawn wagons distributed to the local public houses and chemists.

Photographs are not to be reproduced without the prior written permission of Dennis Cross.

Local Government



Diss Town Council

What we do & how

Diss Town Council is the first tier of local government for Diss. First and foremost, we represent the community of Diss. We listen to residents and do our best to work with others to find solutions to issues in the town. We also put forward the views of the community to other organisations such as Norfolk County Council, South Norfolk Council, the Police, the local MP... the list goes on.

We also support local groups by providing community funding and promotion for as many as we can. We provide recreation spaces and amenities for the town, such as the markets, Mere & Park, sports facility, community centre and Cemetery, to name a few.

Of course, we can't always solve everything. But part of our job is to hold other organisations and authorities to account for services provided. We try to work in partnership with these organisations to find a better solution.

Our Vision is to make Diss a successful, vibrant, attractive town, where people want to live, work and visit.

Who does what?

The Town Council has up to 14 Town Councillors who voluntarily, democratically & lawfully make the strategic decisions. We also employ a small team of administrative and maintenance staff led by the Town Clerk who work together with councillors to ensure that the decisions of the Council are carried out.

The Council elects a Town Mayor at the Annual Town Meeting of Council each May. The Town Mayor chairs Full Council meetings and attends civic engagements and other functions as the Council's representative.

We also elect a Council Leader, who is responsible for leading the Council in the delivery of the Strategy Plan. S/he works closely with the Town Clerk on a day-to-day basis to help ensure the smooth running of the Council.

Citizen awards

Every year, we recognise those who have dedicated their time for the good of others and the town with an award for their service. The most recent recipients are listed below.

Honoured Citizens of Diss

Gabrielle Pagan (2023), George Waterman & Lou Hines (2022), Anne Beckett-Allen (2021), Andrew Rackham (2020), Jim Bidwell (2019), Jack Bell & Jamie Scales (2018), Harold Rackham & Elizabeth Dewhurst (2017), Pete Gillings (2016), Suzanne Kayne (2015), no nominations received in 2014, William (aka Billy) Turner (2013).

Junior Good Citizens

Plamena Marinova (2022), Lily Mills (2021), Callum Doe (2020), Zinhle Moyo (2019),

Reuben Botwright (2018), No nominations received in 2017, Owen Leeder (2016), Ellen Nicholas (2015), Thomas Kembery (2014), Shelby Baker (2013).

Honorary Aldermen

Glyn Walden (2012), Cyril Grace (2005)

Honorary Freeman

Duncan Slater (2018)

Freedom of the Town

The Royal Anglian Regiment (2012)

More details on citizen awards and past recipients can be found on

www.diss.gov.uk/your-community/citizen-awards

Contact us

We are open to the public Mon - Fri 9.30am - 1pm. Contact the Council Offices at 11-12 Market Hill, Diss, Norfolk, IP22 4JZ.

Tel: **643848**.

Email: **towncouncil@diss.gov.uk**

Website: **www.diss.gov.uk**

Facebook: **@DissTC**

X: **@DissTownCouncil**

Instagram: **[disstowncouncil](https://www.instagram.com/disstowncouncil)**



Newman & Co
Chartered Accountants and Registered Auditors



Newman & Co Chartered Accountants & Registered Auditors have been serving local businesses and individuals in East Anglia for over 25 years.

We offer a range of services tailored to suit our clients' individual needs that include:

- * Tax Returns Advice and Planning
- * Preparation of Annual Accounts
- * Bookkeeping services and Management Accounts Preparation
- * Business Start-up Advice
- * Payroll Services including Real-Time processing
- * VAT Returns and Advice

We provide an efficient, friendly and competent service through our professionally qualified staff and believe that there is a real value in developing long-standing professional relationships with our clients.

Please contact us to arrange a free initial consultation.

4b, Church Street, Diss, Norfolk, IP22 4DD
T: 01379 640640
E: diss@newmans-online.co.uk
W: www.newmans-online.co.uk

**Would you like
to reach a large
audience?**

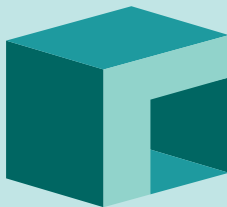
We can help promote your business by delivering your leaflet to every household in Diss with our own in-house distribution team.

Leaflet design & print service also available.



FALCON Publications
Publishing is Our Business

Just telephone us on
01379 773347
or email
gary@falconpublications.co.uk



Ratiobox

Self-assessment tax return and bookkeeping

01379 213 790 | hello@ratiobox.co.uk

Norfolk County Council

Norfolk County Council provides vital public services for people who live, work, do business or visit the county. They include children's services, adult social services, highway maintenance, recycling centres, libraries, museums, fire and rescue, economic development and Trading Standards. For more details, visit www.norfolk.gov.uk

The County Councillor for Diss and Roydon is Cllr Keith Kiddie.

17 Walcot Road, Diss, Norfolk, IP22 4DB
keith.kiddie.cllr@norfolk.gov.uk
 Tel: 01379 644750



Norfolk County Council

South Norfolk Council

South Norfolk Council is an ambitious authority providing high quality, customer focused services. We live within our means by working in a businesslike and commercial way and we are constantly challenging ourselves and developing innovative ways of doing things.

The services we deliver make a real difference to the lives of our residents. From securing multimillion pound investments to help grow businesses, jobs and homes, to emptying our residents' bins every week and

supporting those families who fall on hard times; our team of councillors and staff are committed to ensuring South Norfolk remains one of the best places to live and work in the country.

South Norfolk is home to both urban and rural locations. The district covers around 350 square miles, fringes Norwich and lies on the border between Norfolk and Suffolk. We have excellent transport links via road, rail, air and sea with Norwich International Airport and the major east coast ports of Felixstowe, Great Yarmouth, Lowestoft and Harwich just a short drive away.

London is only one and a half hour's train journey and the A11 and the A14 mean the district is well connected to the rest of the Eastern region and beyond.

We have 88 towns and villages, including our four Market Towns of Loddon, Harleston, Diss and Wymondham.

For the full range of South Norfolk Council services, people can visit the website www.southnorfolkandbroadland.gov.uk or read the Council's magazine, The Link, which is published three times a year.



ROYDON SERVICE STATION

Petrol Station & Convenience Shop

Groceries, Newspapers,
Magazines, Sandwiches and
Cards, Coal, Wood, Calor Gas, Salt,
Car Care, Large range of Pet Foods

Used Van Sales and Service

One of the largest selection of
used Vans in the area, servicing
and MOT's by arrangement.
Courtesy vehicle available

www.roydonvansales.co.uk

Tel: **01379 650 642** or
07834 153 419

Open: Mon-Fri: 6.30am-8pm
Sat: 7am-6pm Sun: 8am-5.30pm

CLASS

4

MOT CENTRE

CLASS

7



CAR & COMMERCIAL SERVICING

GENERAL REPAIRS

TYRES & EXHAUSTS

SELF DRIVE VEHICLE HIRE

CAR & VAN SALES

www.derekfiske.co.uk



DEREK P. FISKE

Sawmills Rd, Diss, Norfolk
Diss (01379) 644314

CLEANING SERVICES

TURRELL CLEANING SERVICES

Est. 1989

- **Carpet Upholstery & Cleaning**
 - **Fully Insured**
 - **Stain Removal & Carpet
Protection**
- FREE ESTIMATES**



Tel: 01379 687751

Mobile: 07801 398247

www.turrellcleaningservices



**CRYSTAL
CLEAN**

Specialist Cleaning Services

Carpets
Upholstery
Hard Floors
End of Tenancy

Mark Underwood

01379 678806

07984 648296

info@crystalclean.services

www.crystalclean.services

Emergency Services

In an emergency where you need police, ambulance or fire service assistance urgently, call 999

Norfolk Fire and Rescue Service (Diss)

Diss Fire Station is in the Southern district of Norfolk Fire and Rescue Service and has an establishment of 18 'On Call' personnel. Watch Manager Karl Hain is the officer in charge and is supported by three Crew Managers and 14 Firefighters. They all have primary employment elsewhere but are highly trained and carry a pager by which they are alerted, they report to the station within minutes once called. On average Diss attends 200 calls a year. Drill night (training and admin) takes place every Monday evening and at other times when required. If you are interested in joining the 'On Call' visit the website

<https://www.norfolk.gov.uk/safety/norfolk-fire-and-rescue-service/> or call in on a training night.

Based at the station are two fire engines and a 'tactical response vehicle' (TRV). The two fire engines have similar capabilities and attend a wide range of incidents. Due to its off road capabilities the TRV is used predominantly for wildfires, but can also be called upon for support services during bad weather e.g. snow.

Also attached to the station are the Diss Fire Cadets aged from 13 to 18. They meet every

Tuesday for training and also take part in community activities. The cadet's leader is CM Rob Powell. If you are interested in joining the cadets, pop along on their training evening to find out more.

Norfolk Fire and Rescue Service is committed to making Norfolk safer and offers free 'Home Fire Risk Checks' to eligible persons whereby a member of the service will call to your home by appointment and offer fire safety advice. To find out more information visit our website <https://www.norfolk.gov.uk/safety/norfolk-fire-and-rescue-service/>

Diss Police Station

Inspector Andy Terry leads South Norfolk. His area consists of five teams of Safer Neighbourhood Team (SNTs) Patrol officers who will respond to your calls for service 24 hours a day, investigate the crimes in your area and work with the three Beat Managers (one for Diss- PC Andrew Baker, one for Long Stratton -PC Tom Hall & one for Harleston-PC Steve Phillips).

The team work in partnership with communities and other agencies to understand and address local problems.

The Diss SNT is responsible for Diss and the surrounding villages of Aslacton, Bunwell, Bressingham and Fersfield, Burston and Shimpling, Brockdish (inc. Thorpe Abbots),

Carleton Rode, Dickleburgh and Rushall, Gissing, Gt Moulton, Heywood, Needham, Roydon, Scole (inc. Thelveton and Billingford), Shelfanger, Tibenham, Tivetshall St Mary and St Margaret, Winfarthing.

To contact Diss SNT call **101**, email **sntdiss@norfolk.pnn.police.uk** or visit the website at **www.norfolk.police.uk**

In an emergency always call 999. Dialling 999 is a must if you are facing an incident or crime right now and you need police help immediately. Such emergencies may include:

- Someone using violence or threatening violence
- Where there is a danger to life
- Serious damage is being or could be caused to a property
- A potential criminal has been disturbed or apprehended
- A road traffic collision where someone is hurt and/or a danger is being caused to other road users.

In a non-emergency, you may use the external telephone at the police station which connects you through to the Control Room at Wymondham Headquarters.



Photo - Norfolk Constabulary

Additional Information

Some helpful addresses, phone numbers and opening times for town amenities that are not listed elsewhere:

Market and Auction Day: Friday

Telephone code: **01379**

Diss Carnival

The Diss Carnival Parade and Fun Day is the annual party of the year, usually held in June. The event is organised by a team of dedicated volunteers including representatives from the Town Council, attracting thousands of residents and visitors to Diss every year. A themed procession of 30+ floats and walking groups travel from the High School through the town centre to the cheers and claps of the crowds, finishing on Diss Park for the Fun Day celebrations! Enjoy a fantastic afternoon of live entertainment, shows, stalls and surprises – a fun, free event for the whole family! Visit **www.diss.gov.uk/diss-carnival** to find out more or Follow us on **Facebook @DissCarnival** Want to get involved? Email **carnival@diss.gov.uk** Tel: **643848**

Diss Community Farm

Diss Community Farm is a community group with members in and around Diss who have come together to produce food collaboratively in an ethical and sustainable way. We have a field in Winfarthing, together with three polytunnels, where we meet weekly to grow, harvest and then take home good, local, organically grown vegetables, and some fruit. We welcome both

experienced gardeners and novices, as there are always tasks for every level of experience and strength. Our principal work day is Thursday, from about 10am until about 1pm.

For more information visit

disscommunityfarm.org or contact Gary Alexander on **07766 711999** or email **garyalexand@gmail.com**

Diss Heritage Trust

Diss Heritage Trust is a charity set up over ten years ago to make Diss a better place to live, work, visit or locate your business, with the emphasis on preserving its heritage. It works with the Town and District councils as well as other local bodies and businesses and in 2023 it merged with the Diss Community Team which had similar aims. As a charity, DHT aims to raise funds to support its objective. The DHT facilitates many events in the town – most recently the Diss Organ Festival and Transport Fayre. It also focuses on improving the life of the 'high street' by taking short term leases on empty shops and in summer 2023 reopened the old Beales department store as No 8 Marketplace, a venue for local crafts and young 'makers' and entrepreneurs. DHT welcomes new members from across the community. For more information contact Alan Franks on **07532 097007** or email **alan.franks@hotmail.co.uk**



ROY ALLEN

(ENGINEERING) LTD

WELDING • FABRICATION • BUILDINGS

STEEL FRAMED BUILDINGS

General steel fabrication and repairs, steel stockists, industrial gas suppliers. Building works with full design, detailing service, structural steelwork and cladding.

Fair Green, Diss IP22 4BG

01379 642324

Email: office@royallen.co.uk

www.royallen.co.uk



DOMESTIC • COMMERCIAL • INDUSTRIAL

Telephone: 01379 643800

Mobile: 07534 222400

Email: info@diss-scaffolding.co.uk

www.diss-scaffolding.co.uk

DURRANTS
SINCE 1853

Call us on 01379 642233



Giving your sale a clearer perspective

Diss Corn Hall

St Nicholas Street, Diss, IP22 4LB

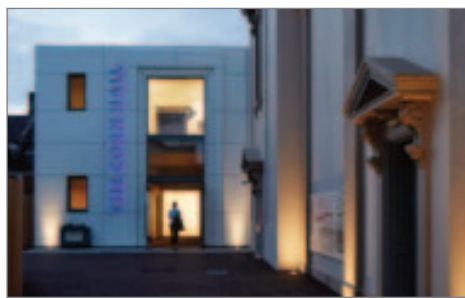
Box Office and Gallery hours: 10am-4pm daily, except Sunday. Tel: **652241**

Email: **boxoffice@thecornhall.co.uk**

Online: **www.thecornhall.co.uk**

Facebook: **[diss.cornhall](https://www.facebook.com/diss.cornhall)**

X: **[@disscornhall](https://twitter.com/disscornhall)**



Since its complete refurbishment and extension in 2017, the Corn Hall has provided a beautiful exciting, bright and welcoming community building that is completely accessible to everyone – locals and visitors alike – in the daytime as well as for evening events. It truly is a Hall for ALL!

Built in 1854 as an impressive and state-of-the-art structure at the heart of historic Diss, the Corn Hall was originally built for trading corn and other goods and has a fascinating history, much of which is explained throughout the building. Since 2010 it has been run by The Diss Corn Hall Trust as a lively arts venue and is once again taking centre stage in the community life of the town.

The Corn Hall's exciting and wide-ranging events programme attracts audiences from a wide area. Regular events include performances by high profile personalities, comedians and bands, a variety of touring and local theatre, family events and activities, film screenings, live satellite broadcasts of West End shows and contemporary art exhibitions.

The Corn Hall also hosts many community groups, classes, activities and opportunities including: Chatty Wednesdays, Arts Award, life drawing classes, Diss Fine Arts Society, Saturday clubs, school holiday activities, Greasepaint Academy, Time with Friends - Dementia Cafe, Diss Museum on Tour, education/work experience opportunities and volunteering.

Refreshment facilities: The café is open Monday-Saturday, 9.30am-3pm serving great coffee and speciality teas, as well as light food and homemade cakes. Both the bar and café are open from 6.30pm before main evening events or an hour before earlier ones.

The venue is fully wheelchair accessible.

The Corn Hall is largely run by a team of dedicated volunteers. If you would like to know more about getting involved as a steward, technician, in the box office, or in any other way, email

volunteers@thecornhall.co.uk

Thank you for your continuous support
We are open 7am till 9pm every day



Convenience Stores

**Off-Licence, Groceries, Newspapers
 & Magazines, Lotto, Frozen Food,
 Greeting Cards**

**Premier Convenience Store, 44 Skelton Road,
 Diss, IP22 4PN Tel: 01379 642828**



Check out our Facebook (Skelton Road
 Premier Shop) for offers and information



Time Out Coffee & Food



**Serving a traditional big breakfast,
 or a delicious Sunday roast.**

**Why not try our baguettes, paninis,
 cakes and much more?**

**Open 7 days a week to eat in,
 takeaways also available.**

**Located on Victoria Road by the
 Morrisons roundabout.**

Call us on 01379 308064.



Fair Green, Diss
 IP22 4NQ

Home of the best
 breakfasts in Diss!

Open Tues to Sun
 9am 'til 3pm.

Homecooked food,
 great coffee,
 freshly baked cakes
 and a warm welcome.

www.angelcafediss.co.uk



Quaker Wood

Quaker Wood is now in its second decade. It lies on Factory Lane between Diss and Roydon. It is owned and managed by Diss Community Woodland Project, a local voluntary group and is open all year round. It has been planted with a mixture of indigenous hardwood species. It also benefits from some fine mature hedgerow oak trees, a central pond and a grassland area that is managed for wildflowers.

The management objectives are to develop and maintain the area as woodland and open space, for the benefit of both the local people and the local wildlife. Local schools, youth and adult organisations have all made use of Quaker Wood for outdoor learning or quiet recreation. Structured activities for different age groups and interests are provided by the management committee. Working parties are held on the first Saturday morning and third Wednesday morning of each month to carry out a variety of management tasks according to the season. These include brush cutting, tree care, pruning, scything, hedgelaying etc and it will not be long before thinning and production of woodland material will be part of the management. All ages are most welcome at the working parties and no special skills are required. If you would just like to chat and find out a little bit more, then turn up mid morning on any first Saturday of the month. Running

costs are covered entirely by local voluntary donations. Significant financial contributions, especially those that celebrate family occasions, are acknowledged by a suitably engraved plaque at the entrance. For further information on volunteering, the management committee, donations or fundraising please refer to the website www.quakerwood.org.uk or email quakerwooddiss@gmail.com

Diss Parochial Charity

(Registered No. 210154)

This Charity is a combination of 13 small charities partly dating from 1618, originating with gifts of land or property from various benefactors to provide income for the benefit of poor persons in the Parish of Diss. Full details can be found on the Charity Commissioners' Website. It is administered by seven trustees: the Rector of Diss, four nominated by the Town Council and two coopted by the other trustees. It has four almshouses and makes small grants to residents in the civic parish of Diss where assistance from public funds or other bodies is nonexistent or inadequate. Assistance is also available in cases of need or distress and for training where this is within the remit of the charity.

Apply to the clerk: Sylvia Grace, 2 The Causeway, Diss, IP22 4AW.

Tel: **650630**.

Email: sylvia.grace@btinternet.com



Weavers Independent partnership Restaurant under new ownership run by Joshua who is an award winning chef, and Lindsey who has over 20 years hospitality experience. We use all local produce, cooked fresh whilst still keeping in style with the character of this 15th century timber frame building.



Market Hill, Diss, IP22 4JZ

www.weaversdiss.co.uk

01379 642411

Facebook & instagram - @dissweavers1

The Saracens Head

75 MOUNT STREET, DISS (Next door to the Church)



SPECIALISING IN HOME-COOKED FOOD - Freshly prepared.

Lunchtimes and evenings

Covered outside area for food & drinks

SUNDAY LUNCHES - BEER GARDEN

ACCOMMODATION - Including singles, doubles & family rooms

The Saracens Head, Diss

Email: saracensdiss@gmail.com

Phone: 01379 652853

Website: www.saracenshead.diss.co.uk

Hall Hire

Taylor Road Meeting Room

A modern facility to take up to 90 people. The room is available for hire for receptions, parties and meetings. For bookings email taylorroadmeetingroom@outlook.com

Roydon Village Hall

A modern hall with all facilities, including a full stage. For bookings contact roydonvillagehall1@gmail.com
Website: [roydonvillagehallweebly.com](http://roydonvillagehall.weebly.com)

Diss Youth and Community Centre (DYCC) Main Hall

Up to 100 people capacity. For bookings call **643848** or email towncouncil@diss.gov.uk
Visit www.diss.gov.uk/diss-youth-community-centre for more info

Hope Church

For more information on their range of rooms for hire email office@wearehopechurch.net

Diss Methodist Church

Halls and meeting room for hire with kitchen facilities. For more info call Janet Chambers on **831077** or email info@dissmethodistchurch.org.uk
www.dissmethodistchurch.org.uk

Diss United Reformed Church

Range of meeting rooms and halls of various sizes to hire. For more info call Gabrielle Pagan on **650770** or email

gabriellepagan@gmail.com
www.dissurc.org.uk

The Corn Hall

The Corn Hall has rooms available to hire. Call **652241**.

Library

Diss Library, Church Street, Diss IP22 4DD
Email: diss.lib@libraries.norfolk.gov.uk
Tel: **642609**

Opening times: Monday: 10am-7pm
Tuesday: Closed, Wednesday: 10am-7pm
Thursday: 10am-7pm, Friday: 10am-7pm
Saturday: 10am-4pm, Sunday: Closed

Visitors, as well as all who live and work in Norfolk, are welcome to use the library. There is free internet access and Wi-Fi.
www.norfolk.gov.uk/libraries



Markets

We have a traditional, bustling market every Friday in the Market Place.

Various stalls also operate on other days of the week. Are you interested in having a market stall, promotional or charity stall? Contact Diss Town Council for further information **643848** or visit www.diss.gov.uk



Traditional British Fish & Chips

We are Frying Fresh Fish

Daily fresh fish from
Grimsby Fish Market

HOME DELIVERY - Within a Radius of 5 miles
(please check delivery charge on our website) Minimum order from £10
Delivery charge £2 within 2 mile

Market Place, Diss, Norfolk IP22 4AB
Telephone: 01379 641246
www.mrchipsdiss.com



For all your breakfast and lunch needs:
Freshly made sandwiches, baps and
baguettes with a large variety of fillings
Home made sausage rolls, scotch eggs
and cheese straws

Crisps, sweets and drinks available

D's Coffee House
Hopper Way, Diss IP22 4GT
07949 391274



LOCAL
Beef, Lamb, Pork,
Chickens, Bacon & Eggs

MADE ON THE PREMISES
Sausages, Burgers, Cyril's Pies Large & Small,
Sausage Rolls & Lamb Pasties All Year Round!!

SEASONAL ITEMS
Kebabs, Game, Haggis & Pork Cheese

Weekly Deliveries Available

Ask about Gluten Free products
Deepfreeze orders taken, packed, marked & frozen for you!

48 Mere Street, Diss Tel: 01379 642020
www.cannells.co.uk
cyril@cannells.co.uk

Victoria Fish Bar



01379 650 434
16 Victoria Road, Diss IP22 4HW

Diss Coffee Shop & Deli

*Priding ourselves on local
and homemade fayre*



Open Monday-Saturday 9.30am-3pm
8 St Nicholas Street, Diss
Tel: 01379 831640



Serving food 12pm - 7.30pm
Takeaway available
Please see our website for menus
www.theburstoncrown.com

TEL: 01379 770710

Diss Museum



Photo - John Hutton, Diss Camera Club

Diss Museum is situated in the Market Place in a building called The Shambles, formerly two butchers' shops. There are a variety of displays, frequently changed, about the history of the town and area. Always on display are the Old Rectory Doll's House and old photos and jottings from the Memory Bank. Local firms like Cupiss, Aldrich, Anness and Gaze have all been featured. Panels in the windows depict significant characters and events from the town's past. Outreach activities include: talks to groups and schools, tours of the town (including a Murder Tour) and involvement in events like the Roydon Riots Centenary (1993), Skelton Festival (2004), Nelson Bicentenary (2005), Betjeman Centenary (2006), Local History Festival (2007), Tom Paine Festival (2009),

Friends In High Places: The Manning Story (2011), The Friendly Invasion (2012) and the R34 Adventure (2019). In 2014 the museum was behind the project to put the missing names on the war memorial. The museum is administered by a registered Charitable Trust. In 2019 Accreditation was awarded by the Arts Council. Accreditation is the UK standard for museums and galleries. It defines good practice and identifies agreed standards, thereby encouraging development, helping to guide museums to be the best they can be. The museum has won a Gulbenkian Award for the greatest improvements achieved with limited resources. The Tom Paine Festival won the East of England Market Towns Culture Award and a Museums & Heritage Award for Excellence for the best project on a limited budget. The day-to-day running of the museum is largely by volunteers. The Friends of Diss Museum provide stewards and financial support for special projects. The museum is open from 11am-3pm every day except Sunday from mid-March to the end of October. Admission is free.

Museum postal address:

11 Market Hill, IP22 4JZ. Tel: **673613**. email:

dissmuseum@lineone.net

website: www.dissmuseum.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, 1a & 2 Carmel Works
Denmark Street, Diss, Norfolk, IP22 4AS
Tel: 07879 776175 (24hr)




See our customer reviews at
www.susanwhymark.co.uk Email: susan@susanwhymark.co.uk

To be included in the next
Official Diss Town Guide for
2026/27



Contact Falcon Publications
on 01379 773347 or email
info@falconpublications.co.uk
www.falconpublications.co.uk

No matter what size your budget

Our compassion is constant



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





Rosedale
FUNERAL HOME

63 Victoria Rd, Diss IP22 4JE
24hr Telephone:
01379 640810

11 Exchange St, Harleston IP20 9AB
24hr Telephone:
01379 853999

www.rosedalefuneralhome.co.uk

The Park Pavilion



Photo: Courtesy of Diss Town Council

The Park Pavilion offers an open-air venue for music and drama performances or sporting events and can be hired by community groups and organisations. The adjoining kiosk provides a wide selection of hot and cold drinks, snacks and ice creams. It's an excellent place to sit and admire the views of the Park and Mere. Call Diss Town Council on **643848** or visit **www.diss.gov.uk** for more information or to make a booking.

Political Parties

Member of Parliament for South Norfolk is Mr. Richard Bacon MP, House of Commons, Westminster, London, SW1A 0AA. Local Tel: **01508 532222** or email

richardbaconmp@parliament.uk

After the next General Election, the town of Diss will move into the Waveney Valley constituency.

South Norfolk & Waveney Valley Conservative Association

The local Conservative Branch is based at the main office of the SNC Association which is at Pretoria House, Ipswich Road, Long Stratton, NR15 2TA. For further details please contact **office@snwvca.org.uk** or call **01508 333100**

South Norfolk Labour Party

Electoral Agent: Pam Reekie.

You can contact us by phone or via the website on **740037** or **www.southnorfolklabour.org.uk**

South Norfolk Liberal Democrats

The local Liberal Democrats Branch takes an active interest in local and national politics and organises social and fundraising events. Regular meetings take place at venues in the area.

Contact: Trevor Wenman, Tel: **641423** or email **info@southnorfolklibdems.org.uk**

Post Office

Main Post Office, Market Place

Helpline: **0345 7223344**

Open: Monday: 9.00am – 5.30pm

Tuesday: 9.30am – 5.30pm

Wednesday: 9.00am – 5.30pm

Thursday: 9.00am – 5.30pm

Friday: 9.00am – 5.30pm

Saturday: 9.00am – 12.30pm

At the time of going to print, there was a public consultation to relocate the post office to 5 Mere Street, Diss, IP22 4AD

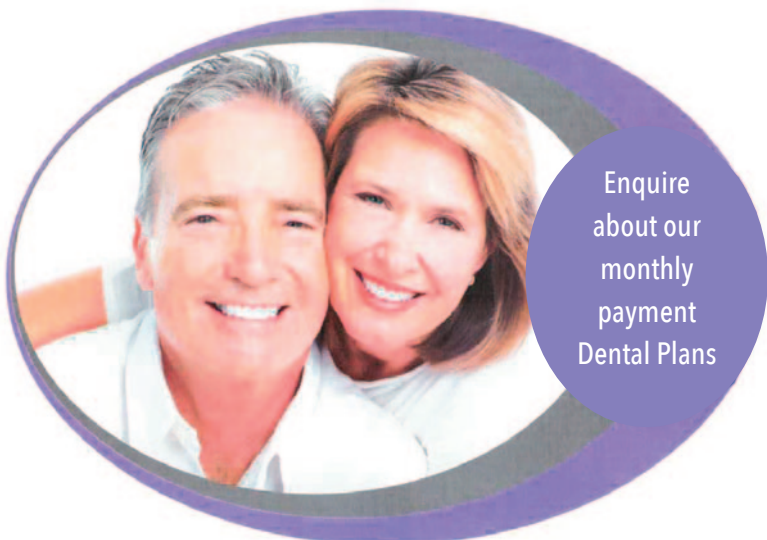


**DISS
DENTAL
HEALTH
CENTRE**

IMPLANT & COSMETIC CENTRE

0% Finance

Spreading the cost
of treatment



Enquire
about our
monthly
payment
Dental Plans

Ask us about our **new** Facial Aesthetic treatments

**TEETH WHITENING • IMPLANTS • HYGIENE
EMERGENCY APPOINTMENTS • SEDATION**

3 - 4 Mount Street Diss IP22 4QG
www.dissdentist.com

01379 642522

Local Radio Stations

Radio Norfolk: FM 95.1, 95.6 & 104.4

Radio Suffolk: FM 103.9, 104.6, 95.5 & 95.9

Heart Norfolk: FM 102.4

Heart Suffolk: FM 97.1 & 96.4

Park Radio: FM 107.6 & 105.2

Recycling Centres

Tesco Supermarket Customer Car Park:

Glass, clothing, shoes, CDs, paper, shredded paper, wrapping paper, envelopes, books and batteries

Morrisons Supermarket, off roundabout at entrance to car park: Glass, clothing, shoes, paper, shredded paper/envelopes and textiles

Chapel Street Car Park: Glass

Rose Lane, near Riverside Maltings: Glass

Thomas Manning Road, junction of Vinces Road: Glass

Weavers Court (Mount St) Car Park: Glass, textiles and clothing

Willbye Avenue, 100 yards from roundabout: Glass

Roydon High Road: Glass, clothing, shoes and textiles

Registrar's Office

For the registration of births and deaths, marriages, civil partnerships, certificates and tracing of family trees, you will need an appointment to see the Registrar at Diss Registration Office, Council Offices, 11-12 Market Hill, Diss, IP22 4JZ.

Opening times: Mon – Fri 9.30am – 1pm

For appointments and general enquiries, contact **01603 306149** or visit

www.norfolk.gov.uk/registrationservices

Diss Visitor Information Point

The Diss Visitor Information Point (VIP) is situated in the Corn Hall and aims to guide visitors and tourists to the wide range of fantastic facilities and attractions in and around Diss. Run by a team of volunteers, it is one of many VIPs opening across the Waveney Valley area and country and features an information book for visitors, rack of leaflets about local attractions, a selection of maps, timetables and free access to the internet. We are looking for volunteers to help run the service so do get in touch. Open Monday Saturday 10am-4pm. Tel: **652241**

Water Board

In emergencies contact Anglian Water on **03457 145145**



Photo: Diss Carnival - Courtesy of Diss Town Council

Travel

Air Travel

Forty minutes by car from Diss, Norwich Airport operates flights to many destinations around the world. For information phone: **(01603) 411923** or go to **www.norwichairport.co.uk**

Bus Services

For services in Norfolk and Suffolk and National Travel information contact Traveline on **www.traveline.info** or **0871 200 22 33**.

1 & 2: Long Stratton, Norwich (Simonds)

17: Diss Town Service (Simonds)

110/112/113/114: Eye, Mendlesham,

Debenham, Ipswich (Simonds)

170: Woodbridge, Felixstowe (Fareline, summer Mondays only)

304/337/338: Stanton, Bury St.Edmunds (Simonds)

475: EyeDiss (Fareline)

80: Harleston, Beccles,Yarmouth (Anglian Coaches)

584: Pulham, via Dickleburgh (Semmence)

581: Harleston, Bungay, Beccles (Simonds)

Konect Bus 1: Diss, Long Stratton, Norwich

Flexi Bus

Offers transport from Blo Norton, Garboldisham, Gasthorpe, Riddlesworth, Rushford, Shadwell, Eccles, Wilby, Quidenham, New Buckenham and Diss to Diss centre Fridays for shopping trips in between 09.30 and 11.30 return 11.30 to 13.00. Open to all ages, we offer reduced fares for under

16s and accept concessionary passes. The bus will collect you from close to your home at a pre arranged time and drop you where you want to go. Prebook your seat at least one day before you wish to travel (or by 15.00 Friday for journeys on Monday).

Tel: **08000 351350**

The Borderhoppa

This is a Dial A Ride service for people living within South Norfolk & North Suffolk who find getting to places a problem. This could be because your village is not covered by a bus service or because you have a mobility problem that prevents you from using a normal bus. Most of the mini buses are wheelchair accessible and you will be collected from and returned to your door. You need to book your journey at least 24hrs before you wish to travel, but you can book up to a week in advance. Regular journeys can be block booked. All passengers will need to become members to use our buses. Please contact us for more information.

We also run regular members outings throughout the year. Our mini buses are also available with a driver for hire to community groups and non profit making organisations. For any further information or to make a booking please call **01379 854800** or email: **adminborderhoppa@btconnect.com** **www.borderhoppa.org**


DIPPLE & CONWAY
OPTICIANS
Est. 1916

DIPPLE & CONWAY

Your eye care and spectacles
in safe hands

- ✓ EXCLUSIVE RANGES
- ✓ ENHANCED EYE EXAMINATIONS
- ✓ CONTACT LENSES
- ✓ DRY EYE CLINIC
- ✓ FIRST CLASS SERVICE

12 Market Place, Diss IP22 4AB | 01379 642598 | dippleconway.co.uk

Rail Travel

There is a half hourly service between Norwich and London in both directions. The first train from Diss to London leaves at 05.18 and the last at 22.19. The first train from London to Diss is at 06.00 and the last at 23.30. The first train to Norwich leaves at

07.02 and the last at 01.10. The first train from Norwich is at 05.00 and the last at 23.05. The timetables vary at weekends and all travel information can be obtained by phoning: **03457 484950** or **www.nationalrail.co.uk**



Photo: Dennis Harris (using a drone)



Scrivens.

No name works harder to ensure that you never miss a moment.

As your local eye and hearing care specialists, our priority is to provide the very best service to you and your family.

- Eye tests including NHS eyecare
- Contact lenses – direct to your door
- Free hearing health check
- Latest hearing aid technology including mobile and TV connectivity

Come and visit us at 45 Mere Street, Diss

Your local optician | [scrivens.com](https://www.scrivens.com)

scrivens
OPTICIANS | HEARING CARE

SPECSAVERS DISS

Stylish Frames, Great Prices.
Book an appointment today,
in store or online.

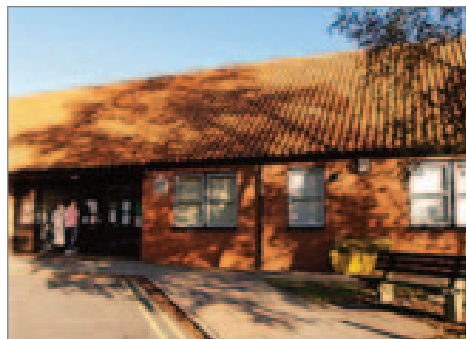
Diss 9-11 Mere Street. Tel 01379 658 490
[specsavers.co.uk](https://www.specsavers.co.uk)



©2013 Specsavers. All rights reserved.

Health, Welfare and Social Services

Diss Health Centre



The Health Centre is situated off Mount Street and accommodates two medical practices and a range of community health services. Information about the practices, including surgery times, appointments etc is available from the receptionists.

The Parish Fields Practice (Drs Thorneley, Varghese and Wilde) Tel: **642023**,
www.parishfields.co.uk

The Lawns Medical Practice (Drs Lawton, Pantazis, Amies, Lee and full-time nurse practitioner Clare Horton) Tel: **642021**,
www.lawnsgp.com

Chemists

Well Pharmacy, 11 Market Place Tel: **642053**
(Open 9am-6pm Mon to Fri, 9am-5pm Sat, closed Sunday)

Boots, Market Place Tel: **642436** (8.30am-6pm Mon to Sat, closed Sunday)

Hado Pharmacy, Mount Street Tel: **644001**
(Open 9am-9pm Mon to Fri, 9am-8pm Sat and 10am-5pm Sunday. Closed between 1-2 Mon to Sat for lunch)

Outside these hours, call NHS 111 to find your nearest out-of-hours pharmacy.

Community Health Services

A wide variety of community health staff operate from the Health Centre, making local services available with minimum travelling time. A wide range of clinics is held at the Health Centre; while some staff (such as district nurses) also visit patients' own homes. Regular clinics include: foot health services, physiotherapy and diabetic services. The nursing staff includes community nurses and therapists. For more information about your local community health services (not the GP Practices), please call **01953 609409**.

A Carers Meeting is held at the Diss Corn Hall Cafe on the 2nd Thursday of every month at 2pm. It lasts about 2 hours and drinks are provided. People who care for a relative or loved one that are registered at either practice are welcome. Further details are available from either practice.

Out of Hours

For medical advice and to discover your nearest out-of-hours service dial 111.
Always dial 999 in an emergency.

Hospitals

Diss is served by: The Norfolk and Norwich University Hospital, Colney Lane, Norwich, NR4 7UY Tel: **01603 286286**.

Diss Chiropody & Podiatry Clinic

Day & Evening Appointments Nail Surgery Clinic Orthotic/Insole Therapy
Foot Care/Advice Various Verrucae Treatments (Including needling)
Home Visits Available

Mr. W. J. Hutchings
BSc. (hons) Podiatry
Hcpc reg M.R.c.Pod
01379 640370

foot.clinic@btconnect.com 1 Roydon Road, Diss, Norfolk IP22 4LN

HEALTHCARE



De Lucy House
Care Home

Rated #1 care home in Diss

greensteeves
care
You're among friends

- ✓ Home for Life Commitment - you will never be asked to leave if funds run out
- ✓ Superior care with not-for-profit values
- ✓ No obligation trial stay

Chat with us today

01379 773 200

40 Victoria Road, Diss, Norfolk IP22 4HZ



West Suffolk Hospital, Hardwick Lane, Bury St. Edmunds, IP33 2QZ Tel: **01284 713000**.
Ipswich Hospital, Heath Road, Ipswich, IP4 5PD Tel: **01473 712233**.

Independent Community Living Schemes

Saffron Housing Trust has an Independent Community Living Scheme located at Thomas Manning Road in Diss. This scheme consists of 23 self-contained bungalows for people who are 60 years or older. The schemes benefit from a Wellbeing Co-ordinator being on site each weekday to offer support and assistance, all tenants have the benefit of an OKEachday service which confirms you are ok at a specific chosen time. There are also communal laundry facilities, communal gardens and a communal lounge and kitchen. For further information please contact Saffron Housing Trust on **01508 532000** or email **info@saffronhousing.co.uk**

Independent Community Living Plus Schemes

Weavers Court is an Independent Community Living Plus scheme located on Mount Street in Diss. This scheme offers 24 hour support from on-site care staff in self-contained apartments. Each apartment has its own kitchen, dining and lounge area. There are also communal laundry facilities, a communal lounge, outside space and a

hairdressers to name a few of the facilities here. For further information about this service please call **01508 532000** or email **info@saffronhousing.co.uk**

Children & Adult Social Care

Social Care is the responsibility of Norfolk County Council and is administered from County Hall, Norwich. For more information on all departments, go to **information@norfolk.gov.uk** or call **0344 800 8020**.

Bereavement Support Group

This group offers support for anyone who is suffering with grief and bereavement. There are three courses per year which each run for eight weeks and they are all free to attend. Please get in touch for course dates. The group looks to address the many facets of grief and offers people a space to come along and share their feelings whilst feeling the support of the group as they navigate their way through their bereavement. The group facilitators are all fully trained and come with a wealth of experience. Many people suffer silently with their grief whilst others around them feel that they are doing well. The group offers support for anyone who is struggling in coming to terms with their bereavement, no matter how long ago their loved one has died. Call Kerry on **01379 640810** or email **info@rosedalefuneralhome.co.uk**



Flexible tailored care in the comfort of your own home



- **Personal Care & Support**
- **Short-term Reablement**
- **Companionship Services**

Call us on **01379 439195** to find out about our range of services, from hourly care and companionship to help around the house and essential daily support.

kingsleyhomecare.co.uk

36F Mere Street, Diss, Norfolk IP22 4AD

*T&Cs apply



Pensions

General pensions enquiries (for over 60s)
0800 7310469. See also information under
 Citizens Advice Bureau.



Diss Jobcentre Plus

Jobcentre Plus is part of the Department of Work and Pensions. We aim to help people into paid work, employers fill their vacancies and give people the help and support they are entitled to if they cannot work.

Opening times:

Monday, Tuesday, Thursday & Friday:
 9.00am – 5.00pm

Wednesday: 10.00am – 5.00pm

Information and enquiries **0800 169 0190**

Textphone **0800 169 0314** or visit website
 at **www.gov.uk**



Photo - Courtesy of Diss Town Council



Walcot Hall Nursing Home

Walcot Green, Diss, Norfolk, IP22 5SR



Walcot Hall provides compassionate, person-centred care in a safe and friendly environment. Our dedicated and skilled team of staff ensure quality care throughout the home and seek to value and respect the uniqueness of residents and their families.

We offer **nursing, residential** and **dementia care** and currently have vacancies for **permanent** and **respite stays**.

Call us today to book a viewing and to meet our team.

01379 772690
healthcarehomes.co.uk



Committed, compassionate, caring

Voluntary Welfare Organisations

Al-Anon Family Groups

We offer help and support to families and friends of anyone who has a problem with alcohol. Call the helpline on **0800 0086 811** between 10am and 10pm, 365 days a year or email **helpline@al-anonuk.org.uk**
Website: **www.al-anonuk.org.uk**

Alcoholics Anonymous

If you want to drink, that's your business.
If you want to stop, that's ours. We meet at 1pm on Tuesdays and 7.30pm on Fridays at the URC Church, Diss. Anyone who has, or may have, a problem is welcome to phone Jane on **898783** for more information.
There is also a 24 hour manned confidential helpline. Tel: **0800 917 7650**

Autism Anglia

Registered Charity No. 1063717. Covering the counties of East Anglia our charity specialises in the welfare and care of people with Autistic Spectrum Conditions. For more information please visit our website **www.autism-anglia.org.uk** or email **info@autism-anglia.org.uk**
Tel: **01206 577678**

British Heart Foundation

The British Heart Foundation funds £100 million of research each year into all heart and circulatory diseases and the things that cause them. They offer advice, training in CPR and opportunities to volunteer in your

local area. Heart Helpline (for medical enquiries) **0808 802 1234**.

Customer services: **0300 330 3322**
www.bhf.org.uk

British Red Cross

The British Red Cross provides a wide range of services throughout the Cambridge, Norfolk and Suffolk areas. For more details, please contact British Red Cross Norfolk Branch, Coronation Road, Norwich, NR6 5HD.
Tel: **01603 426361**.

Caring Together

At Caring Together we are a charity who provide advice and information, run services in our local communities and campaign for carers' rights.

We provide support for carers and people they care for including: Care in the home and community for adults and children, information, advice and guidance to help people in their caring role, dedicated staff to identify and arrange support, local carer groups and support from other carers, tailored services for young carers and young adult carers, help to plan for the unexpected, immediate support in a crisis and specialist dementia support.

Contact us to find out how we can help you on **0345 241 0954**, at

hello@caringtogether.org or at **caringtogether.org**

DISS GARDEN CENTRE & DISCOUNT PET STORE



Summer Bedding & Basket Plants Now In Stock

A Family Run Business for the last 40 years, for all your Gardening and Pet needs.

Quality plants and products available with 'Old Fashioned' Personal Service
and Friendly Advice from knowledgeable staff.

Telephone: 01379 642873

www.dissgardencentre.co.uk

Victoria Road, Diss, IP22 4JG (Next to Diss Swimming Pool)



**Safe & Sound
Hygiene and Pest Control**

Is your garden overrun with moles?

Do you have a wasp nest?

Are your paddocks overrun with rabbits?

For ALL your domestic or commercial Pest Control.

No obligation – free survey/quotes.



Pest infestation can damage your health and your home. Recent surveys show that numbers of mice/rats and bed bugs found in UK homes are on the rise. As Local Authorities are cutting back on free pest control services. We are here to offer you a service at the right price.

Call us to discuss your pests on 07809226109.

www.safeandsoundhygieneandpestcontrol.co.uk

Citizens Advice Diss, Thetford & District

We are a local charity providing general advice on any given issue and further specialist support in Benefits, Debt, Energy, Housing, Crisis and Employment. Our advice is provided with compassion, knowledge and understanding by our expertly trained volunteers and staff across multiple channels via in-person, telephone and email.

As well as general and specialist advice we can provide practical support with form filling, debt support, negotiating with third parties, charitable and referrals for legal support and more.

Contact us on

0800 144 8848 or at www.cadat.org.uk

Shelfanger Road, Heritage Triangle car park, Diss, IP22 4EH

Opening Times:

Monday: 10am - 2pm (appointment only)

Tuesday: 10am - 12.30pm (drop-in)

Wednesday: 10am - 2pm (appointment only)

Thursday: Closed

Friday: 10am - 2pm (appointment only)

Did you also know....

We have opened **The Shelf** – an affordable Community Food Hub. You can:

- Join as a member
- Be a Shelfie Volunteer and work in The Shelf shop
- Donate food or funds

- To find out more email **theshelf@cadat.org.uk** or drop-in
Mon 1.30pm - 3.30pm
or **Thurs 10.30am - 12.30pm**

We have more **volunteer positions** as Advisers, Administrators and Trustees.

To find our more contact

v.recruitment@cadat.org.uk or visit our **website www.cadat.org.uk**

Diss Community First Responders

Community First Responders are volunteers who respond to emergency calls on behalf of the East of England Ambulance Service in the area where they either live or work. Diss First Responders have been working with the EEAS since the end of April 2008. If you would like any further help or information please contact Rachel Hillier, Coordinator, Diss First Responders on **740158** or email **chocs4@aol.com**

Diss Community Fridge & Larder

Anyone can come along and help yourself to donated food with a focus on reducing food waste. Donations also welcome. Open **Monday 7.30-8.30pm, Thursday 6-7pm and Friday 7.30-8.30pm**. Currently based at the Salvation Army Hall on Sunnyside.

Dove Activities at URC

The Dove Dementia Cafe meets at the United Reformed Church on the first Wednesday of the month, from 10.00am to 1.00pm.

High quality, secure and stylish.

Garage Doors, Gates and Awnings
supplied, installed and repaired.



Chapel
Doors
LIMITED

Visit our Diss showroom to view our range of
high quality products and talk to our friendly
team about the perfect solution for your home.

Diss 01379 651959

www.chapeldoors.co.uk



Photo: Marie Taylor

Dove Song is a singing group which takes place every third Monday of the month at 1.30pm. It is led by a trained music therapist and is for people living with Parkinson's, dementia or recovering from stroke. Dove Song Plus - a singing group for people with complex needs - meets every 3rd Wednesday of the month at 2.30pm.

The Dove Cafe Church meets every fourth Monday of the month at 1.30pm at the United Reformed Church. It's a shorter church service with traditional hymns and prayers.

Dovelets is a group for pre-school children with complex needs and meets every Tuesday from 10-11am. For more information call Gabrielle on **650770**.

Fersfield School of Healing

This School is part of the International Healing Fellowship. It is a healing group that not only trains healers but is also open to the public for healing. There is one session a month from 7pm-9pm and all are welcome. For more information please contact Maggie on **890916**.

Mencap

Providing the opportunity for those with learning disabilities (and their families and carers) to obtain advice, guidance and support and offering the opportunity to participate in various recreational activities in a safe environment. In addition the

application of various methods to advocate the rights, needs and wants of people with a learning disability to enable greater integration in the local community.

Call the Mencap Learning Disability Helpline:

0808 8081111 or email

helpline@mencap.org.uk

NHS Blood and Transplant (NHSBT)

Save a life today, give blood! The NHSBT holds regular blood donation sessions at different locations locally. If you would like to find out more about giving blood contact **0300 123 2323** (local rate) or log on to **www.blood.co.uk**

Norfolk Adoption Service

If adoption and fostering are new ideas for you, we can help you find out more. Norfolk Adoption Service, County Hall, North Wing 5th Floor, Martineau Lane, Norwich, NR1 2DH **01603 638343 / adoption@norfolk.gov.uk** **www.norfolk.gov.uk/adoption**

Relate: Norfolk and Suffolk

Counselling, support and information for all relationships. Our services include Relationship Counselling for individuals and couples, Sex Therapy, Family Counselling and Children and Young People's Counselling. For an appointment in Diss or at one of the other venues or for more information, please contact us on **01603 625333**. Counsellors can also be contacted directly via our website: **www.relate.org.uk**



PC
bathrooms
& Kitchens

For all your plumbing needs

PAUL CLARKE
T: 01953 888439
M: 07766 543466
E: pcbaths@gmail.com

A. WATERFIELD & SONS LTD

Quality work for over 50 years



- Brickweaving & Patios
- Commercial & Domestic Work
- Driveways & Car Parks
- Road Construction
- Asphalt, Tarmac & Concrete
- Hot Bitumen Spraying

Tel: 01379 740 255

www.awaterfield-sons.co.uk

awaterfield-sons@hotmail.co.uk



Complete Flooring
Domestic & Contract

Carpets, Wood,
LVT Flooring, Safety Flooring,
Lots of Room Size Remnants.

146 Victoria Road, Diss IP22 4JN
(On Morrisons roundabout)
01379 651188
www.completeflooringdiss.co.uk

Riding for the Disabled Association (RDA)

The Diss and District RDA Group holds riding sessions for disabled children every Tuesday afternoon at Hill Farm Stables, Elmswell. New helpers are always welcome. Those interested should call Penelope Lister on **776114**. Also please contact Penelope if you are the parent or carer of a child who could benefit from riding.

Royal Voluntary Service

RVS aim to help people maintain independence and dignity in their own homes and communities, particularly in later life. RVS are premier providers of services within the community. Enquiry line Tel: **0845 608 0122**. Open: Mon-Fri 8am – 6pm. For home and mobile library service tel: **01603 397998** Mon-Fri 9am-1pm.

RSPCA

Cruelty Line or Inspectors, Tel: **03001 234999**.

Animal Rehousing Centre: Low Road, North Tottenham, Tel: **03030 401565**.

Opening hours Mon-Fri, 10am – 4pm.

For more information see **www.rspcanorwich.org.uk**

Save the Children (SCF)

The international charity which fights for children in the UK and around the world who suffer from poverty, disease, injustice and violence. We work with them and their

families to find lifelong answers to the problems they face. The local branch has been active in this area for over 20 years and has raised over £80,000 with the help of our local supporters. For more information please visit our website **www.savethechildren.org.uk**

Soldiers, Sailors & Airmen Family Association/Forces Help Society (SSAFA)

SSAFA provides practical, emotional and financial support to anyone who is serving or has ever served and their families. SSAFA Norfolk, Tel: **01603 403322** or email **norfolk.branch@ssafa.org.uk**

Solo Housing (East Anglia)

Solo Housing (East Anglia) is a registered charity, limited company and a registered housing provider. Solo Housing was originally established in 1985 and we help a range of single adults from the age of 18, from those who simply need a roof over their head, to those who need regular help to overcome challenges that they may be experiencing. We provide support, advice, information and practical help to help single people to secure and sustain accommodation.

At Solo we believe in people and our intention is to provide opportunities for those who pass through our door to improve their lives. We are funded by a number of different agencies, local authority grant, voluntary income and rental revenues.



WE ARE HIRING

Job Roles

- ★ Insurance sales advisors
- ★ Claims adjusters
- ★ Customer support operatives
- ★ Recovery handlers
- ★ Administration assistants

Not all roles need experience

★ Talk to us about a career ★



29 Days holiday
(inc bank holidays)



Training
programmes



Free on-site
parking



Perk box benefits



Providers of Motor Insurance Solutions



Call: 01379 647885



or email recruitment@lexhaminsurance.co.uk



www.lexhaminsurance.co.uk

Lexham Insurance Consultants Ltd are authorised and regulated by the Financial Conduct Authority, firm reference number: 303917.
Lexham Insurance Consultants Ltd is a company registered in England, Company No. 3897329, registered address: Unit 21, Hopper Way, Diss, Norfolk, IP22 4NG.

Solo currently provides three types of housing solution for single people in parts of Norfolk and Suffolk:

The Lodgings Scheme enables people with a spare room to let, to meet someone wishing to rent it. The Lodgings Scheme provides a quick & affordable housing solution for people who do not have a home and may not have wider support networks to help them.

Supported Housing assists people to develop skills to sustain longer term accommodation and where they may have specific health or other vulnerabilities making it difficult to sustain accommodation in general needs housing.

The accommodation provided is either a one bedroom flat, shared house or flat or in our hostel. Our staff visit regularly, encouraging people to rebuild their confidence and prepare for independent living. The service provides a planned move back into the community, either to social housing accommodation or to the private sector, living with family or friends or moving to lodgings.

General needs accommodation – we have five low cost single person accommodation units in Diss which can provide a move on solution for those living in supported accommodation or to provide low cost accommodation for those on a low income. Our work is supported by a dedicated board of trustees; we regularly recruit to the board. Key skills welcomed are

financial management, marketing, publicity and charity/ housing sector governance.

For further information please contact Solo Housing on **640250** or by email:

hello@solohousing.org or visit our website **www.solohousing.org**

Versus Arthritis

National charity supporting people with arthritis of all ages, their families and carers.

For information and support call the free Versus Arthritis Helpline on **0800 5200 520** (Mon-Fri 9am-6pm) or email

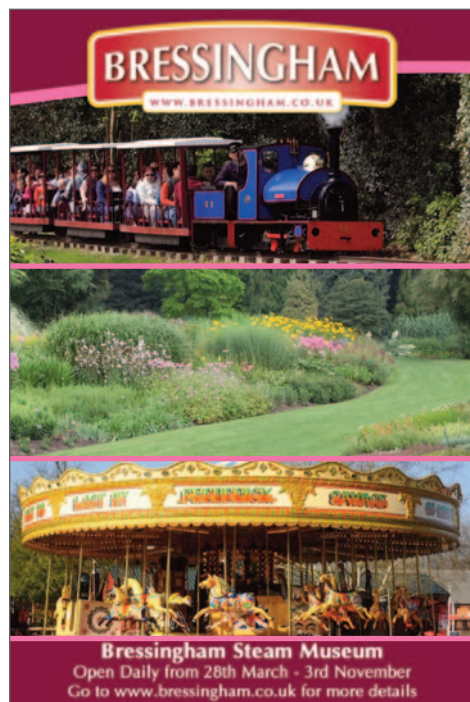
enquiries@versusarthritis.org For more info go to **versusarthritis.org**

Waveney Talking Newspaper Association

A voluntary organisation distributing local news and information recorded on memory sticks every fortnight to blind and partially sighted people and others unable to access the printed media. The service is also available online at **waveneywords.org** or on Alexa. Approximately 35 people receive the recordings made by four teams, each of four readers with an editor and a technician.

Contact Secretary Trevor Freeborn on

608774 or by email at **waveneywords@gmail.com**



BRESSINGHAM
www.bressingham.co.uk

Bressingham Steam Museum
Open Daily from 28th March - 3rd November
Go to www.bressingham.co.uk for more details



CYCLE SHACK

1 Chapel Street, Diss IP22 4AN
01379 641212
www.thecycleshack.co.uk

- Massive range of cycles
- Full Repair workshop
- New

RALEIGH
Electric Bike Test Centre

- Loads in stock to try

Open 6 days a week (closed Mondays)




HEYWOOD
SPORTS & FITNESS
the club with a difference!

Facilities include:

- Two Padel Courts • Two Tennis Courts
- Three Squash Courts • 3G 5-a-Side Football Pitch
- Gym • Golf
- Licensed Bar & Pool Table

Walcot Road, Diss IP22 4DB
Tel: 01379 643088

www.heywoodclub.co.uk 

Arts, Crafts, Dancing & Music

Arts Society Diss

We are a friendly, welcoming group who meet every third Tuesday of the month between September and June in Diss Corn Hall at 2pm.

We have ten carefully selected talks on a variety of arts subjects. They are chosen to be entertaining, but also to challenge the ideas and perceptions that we may have. Our speakers are experts in their field and it is exciting to discover a new topic or to look at a familiar subject from a different perspective. The experience is enhanced by the large screen and clear sound quality in the Corn Hall.

During the year we offer local day visits and a longer four to five day tour, visiting historic sites, galleries and museums.

Special interest days are also popular. These offer an in-depth look at a subject, led by an expert speaker with a good lunch and a glass of wine - what could be better?

You are welcome to come and join us for a taster session for a suggested donation of £8 or you can become a member for £45 for ten talks. You are assured of a warm welcome!

To find out more go to artsocdiss.org.uk or email: info@artsocdiss.org.uk

Burgate Singers

We specialise in major choral works with professional orchestras and soloists, under

the direction of Alain Judd. Concerts given in Burgate Church, Diss Corn Hall, other local venues and in London. Anyone interested in joining should call Alain Judd on **07966 283217**. Go to www.burgatesingers.org.uk for programme and membership details.

Discord - the Wellbeing Choir

Discord, the wellbeing choir was founded in January 2011 by experienced musician Michael Dann. The choir now features three face to face choir sessions held each week across South Norfolk & North Suffolk plus online sessions available to choir members. Aimed at all adults over 16 who have a love for singing and a good sense of fun. No experience required (but those that have are equally welcome), no auditions, so no pressure!! Since being formed, the choirs have raised over £40,000 for various national and local charities. Two choir sessions are held in Diss each Wednesday at 1.15pm & 7.15pm at the Methodist Church. To find out more and register for a free taster session please go to www.michaeldann.co.uk

Diss Art Group

Diss Art Group meets Tuesday afternoons, from 1.30 - 4pm, at Palgrave Village Hall. The group has a growing membership spanning all ages and abilities. Formed in 1974, the group comprises mixed media and all aspects of painting. The summer term is

**Local
Self Storage
Diss**

**LOCAL, SECURE STORAGE
WITH 24/7 ACCESS**

07902 084722

enquiries@localselfstoragediss.co.uk

www.localselfstoragediss.co.uk

Hayward Moon

PROPERTY LAWYERS

Get a move on with
your local conveyancing
specialists throughout
East Anglia



www.haywardmoon.co.uk

Whether you're looking to move house, remortgage or acquire a commercial property, our dedicated team can assist you through the legal process.

Bury St Edmunds: **01284 727290**

Cambridge: **01223 236555**

Clacton: **01255 442660**

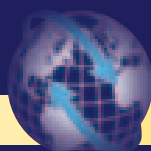
Colchester: **01206 710717**

Diss: **01379 646040**

Ipswich: **01473 234730**



COLEMANS



REMOVALS & STORAGE

Family run - Established 1979



DISS

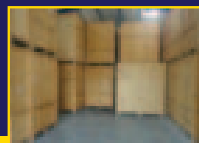
01379 643881



FREE ESTIMATES, SURVEYS AND ADVICE

www.colemansremovals.co.uk

Grand & Upright Piano Specialists



DOMESTIC & COMMERCIAL MOVES • PACKING MATERIALS • WORLDWIDE SHIPPING

given over to weekly sketching trips in Diss and the surrounding area. Limited informal tuition is sometimes available during Autumn and Spring terms. Contact Avril Young on **642168** or Phil Dyer on **650479**.

Diss & District Guild of Weavers, Spinners & Dyers

Meetings are held on the last Thursday of the month, (excluding June and December), at the Diss & District Bowls Club, Fair Green from 12.30pm to 3.30pm. Visit www.dissweaversspinnersanddyers.co.uk or their facebook page, or ring Pam Ross on **643563** for further information.

Diss & District Woodturning Club

A small, friendly club, with both male and female members, based in Redgrave. It has the use of an excellent workshop and has a fabulous Jet lathe capable of carrying out all types of turning, from the most intricate to quite literally tree trunks! All categories of woodturners are welcome, from the absolute beginner to the expert! Help and guidance is available for all to develop your turning technique, improve your designs or tackle that project you have always dreamed of!

The club meets on the last Friday evening of the month at 7.30pm. Most meetings have a guest demonstrator to inspire members to tackle new or more ambitious projects plus a small number of all-day demonstrations. Demonstrators vary from professional

turners of international repute, to local professionals and talented amateurs from throughout East Anglia. We also try to include at least one social event each year. These have varied from BBQ lunches to informal dinners in local pubs. The club is affiliated to the Association of Woodturners of Great Britain (AWGB). So if you would like the chance to enjoy the magic of turning a lump of wood into a really beautiful and useful object, please contact either John Plumb, Tel: **01953 681087** or Chris Davies, Tel: **898236**. We would love to hear from you, so pick up the phone!!

Diss Embroidery Group

Meetings are on the second Tuesday of the month at Mellis Village Hall. For the time being we meet from 10am - 12pm. We welcome all who are interested in Stitch and Textile Art. We have occasional workshops, either taught by experienced members or with an outside speaker/tutor. We also hold occasional exhibitions, and if possible an annual outing to an exhibition or museum of interest. Visitors are always welcome. Contact Jean Wright on **898161**.

Diss Guitar Ensemble

We are a friendly group of classical guitar enthusiasts with varying abilities who enjoy playing together for personal accomplishment and for public performance. We get together regularly to learn and

ORCHARD FRAMES

Quality

Picture Framing Service & Gallery

Prints • Oils • Water Colours • Moulding • Ornate Frames

• Mountboard • Glass • Dry Mounting

Mirrors

We make frames to fit your Embroideries • Oils

• Watercolours • Posters • Medals • Photos etc

www.orchardframes.com

Wills Yard, Chapel Street, Diss, Norfolk. Tel 01379 644968

RECRUITMENT

Finding great local people,
for great local businesses

michelle
DENNY
RECRUITMENT

Telephone 01379 779 829 | www.michelledennyrecruitment.com
hello@michelledennyrecruitment.com | Diss Business Park IP22 4GT

rehearse group pieces but also meet for social gatherings, visits to concerts and workshops. Any guitarist wishing to join the Ensemble should have some playing and note-reading ability equivalent to about Grade 3 standard. We work on a wide range of music from the Renaissance to the present day, including some arrangements of popular (and even 'rock') songs! Come along to a meeting or contact us to find out more. Meetings are held most Mondays in St. Remigius Church Parish Rooms, High Road, Roydon from 7pm to 9pm. For further information please go to our website or contact us:

Call Bryan Claybrook on **07966 225098**, go to **dissguitarensamble.org.uk** or email **contact@dissguitarensamble.org.uk**

Diss Quilting Group

Meetings are held on the second Thursday of each month at Wattisfield Village Hall, 10am to 3pm. External and internal tutored workshops held several times a year. Visitors welcome on non-workshop days. For more details contact Caroline Pajak on **07788 425942**.

Florence School of Dance

This dance school offers a range of dance classes across South Norfolk and North Suffolk including ballet, tap, contemporary and jazz from the age of 18 months to adults. For more information go to

theflorenceschoolofdance.com or contact Charlotte on **07824 827432** or email **florenceschoolofdance@outlook.com**

Hoxon Hundred Morris Dancers

Want some enjoyable, social exercise. Try Morris Dancing. No dance experience required, dress casual, good flat shoes. Every Wednesday, September to the end of April, at St. Edmund's Hall, Hoxne, 7.30 to 10pm. Contact: Jane Pearse on

Janepearse@btinternet.com or **07568 468186**

Line Dancing

Monterey Line Dance Classes. A friendly well established dance club based in and around Diss. For more information contact: Melissa Hawkes by email on **montereydance@hotmail.com**

LK's School of Dance

This Norfolk-based dance school offers a range of dance classes (including Hip Hop and Street) across South Norfolk and North Suffolk. For more info call **07835 021439**, email: **lynne@lksschoolofdance.co.uk** or go to **www.lksschoolofdance.co.uk**

Mere Musica

Small Instrumental Ensemble available for those special events. Details: R.A Kitchen, Director of Music, Tel: **642468**.

Publishing is our business



Leaflets

We can design, print and distribute your leaflets

Copywriting

We can provide content for your publication

Town Guides

We can create a town guide or map for your community

Programmes

We can create, publish and arrange distribution

Falcon Publications, Units 10a - 11, Red House Yard, Gislingham Road, Thornham Magna, Eye, Suffolk IP23 8HH

Tel: 01379 773348 (Editorial) 01379 773347 (Advertising) 01379 831158 (Accounts) 01379 788648 (Distribution)

Email: info@falconpublications.co.uk Website: www.falconpublications.co.uk

 Follow us at falconpublications@artseastmag



Scan me to view other titles by
Falcon Publications



FALCON Publications

Palgrave Players

The Palgrave Players are an Amateur Dramatics and musical group who meet at Palgrave Church on Tuesdays at 7:30pm. To learn more about the Palgrave Players and how you can join our ranks, please email us at palgraveplayers@gmail.com or give us a call at **07833 343861**. Our team will be thrilled to answer any questions you may have and provide you with all the information you need to get started.

South Norfolk Youth Symphonic Band

The South Norfolk Youth Symphonic Band, now known as “SNYSB+” was formed in 1974 by our current Musical Director Mr Michael Booty. SNYSB+ is a self-funding charitable organisation which promotes and enhances musical opportunity for young people mainly in Norfolk and Suffolk.

Since the band’s 40th Anniversary in 2014, the membership was opened up to people of all ages which has enabled former members, some of whom are now parents of current band members, to share in and enrich the musical experience. The Band meets and rehearses 50 weeks of the year at the Diss Youth and Community Centre, Shelfanger Road at 7pm on Tuesdays and performs charitable concerts in churches, local schools and at local fetes; its collaborations include link-ups with Her Majesty’s Band of the Royal Marines and the Army Colchester

Band as well as other youth bands and the Norfolk Music Hub. SNYSB+’s ethos is all inclusive; there is no audition for joining the band, the only criteria required is a love of music and the desire to play an instrument with like-minded individuals. The band’s motto is “Music is Fun”, which SNYSB+ strives for during practice rehearsals and concerts.

In August 2008 SNYSB travelled to Singapore, Thailand and East Malaysia to perform concerts for local charities and to carry out music workshops in several schools. Before their trip they organised an emergency fundraising concert in the U.K. to raise urgently needed funds in aid of the victims of the Boxing Day Tsunami and their communities. As a result of the resounding success of the visit in 2008, SNYSB+ were invited by the Rotary Clubs of Kota Kinabalu (Sabah) and Kuching (Sarawak) again in August 2012 and 2016 to give music workshops in schools for over 300 local children and perform several major concerts for local charities. SNYSB+ was again invited to visit Kuching in August 2019 by the Rotary Club of Kuching Central to partake in musical workshops with local schools and perform jointly with them at a major fundraising concert at the 5000 seat Borneo Convention Centre. To find out more go to www.snysb.org.uk

 Contractors to
H.M. Government 

GILLINGS of DISS

FOR
GOVERNMENT SURPLUS

Scrap Metal Collection Free Metal Dump We Buy in Metal

Why not pop down and see what we have from nuts and bolts to picks and shovels, buckets and spades, tools and hardware from racking and shelves, benches to kitchenware and cutlery. Items to recycle from vintage to retro.

**Open 8.30am-4pm Weekdays
8.30am-noon Saturdays**

Call us on 01379 642983
Oxford House, Mission Road
Diss IP22 4HX
info@gillingsofdiss.com
www.gillingsofdiss.com



DISCOVER DISS' TRADITIONAL MARKET

Why not explore the Market Place for your shopping?
Buy local, and help the market thrive, not survive!

 Every Friday
9.30am - 3pm 

Are you interested in joining
our market traders?

CONTACT US:
11-12 Market Hill, Diss, IP22 4JZ
Mon - Fri 9.30am - 1pm
T: 01379 643848
E: townccouncil@diss.gov.uk

 @DissTC
 @DissTownCouncil
 disstowncouncil

www.diss.gov.uk

 *Let's Make Life Easy*

Great Products. Great Prices

Enjoy our range of top brand appliances at low prices

Expert Knowledge | Super Service | Competitive Prices | Professional Installation

Your local independent electrical retailer

 For all your appliance needs

3-5 Mavery House, Diss IP22 4EX
01379 644078
www.myhills.co.uk

The Voice Squad

The Voice Squad currently consists of three "Stage choirs", for children and young people of different ages, singing popular music and musical theatre. The choirs meet at the Diss Methodist Church, Victoria Rd, on a Monday afternoon and evening. Children aged (approx) 4-7 meet from 4pm-4.45pm, from age 8-12 at 4.50-5.50pm and age 13-20 at 5.50-7pm. For more information call Birgitta Kenyon on **07967 126740** or go to **www.thevoicesquad.org.uk**

Ukaholics Anonymous

This weekly social ukulele group meets in Palgrave Community Centre on Thursdays from 7.30 - 9.00pm. Singers and players of all abilities welcome. Songsheets provided. £20 per five sessions. Free beginner's half hour from 7-7.30pm. Full details on **<https://www.facebook.com/UkaholicsAnonymous>**. Contact Pete Arnold on **07934 432185**.

Violin, Viola, Piano & Keyboard Players

Adrian Kitchen offers music lessons to eager pupils. They are also available for special events. The pupils span all ages and abilities. Music can lead to many exciting opportunities. New players welcome. Further details may be obtained from R.A. Kitchen, BA, LGSM, Tel: **642468**.

Waveney Choir

The Waveney Choir, which has been established in Diss since 1970, sings music of all types and age and gives concerts throughout Norfolk and Suffolk, in aid of charities and church funds. Our membership is large (70 plus), and is drawn from a wide area and ranges in age from 18 to 90! All new members are welcomed, whatever their experience and there are no auditions necessary. New members are given a four week period in which to decide whether we are the type of choir they are looking for. We nearly always are! Rehearsals: Wednesday evening from 7.30 p.m. to 9.00 p.m., between September and May, at the United Reformed Church, Mere Street (opposite Aldi). Chairman: Claire Woods. Website: **www.waveneychoir.com**

NO. 13 MARKET HILL DISS

ANTIQUES & COLLECTABLES CENTRE

Opening Hours

Tuesday 10am - 2pm

Wednesday to Saturday 10am - 4.30pm

We buy

Gold & Silver Jewellery - Medals - Military Items
Watches - Clocks - Glass - China
Small Furniture - Coins - Curios and
Metal Detecting finds.

Cabinets to rent, for information call:

07849 269828

Something for everyone



Leslie Ward
Great for Gifts

25 Church Street, Diss. IP22 4DD
enquiries@collectablegifts.co.uk 01379 642059

ALBRIGHT OF DISS

Craft & Haberdashery



Join our crafting community, where you'll always receive a warm welcome, expert advice, and workshops to unleash your creative potential.

23 St Nicholas Street
Albrightofdiss.com

TATTERS

QUALITY LADIES FASHION

Sue Kiddie, proprietor

12 Mere Street, Diss IP22 4AD

Tel: 01379 640633

Email: suekiddie2@gmail.com

www.tattersboutique.co.uk

Youbie's

Handcrafted gifts

34 Mere Street

Diss, Norfolk

IP22 4AD

07715 715194

youbieyarns@gmail.com



The Dealer's Choice

Table Top Games and
Pokemon Centre

Email: thedealerschoicediss@gmail.com

Facebook: @thedealerschoicediss

Instagram: @thedealerschoicediss

Discord.gg/h86SrKQxCH

Mobile: 07949 576180

23 St Nicholas Street, Diss

Youth Activities

Diss Youth Café

Diss Youth Café is based at the Salvation Army Church, Sunnyside. It caters for young people from Year 6 to Year 11 on Mondays from 3.15-5pm during term time. Young people can play table tennis, pool, Wii, Xbox, Kinect and board games with further craft activities run by Integrate Youth for Christ. Food and drink are available to buy at the café. For more information contact Steph by email at Steph@integrateyfc.org.uk

Diss Youth Group

Diss Youth Group runs on a fortnightly basis for young people in years 6 to 9. Young people in Year 10 and above can be helpers and there are opportunities for volunteering awards. The group meets every other Wednesday during term time at Green Hall, 3a Vinces Road from 7– 8.30pm. During the evening sessions a variety of fun activities are run and there is always a tuck shop, drawing, board games, cards and space to just chill out and meet friends.

There is a qualified Youth Worker who can provide support on a variety of issues. Text/call Julia Fairbrother for more information on **07546 059061** or by email on julia@mtmyouthservices.org.uk

Air Training Corps

The Diss squadron meets on Tuesdays and Thursdays from 7.00 to 9.15pm at their Sunnyside HQ. Minimum age 12 years (if in

year 8 at school) – boys and girls. For more information call the Officer Commanding on **641247** or email adj.1070@rafac.mod.gov.uk

Army Cadets

Norfolk Army Cadets meets Wednesdays at their Sunnyside HQ. 7pm to 9.30pm. Both boys and girls welcome, aged 12 to 18. See www.armycadets.com/county/norfolk-acf/

Norfolk Fire & Rescue Cadets - Diss Unit

Run by Norfolk Fire Service. Meets at the Park Road fire station on Tuesdays from 7 to 9pm. Both boys and girls aged 13 to 18 are welcome. For more information call **0300 123 1669**

Rainbows, Brownies, Guides and Rangers

www.girlguiding.org.uk

District Commissioner: Diane Blyth
01359 251827

Rainbows (4-7 years), Brownies (7-10 years), Guides (10-14 years), Rangers (14-18 years)

Scout & Guide Hall, Heywood Road, Diss

1st Diss Rainbows: Monday 5-6pm. Leader, Holly Rednall

1st Diss Brownies: Monday 6-7.15pm.
Leader, Helen Bowman

2nd Diss Guides: Monday 7.30-9pm. Leader, Helen Bowman

Roydon Primary School

1st Roydon Rainbows: Tuesday 4.30 - 5.30pm. Leader, Claire Lister

1st Roydon Brownies: Tuesday 5.40 - 6.55pm. Leader, Claire Lister

1st Roydon Guides: Tuesday 7.05 - 8.20pm. Leader, Claire Lister.

1st Diss and Roydon Rangers: Fortnightly Tuesday 7 - 8.15pm. Leader, Diane Blyth

The Trefoil Guild, open to anyone who has made the Guide Promise, meets on the first Thursday in the month. Contact Carol Peters on **678597**.

Scouts

Scouting in Diss continues to thrive, with two Scout Groups and an Explorer Unit serving the local community. Scouting aims to develop young people, both male and female, mentally, physically, socially and spiritually by offering an attractive, exciting and challenging programme for them. Scouting can start at the age of six in the Beaver Section. From age 8 to 10 years six months they join the Cub Scout Section; and from that age to 15 years they belong to the Scout Section. The Explorer Unit offers adventurous activities for young people aged 14 to 18 years old. As they progress through the sections they become more responsible for organising their own activities and training, although adult guidance is always in the background. Scouting is always looking

for new helpers and Leaders and would welcome any offers of help from suitable adults.

1st Diss Scout Group

Meetings held at Scout & Guide Hall, Heywood Road. Group Scout Leader: Sue Brazier, 28 Bramley Road. Tel: **651131**. email: **suebrazier50@gmail.com**

Beaver Scouts: Fridays 5.45 to 6.45pm.

Cub Scouts: Thursdays 6.00 to 7.30pm.

Scouts: Fridays 7.15 to 8.45pm.

2nd Diss (Salvation Army) Scout Group

Meetings held at the Sunnyside Community Centre.

Contact Group Scout Leader Tim Grayston for information on all groups, Tel: **07973 369278**.

Squirrels (4-5 years): Thursday 5-6pm

Beavers: Thursday 6.30 to 7.30pm.

Cubs: Monday 6.00 to 7.30pm.

Scouts: Monday 7.15 to 9pm.

Explorers: Monday 7.15 to 9pm.

Diss & District Young Farmers Club

A social club open to all young people between the ages of 14 and 30 who are interested in rural life, the countryside and agriculture. Meetings held weekly on Wednesday evenings from September to July at Bressingham Village Hall. Contact: Edward Stimson on **07825 237500**.

Clubs and Societies

Diss & District Allotment Holders Association

This long established association is based in Louie's Lane and has around 100 members. Rents are reviewed annually, and the rent includes affiliation to the National Society of Allotment and Leisure Gardeners. A water supply is available to all plots. To find out more go to **ddaha.weebly.com**

Amnesty International

Welcome! Amnesty International Diss Group, acting locally to protect human rights globally. We are ordinary people from around south Norfolk and north Suffolk standing up for human rights. Our purpose is to protect individuals and communities wherever justice, fairness, freedom and truth are denied. The Diss group has more than 60 members and supporters and is always open to new people keen to Protect the Human. And it's FREE to join! We have regular meetings. Our meeting starts with a group action and then planning our various campaigns and free refreshments. We have a stall every year at the Burston Strike School Rally and a stall for the 'Write for Rights' campaign at the URC Charity Fayre in November. Please contact Jackie Gooch for more details on **642601** or email: **dissamnesty@gmail.com**

Waveney Valley Community Archaeology Group

Are you interested in archaeology and

history? Come and join WVCAG! We are a group of people interested in the archaeology and history of the Waveney Valley. No experience necessary, come along to one of our meetings and have a chat with us. We meet regularly with a varied programme of speakers, activities, training and events. Our Great War project, The Hidden Commemoration in The Waveney Valley for which we received Heritage Lottery funding is now complete. Find out more about it at

hiddencommemoration.org.uk

You can follow us on Twitter at **@WaveneyArch** and **@hiddencomm**, on Facebook at

WaveneyValleyCommunityArchaeology Group or visit our

websites at **waveneyarchaeology.org** and **hiddencommemoration.org.uk**

To find out more about the group, please email **waveneyarchaeology@gmail.com**

Bees & Beekeeping

Dicklebees is a small friendly support group for anyone interested in bees and beekeeping in the Diss area of South Norfolk. It is open to all, whether you're a complete novice or have many years of experience. Dicklebees often invite beekeeping experts to talk on relevant topics, organise beekeeping safaris and occasionally have practical sessions and workshops. They meet at 7.30pm on the 2nd Monday of each month at Dickleburgh Scout Hut. For more



Outstanding advice and legal expertise for the region

Specialists in:

- Residential Conveyancing
- Wills, Tax, Probate & Trusts
- Family
- Litigation & Disputes
- Employment
- Agriculture
- Commercial Property
- Corporate & Commercial

Attleborough | Aylsham | Dereham | Diss | Norwich | Watton | Wymondham



01379 641221
www.spire solicitors.co.uk



Our expert team of lawyers is **here to help**

- Accident Claims
- Clinical Negligence
- Commercial
- Debt Recovery
- Dispute Resolution
- Employment
- Family
- Landlord and Tenant
- Powers of Attorney
- Property
- Wills, Trusts & Probate

Jackamans
SOLICITORS



Park House, Mere Street, Diss, Norfolk, IP22 4JY. 01379 643555
Offices also in Harleston, Ipswich and Felixstowe. www.jackamans.co.uk

information contact Natalie Lang at **nat.dicklebees@gmail.com** or go to **www.dicklebees.co.uk**

St. Mary's Church Bellringers

This talented and dedicated band ring every Sunday for services. Practice night is every Monday 7.30 to 9pm, alternating between Diss one week and Bressingham the next. Please telephone first to check which venue. We welcome all visitors, whether they come just to watch and see what it is all about, or with some thoughts of taking up a unique and special skill, which could open a new world. Any person with the mind and dedication to learn this skilled exercise should join the special family of church bellringers which you remain part of for life. Just climb the 13 steps to the ringing chamber. Tower Captain: Mrs. Betty Baines, Algars Farm, Walcot Green, Diss, IP22 5SR. Tel: **643293**.

Diss & District Camera Club

The club meets on the first and third Tuesdays of each month at The Salvation Army Hall, Sunnyside at 7.30pm. They enjoy a programme of fun and informative photographic events. Anyone interested in photography is more than welcome. Please see our website for more details. Secretary: Krys Wakefield, Tel: **687428**. Web: **www.disscamera.org.uk**

Diss 41 Club

The club has been in existence informally for 40 years. Membership is open to all past members of the Round Table; and the aim of 41 Club is to continue fellowship and friendship established in Table and to assist Table generally. The club meets at various venues on the first Thursday of each month at 7pm. Contact: Ron Cook, Tel: **01449 677135**.

Freemasons – Montgomerie Lodge

The Lodge meets at 5.45pm on the second Monday of each month between October and May at the Freemasons' Hall, Parkfields, Diss. For further information about Open Days, Membership, Freemasonry in general or Montgomerie Lodge in particular, please contact (with no obligations), the Secretary: Mr Michael Crawford, address: 3, Brewers Green Lane, Diss, Norfolk IP22 4QP. Tel. **07572 615268**.

Frenze Beck Nature Reserve Volunteers

This wetland nature reserve is a 15 acre County Wildlife Site on the outskirts of Diss, which is being restored by a team of local volunteers working in partnership with the River Waveney Trust and South Norfolk Council. We carry out a variety of conservation and management jobs on site every Monday from 9.30am to 1pm, and new volunteers are very welcome. Volunteers are

also working to record the varied species of mammals, birds, butterflies, bats and insects that have been observed on the site. If you'd like to see what we do just come along with your wellies. The nature reserve, which is open to the public every day, is on the east side of Sawmills Road, opposite the Animal Feed Warehouse (IP22 4GG). Everyone is welcome to come and enjoy the newly-created network of riverside footpaths. Contact Tessa Greaves on **640101** or by email at **t.greaves475@btinternet.com**. For more information go to **www.riverwaveneytrust.org/frenzebeck**

Green Fingers Garden Club

Green Fingers Garden Club is held on the third Wednesday of each month at 7.30pm in Hinderclay Village Hall. Members can join for £15 for the whole year. £3 charge per visit, £5 for non-members. For information phone Val on **898270**.

Diss Family History Group

Diss Family History Group meets at Diss Bowls Club, Fair Green on the third Wednesday of each month at 2pm. We also have some afternoon meetings at other locations. Contact: Edith Morley by email at **bettymorley@btinternet.com**

Diss & District Horticultural Society

Meets on the second Tuesday of each month at the United Reformed Church, Diss, at 7.30pm when all aspects of gardening are

covered by speakers giving practical talks or showing coloured slides to suit all tastes. The society welcomes everyone interested in gardening, whether they have a small garden growing a few flowers and vegetables or whether they aspire to gardening on the grand scale. To encourage healthy competition the society holds flower and vegetable shows during the year and also arranges visits to gardens, nurseries etc during the summer months. Contact Graham Pettitt on **07810 281475** or by email at **info.disshorticulturalsociety@gmail.com**

Diss Knit & Natter Group

Very informal group of ladies who knit & stitch for charities and themselves. No experience needed. We have been a group for the last 15 years and have no membership fees. Come along and have some fun knitting and stitching.

Meets every Wednesday 2-4pm at Diss Methodist Church Rooms. Contact Heather **740503**. Members of Norfolk Knitters & Stitchers **www.norfolkknitters.org.uk**

Friends of Diss Museum

Members help support the award-winning Diss Museum and assist the Manager. They meet for a series of talks on the first Friday of the month at Diss & District Bowls Club from March to December at 2pm. The money raised covers costs and helps the museum finance special projects. The Friends are the access point for the public of Diss who

would like to help Diss Museum as volunteer stewards and in other duties. For more information call Jan Smith on **423892** or email **fodimus@gmail.com**.

National Women's Register (Diss Group)

A friendly group for lively-minded women of all ages. Meetings are held every fortnight on Wednesdays in members' homes. Activities include discussions, theatre outings, speakers etc. Visit our website **www.nwr.org.uk** or contact **01603 406767** for local group details.

Diss & District Model Railway Society

The society meets every Wednesday from 6.30pm to 9.30pm at Shelfanger Village Hall. There are layouts in N, OO, O and OO9 scale, with demonstrations of modelling techniques and talks. Secretary: Alan Johnson, Tel: **01359 250739** or email **b.johnson06@btinternet.com**

Rotary Club of Diss and District

The Rotary Club of Diss and District was chartered in 1947. Meetings are held on the first and third Tuesday of every month at The Scole Inn at 6.30pm for dinner at 7pm. The club welcomes enquiries for membership from business and professional men and women who are keen to make a difference to the lives of communities at home and abroad. The club has a varied programme including excellent speakers and a range of fundraising activities and social events. For further information contact the

Secretary Eamon Lambert on **07860 710490** or by email at **secretary@dissrotary.org.uk** or go to **www.dissrotary.org.uk**

Royal Air Forces Association

The Diss & District Branch holds its meetings at 7.30pm on the fourth Monday of the month at the Diss and District Bowls Club, Lower Denmark Street. The branch is engaged in fundraising events throughout the year, has speakers and outings to places of aviation interest. Branch website: **dissanddistrictrafa.onesuffolk.net** Contact Secretary Tony Canfer on **586572** or by email at **tonycanfer591@gmail.com**

Royal British Legion

Royal British Legion welcome anyone with the interests of the Legion at heart, including all serving and ex-service personnel, Navy, Army, Air Force, Merchant Navy and Land Army to the Diss & District Branch meetings held at the Diss & District Bowls Club, Lower Denmark Street, Diss on the third Monday of each month. Meetings start at 7.15pm. Others interested in the Legion may apply for Membership. Any person over 18 years can become a member of the Legion and should be willing to work for the Legion and be supportive of the Legion. Contact: Robert Rogers, **Tel: 640271**.

Slimming World

Slimming World have a range of classes in Diss. They are held on Tuesdays, at 9.30am, 5.30pm and 7pm and on Thursdays at 10am and 12pm. Classes are currently being held at the Methodist Church on Victoria Road. For more information contact Jane Aldous on **07747 788062** or email

janeesther@hotmail.co.uk

Website: **www.slimmingworld.co.uk**

Diss u3a

The Diss u3a is for people no longer in full-time employment to share their knowledge, skills, interests and experience. Members meet from 9:45am on the first Thursday of every month at the United Reformed Church in Mere Street. After free coffee & cake, our meetings start at 10:30am when we have a guest speaker. In addition to these monthly lectures there are many interest groups covering a range of subjects.

Guests are always welcomed. For further information on membership please look at the Diss u3a website (**www.dissu3a.org.uk**) or contact our Chair, Fanny Grey, on **07583 504953** or send an email to: **chairdissu3a@gmail.com**

Diss Women's Institute

Diss WI meet on the second Tuesday of each month, at 7pm at the Montgomerie Hall, Diss. A varied programme is offered, including outings and special events. Extras like craft classes, Scrabble and lunches take place throughout the year. Visitors and new members are welcome at our monthly meetings. Contact: Jenny Hubbard on **650187**.

Scole Women's Institute

Meet the first Thursday in the month at Scole Community Centre, Ransome Avenue, Scole at 7.30pm. Secretary: Tina Yates on **740141**.



Diss Market. Photo: Jordan Coleman, jordanphotography@aol.com

Sports and Games

Diss & District Angling Club

The membership has fishing rights for the Mere, Upper Waveney and Carlton Fen. Weekly competitions are arranged in season. Membership is available from The Tackle Lounge, Diss. For match bookings call Match Secretary: Andrew Mears, Tel: **07786 041177**. For any other information please contact us at **dissanddistrictanglingclub.co.uk** or find us on Facebook.

Diss & District Athletics Club

Founded in 1952, the club caters for track and field athletics, cross-country and road running. The club competes in the Anglia League (Male & Female, 9 years to seniors) and Norfolk & Suffolk Cross Country League. Outdoor training all year round, 7-8.30pm on Tuesdays and Thursdays at Diss Sports Field, Shelfanger Road. Road runners train 7-8pm Tuesday, all year round. Contact Sylvia Kemp, Tel: **642262**. Track and Field Athletics: Gordon Coe. **www.dissathleticsclub.co.uk** email: **dissathleticsclub@gmail.com** or see the Facebook page.

Diss Causeway Bowls Club

Affiliated to the English Bowling Federation. Bowling season: April to September. Bowling Green at rear of Chapel Street car park. Secretary: Sonia Munday. Tel: **452262**

Diss & District Bowls Club

We are a members bowls club that is used all

year round, seven days a week. We have four indoor rinks and six outdoor rinks. Bowling sessions usually start from 9.30am with the last daily session starting at 7pm. We also have a fully licensed bar and social membership is available. We welcome any new members and offer a free taster session to anyone wishing to try the game. Please contact the club to book a trial session. Its good gentle exercise and socially rewarding. The club is based in Lower Denmark Street and can be contacted on **642908** or by email at **dissbowlsclub@gmail.com** Secretary/Director Kevin Baker can be contacted on **07443 410057**.

Diss Bridge Club

Diss Bridge Club meets at 1pm on Thursdays at the Salvation Army Hall, Sunnyside. Please phone **652678** for details.

Diss & District Cricket Club

With two teams competing in the Norfolk Cricket Alliance and three junior teams, Diss are one of the top clubs in Norfolk. It is part of the club's aim to provide cricket for youngsters as well as providing good playing and social facilities for the more seasoned cricketers in the area. There are under 11, under 13s and under 15s teams for boys and girls. Training for youngsters up to 15 years of age takes place on Friday evenings from 6.15pm to 7.45pm, at the Rectory Meadow. The Club is also a centre for the ECB Allstars Initiative which provides a six-week course

for 5-9 year olds from the middle of May at 9.30-10.30am on Saturday mornings. The club is an ECB Clubmark Accredited organisation. Newcomers of all abilities are invited to contact Chairman Chris Eagle on **07702 126770**. Head Coach is Dan Taylor on **07519 788772**.

Diss & District Cycling Club

The club covers all aspects of cycling: road racing, mountain bikes, cross country, time trials, touring, reliability trials and club runs. The emphasis varies according to the demands of the membership. Enquiries: Madgetts Cycles, Diss. Tel: **650419**. **www.disscc.com**

Diss Town Football Club

Brewers Green Lane. Tel: **651223**
The club's first team play in the First Division North of the Thurlow Nunn League, the Under 18 team in the Thurlow Nunn Youth League (East Division). Training is on Wednesday evenings in season. The all-weather Astroturf playing surface is available for 5-a-side football and other sports. The clubhouse is fully licensed and offers TNT Sports TV (formerly BT Sports) and often features live entertainment. It is also available for hire for parties, weddings and social events. Secretary Pam Flatman tel: **07855 536527**.

Norfolk Gliding Club

Operates from Tibenham Airfield,

approximately 7 miles north of Diss. Visitors are welcome. Trial lessons and catering facilities available. Club open: Wednesday, Thursday, Saturday and Sunday throughout the year. Tel: **677207**. Website: **norfolkglidingclub.com**

Diss Golf Club

Stuston Common, Diss, IP21 4AA.

Tel: **641025**.

Located alongside the River Waveney about half a mile from Diss railway station, one mile from the town centre. Diss Golf Club provides a picturesque heath and parkland 18 holes golf course that offers interesting but challenging golf for all standards of player. The holes range from the scenic but difficult 468 yard par 4 13th Hole to the pretty, 15th at 146 yards. The club was formed in 1903 and has active and friendly Mens, Seniors, Ladies & Junior Sections The club welcomes enquiries from prospective new members. Visitors are welcome Monday to Friday and Weekends after 12:00 except on competition days. Golf societies and group bookings are also welcome. There are ample practice facilities and a professional shop. Lessons are available from the resident professional and an excellent restaurant and bar awaits you after your round. Enquiries about any aspect of the club to the Club Manager Catherine Lawrie - Tel: **641025**. Golf Professional: Nigel Taylor. Tel: **644399**. Email: **office@dissgolf.co.uk** Website: **www.dissgolf.co.uk**

Diss Ladies Hockey Club

Formed in 1998, we currently play at Hartismere High School. We play in the North East (North) Division 3 of the East League. Contact Lindsay Cates on **07951 714068**.

Hope Church Sport

Vinces Road, Diss. Sports Hall available for hire. Facilities include: sports equipment (volleyball, badminton, dodgeball, basketball), kitchen. Various sports clubs are organised, including volleyball, badminton, table tennis and trial fitness. External hirers currently run classes for Pilates and Line Dancing. Please call **644223** for further details.

Diss Heywood Joggers Club

Have you always wanted to take up jogging? But always found excuses not to start e.g. do not want to jog on my own because I do not feel safe, afraid people are going to laugh at me or do not know how to start! Well come along to the Diss Heywood Joggers Group based at the Heywood Health & Fitness Club on Walcot Road in Diss. The group meet on Tuesdays and Thursdays from 6.30 to 7.30pm. Membership for the Diss Heywood Joggers Group is around £10 a year. Unfortunately the group is for people over the age of 18 only. For further information about the Diss Heywood Joggers Group, call the Heywood Health & Fitness Club Reception on **643088** for the contact details of the Diss Heywood Joggers Group

Coordinator or email him direct on **heywoodsportsclubjoggers@gmail.com**

Diss Judo Club

Meets on Mondays at Lopham Village Hall from 6-6.45pm for under 12s and 7-8pm for over 12s and adults. Contact: Howard Oates, Tel: **688258**.

Martial Arts Diss

Traditional Korean Martial Arts. Regular classes at locations in Diss. Contact: Instructor Craig Munday by email on **dissksw@gmail.com**

The East Anglian Meccano Set

The greatest educational toy construction system ever invented, lives on in Diss. Fifty years ago virtually every schoolboy in the land owned a Meccano set. More popular in those days than even Lego is today, it has been in constant demand and production since its invention by Frank Hornby just over 100 years ago, thus making it the longest produced toy the world has ever known. We meet between 11am-3pm four times a year in Bunwell Village Hall. Anyone wishing to further their interest or simply take a trip back into pure childhood nostalgia, call lifelong collector, constructor and restorer Roger Upson-Smith on **01473 710020** or email **roger.upsonsmith@googlemail.com**

Diss & District Motor Cycle Club Ltd

The club runs one trial a year, three motor

crosses and three enduros. For further details of venue, please phone Secretary: Mrs. Wendy Bavin, Tel: **643960** or email: **help@dissmcc.co.uk**

Diss Ladies Netball Club

South Norfolk Netball League. Plays a summer and winter league at Rickinghall. Contact Tara Kidd on **07775 894055** or Jill Jennings (South Norfolk Netball League contact) on **07884 100671**.

Diss Waveney Petanque Club

Try the French game of Petanque, a social sport that you too will enjoy! Visit us at Diss Town Football Club, Brewers Green Lane, on Saturday from 10:30am, Monday from 6:30pm and Wednesday from 2pm. Membership fee £40 per year. Chairman: George Potirakis **07557 640001**
Treasurer/Secretary: Diane Shilling **668318**.

Diss & District Racing Pigeon Club

Meetings are held at Diss Town Football Club with races organised most Saturdays throughout the summer months on a southerly route. New members and visitors always welcome. Special rates for schoolchildren and OAPs. Secretary: A.J. Daniels, Tel: **651859**.

Diss Rugby Club

Diss Rugby Club was founded in 1958. The Club has its own ground 'Mackenders', at Bellrope Lane, Roydon with excellent

clubhouse and hospitality facilities. The club runs three senior sides, with the First XV playing in the London Divisions of the RFU National League, the second and third teams play in the Eastern Counties leagues. There is a highly successful mini and youth section, with teams at each age group from U7 to U18 both girls and boys. The girls from U13 move into separate teams under the title of Diss Vixens. Diss RFC has been producing players who have gained representative honours at County, Divisional and National levels in recent seasons. Leicester, Bath and England player Dan Hipkiss spent his formative years at Diss RFC. Everybody is welcome, whether as a senior or junior player, coaches, junior helpers, spectators or social members. General club enquiries: Sue Cochrane (Club Administrator), Tel: **642891**, email: **dissrugbyclub@yahoo.co.uk**

Heywood Sports and Fitness

Situated at Walcot Road, next to Diss High School, the club has three modern squash courts, one with a glass back, two padel tennis courts, a fully licensed bar, a fully equipped gym, a floodlit 3G pitch and floodlit tennis courts. Includes former members of Diss Lawn Tennis Club. Visiting membership is available. Tel: **643088** for further information or email

hello@heywoodclub.co.uk

Diss Leisure Centre, Victoria Road

From the middle of February for the rest of

2024, Diss Leisure Centre will be closed for modernisation and refurbishment work. To keep up-to-date with the developments please see our website

www.southnorfolkandbroadland.gov.uk
or keep an eye on our Facebook page.

Diss Otters Swimming Club

The club was formed in September 1987 to promote competition amongst young swimmers and 'Masters'. It has grown in strength and depth since then and regularly has swimmers competing at club, county and regional level. The 'Masters' or adults group is one of the largest in Norfolk. Swimmers of all ages and abilities have the opportunity to improve or learn new strokes, enter competitions or just keep fit. With an expansive group of highly qualified and experienced coaches and teachers, Diss Otters is an exciting Club to learn and progress in a sport that is unrivalled in its physical health and fitness benefits. If you or your child is working towards Swim England's NPTS Stage 7, and you're interested in taking your swimming to the next level, please do contact us to arrange a free trial.

Due to the temporary closure of Diss Leisure Centre, Diss Otters is, at the time of going to press, working on a solution to facilitate training.

For more information see our website:

www.dissotters.co.uk

Rickingham Runners

We are a running club, which was formed in June 2017. We now have a whole range of members from beginners to experienced marathon runners. Everyone is welcome, at any standard, we are a very friendly club and support is always available. We meet at Rickingham Village Hall every Thursday evening at 7pm for about one hour. We shall also introduce a Sunday morning run soon. Because of the lack of lights etc most of our winter training is done on the large field at the back of the village hall, which is partially lit. In the spring time, when the evenings are lighter we shall transfer our training to local lanes and footpaths. Everyone can join in the training at their own level, and will be surprised at how quickly their running improves. We are affiliated to the Association of Running Clubs, who provide advice and insurance. Come and join us, get fit, have fun and meet lots of new friends. Contact Martin Forge on **898270**. For more info find us on Facebook.

Diss and District Table Tennis League

Runs a practice evening at Diss High School every Tuesday all year round, open to all. Competitive league Table Tennis starts each October through to April. The aim is to provide all ages with the opportunity to play table tennis in leagues and tournaments. Contact either David Mortlock on **07525 636031** or John Bryant on **641032**. Website: **tabletennis365.com/diss**



Parish Fields

Photo - Jordan Coleman, jordanphotography@aol.com

Schools

Diss High School

Walcot Road, Diss, Norfolk, IP22 4DH

Tel: **642424**.

Email: **office@disshigh.norfolk.sch.uk**

Website: **www.disshigh.norfolk.sch.uk**

Diss High School is a friendly, popular and welcoming school committed to high standards of achievement and behaviour. Our aim is to achieve excellence in all we do, not only in academic matters, but also in the range of extra-curricular opportunities we offer.

Diss High School has a good record of both academic and sporting achievement and each year our Sixth Form students go on to their chosen path, whether this is university, an apprenticeship, joining the workplace or taking a year out before deciding next steps. We have a highly valued pastoral system, providing all students with opportunities for participation, responsibility and leadership.

Consistently graded as “Good” by Ofsted, in the last inspection the inspectors noted ‘Pupils and students are rightly proud of their school ... they enjoy positive relationships with the teachers and with each other’

Sam Stopps, Headteacher of Diss High School writes:

“Our motto is “Work Hard, Be Kind”; we want our students to realise that success comes through overcoming failures along the way and the need to treat other children and

adults with consideration and respect. Each year there are opportunities to travel, numerous sporting activities, art exhibitions, music and drama events. To find out more, please come to visit us.”

Diss Primary Academy Partnership

Diss Church of England Junior Academy

The Entry, Diss, Norfolk, IP22 4NT

Tel: **01379 642675**.

Email: **junior@diss.stbenets.org**

Website: **www.dissjunior.stbenets.org**

Diss Infant Academy and Nursery

Fitzwalter Road, Diss, Norfolk IP22 4PU

Tel: **01379 642768**.

Email: **Infant@diss.stbenets.org**

Website: **www.dissinfant.stbenets.org**

We are a partnership of schools providing an education for children aged 3 to 11. Both schools within the Diss Primary Academy Partnership are part of the St Benet’s Multi Academy Trust and provide superb links and continuity for the children of Diss from Nursery through to Year 6.

Our Junior site is a Church of England school with close association to St Mary’s Church, which include regular collective worship from a member of the church community and a termly celebration held in the church. Our Infant site is a community school with a Nursery offering excellent provision for 3 year olds.

The Junior School received a 'good' grading in its last Ofsted inspection. Inspectors reported that "Pupils are flourishing at this school." The Infant School Ofsted report states "Pupils are happy at this school."

Both sites celebrate the diversity of our community and share the values of Aspiration, Respect and Resilience. We aim to work in partnership with our families and support every child to aspire to be their best; to be treated with and learn the true value of respect and to be resilient in all aspects of everyday life.

Other Primary Schools

Within a five mile radius of Diss are the following primary schools: Roydon, Bressingham, Winfarthing, Burston, Dickleburgh, Hoxne, Scole, Wortham and Palgrave, which take pupils through from four to 11 years old.

Pre-School Groups and Nurseries

Conkers Nursery School

On a working farm only two minutes from Diss, Conkers is open all year from 8am to 6pm for babies and children aged up to 5 years.. **Tel: 644461,**

www.conkers4kids.co.uk

Gissing Children's Centre

A community preschool. Monday to Friday during term time from 8am to 4.30pm. We

take children from two years to school age and accept children who come with two year funding and three and four year funding. In recent years, we have received four consecutive gradings of 'outstanding' from Ofsted for the quality of our care and education. Please visit us in our idyllic, rural setting. We also run pre-school sessions during August each year. For further information contact Linda Nash on **677300 (07796 204367)** out of hours) or email **manager@gissingchildrenscentre.co.uk** or visit our facebook page to see what we have been up to.

Merryfields Nursery

Sports Pavilion, Shelfanger Road, Diss. Open five days a week 8.45am-1.45pm. Term time only. Ofsted approved. A caring, friendly atmosphere with qualified staff for children of 2-5 years to develop in. Contact Tel: **650001** (session times).

Peacock Montessori Nursery

A private nursery school for children aged 6 months to 5 years. Please call **740508** or email **enquiries@peacockmontessori.co.uk**

Roydon Early Years

Roydon Village Hall. Up to 15 children meet Monday to Friday 8.30am-3pm. From 18 months up to school age. Contact: Tammy Batchelor. Tel: **07946 688601**. Email: **tammybat@gmail.com**

The Swan Nursery School

Day nursery registered with OFSTED, set in beautiful woodland setting for children aged 2-5 years, open all year from 8am- 4.30pm.

Please contact Michelle Bowgen, Tel:

644588 or visit website

www.swannursery.co.uk

Toddler/Baby Groups

Little Sparks Babies & Toddlers Group

At Hope Church, Vines Road. From babies to primary school age - Thursdays 10am- 11.30am. £1.50 per family. Booking essential. Contact Tel: **644223**.

Other Pre-School Information

Early Years Helpline: **0344 800 8020**.

Adult Education

To find out about courses running in your area call us on **0344 800 8020** or visit our website at

www.norfolk.gov.uk/adulteducation

Creative Way Art Tuition, Photography Tuition and Mindful Creativity Coaching

Free your creativity through personalised, One-to-One Art or Photography Tuition, Creativity Coaching and Art and Meditation sessions with Art Teacher, Artist and Creativity Coach Zangmo Alexander MA Fine Art PGCE. Explore all art media and themes of personal interest. Sessions at times to suit

you, pay as you go. Everyone is welcome, from beginner to advanced. GCSE and A Level Art and Photography Tuition also available. Gift vouchers available. For more information: phone Zangmo on **897393** or go to **www.creativewayart.com**

Supportive Learning for Photographers across Norfolk and Suffolk

Lucy Kayne is an experienced tutor with a passion for helping people to develop their photographic skills. She offers a patient and friendly approach to photography tuition and also organises photo walks at unique venues, aimed at photographers of all abilities with any camera. Gift vouchers are available for the photographer in your life.

Email: **info@lucykayne.co.uk**, telephone:

07944 505419 or visit

www.lucykayne.co.uk



St Mary's church Diss



Sunset service for our late Queen Elizabeth II, 19 September 2022

The service was organized by Diss and District Christian Churches Together and attended by local Councillors and members of youth organisations with their families.

Religion

Local Faith Groups

The Christian Churches of Diss

Please look at the pictures on the left of this text. They illustrate two aspects of what church is: When hearing the word 'church', people may primarily think of buildings such as the portrayed St Mary's church built around 1300 but said to stand on the site of a late Saxon or Norman church. Additional church buildings were added in Diss over the years, their architecture reflecting varied church traditions and preferred styles of worship.

The essence of what church is, however, is reflected in the people who meet to worship God, to enjoy fellowship and serve the needs of others. Activities range from pre-school playgroups and scout groups to opportunities for adults to meet for fellowship and to explore the Christian faith. All churches welcome newcomers, including those who may just be at the start of their spiritual journey. Practical and prayer support is offered to those experiencing times of illness, bereavement and personal crisis. Because of the variety of traditions and orientations within the churches in Diss, there is a community suited to everyone's interests and needs.

The second picture on the left bears witness to the desire of the church leaders, both ordained ministers and lay preachers, to meet

throughout the year, underlining their churches' common spiritual roots. Regular Diss and District Christian Churches Together meetings enable the sharing of information and the planning of common events. On Good Friday local Christians meet at the Mere's Mouth and, following a short meditation silently walk to St Mary's Parish Church for an ecumenical service. During Lent, lunches are held in several local churches, enabling members to meet informally and to financially support the work of Christian Aid. Diss and District Christian Churches Together also support the Waveney Foodbank.

Colonel Hervé Cachelin, Chairman of Diss and District Christian Churches

St. Henry Morse Roman Catholic Church

The ten years old Catholic Church of St. Henry Morse is located at the northern end of Shelfanger Road and backs onto Diss Cemetery with a pedestrian access .

Regular Holy Mass times are Saturdays, 9.30am and 6.00pm, Sundays at 10.00am and Wednesdays 9.30am . On Solemn Days of Holy Obligation during the Year, Holy Mass will be at 10.00am. Funerals and Weddings may be organised via the Parish Priest .

Details of other activities are available on our website: www.sthenrymorse.com

The Parish Priest or Deacons can be contacted by phone on **642914** or email at **alex.anaman@rcdea.org.uk** or **david.croucher@rcdea.org.uk** or **office@holytrinitydiss.com**

Diss Parish Church of St. Mary the Virgin

Part of the Diss Team Ministry. The Team Office is situated in St Mary's Hall next to the church and is open Monday – Friday 9.00am to 11 am. Telephone: **643783**

Email:

administrator@dissteamministry.org.uk

Website **www.dissteamministry.org.uk**

Sunday Services:

10.45am: Sung Eucharist, 5pm: Evening Service

Weekday Services:

8.30am: Morning Prayer from Monday to Friday

4pm: Evening Prayer Monday to Thursday

Wednesday: 10.45am Said Eucharist Arrangements for Baptisms, Weddings and Calling of Banns of Marriage to be made through the Office on **643783**. Confessions by arrangement.

Regular Groups

Monday evening at 7.30pm: Bell Ringers in the Tower

Tuesday 5.30pm: Silent Prayer in the Hall

Thursday 7.15pm: Choir practice

Friday 9.30am: Coffee morning in Hall

The Vicar: The Revd John Cruse **641259**

Assistant Priest: The Revd Maggie Swayze: **644701**

Society of Friends (Quakers)

Meetings for worship open to all. Held in the Friend's Meeting House, Frenze Road, Diss. IP22 4PA. Meetings at 10.30am on Sundays.

Clerk to the meeting: Hillary Stringer Tel:

07895 788107

Diss Baptist Church

Denmark Street, Diss

Sunday services: 10.30am morning service with crèche and Sunday school

6.00pm evening service

Tuesday morning: 10.30am-12pm: Ladies bible study and prayer meeting

Wednesday Coffee morning: 10.00am-12pm

Wednesday after school children's club JAM

3.30pm-5pm. School years reception to year 6

Wednesday evening bible study/prayer

meeting: 7.30pm-9pm

Thursday after school children's club Jam+

3.30pm-5pm. School years 6 to 8.

Second Monday every month: 'Senior Moments' for senior citizens 10am-11.30am. Supporting The Waveney Food Bank and the Taylor Road Community

Diss United Reformed Church

A busy Church serving the community of Diss and surrounding areas, in active partnership with the Methodist Church nearby.

Sunday Services: 4th Sunday of the month at

10.45am.

All other worship services at Diss Methodist Church, Victoria Road.

We run:

Tuesday Fellowship in partnership with the Methodist Church, every Tuesday at 2.15pm at the Methodist Church

The Dove Dementia Cafe - every 1st

Wednesday of the month 10am-1pm

Dove Song - every third Monday of the month at 1.30pm for people recovering from strokes, those living with Parkinsons or dementia, and their carers, or anyone whose lungs need some exercise! Led by a qualified music therapist.

Dove Cafe Church - every first Monday of the month at 1.30pm. A short informal church service with traditional hymns, prayer and reflection. Particularly suitable for those with dementia and their carers but open to all.

Dovelets - A new group for pre-school children with special needs. Every Tuesday from 10-11am starting in late January. Activities, music and fun.

We have a large range of community activities run by members of the town who hire out the premises. Please see our website for all details of the above and contact details: dissurc.org.uk

Diss Methodist Church

Victoria Road Diss

We offer and warm welcome to all.

The Methodist Church and the United Reformed Church worship together.

Public Worship Sunday: 10.45am (fourth Sunday at URC in Mere St): at 6.30pm Zoom reflection and chat. Contact Rev David Ely for link

Tuesday Fellowship 2.15pm (fortnightly) – with a mixed programme which may include a speaker, games, singing etc.. plus refreshments and a chance to chat.

Minister: the Revd. David Ely,
Superintendent Minister of the Thetford, Diss and Mildenhall Circuit, Tel: **642791**.
Bookings for room hire:
to info@dissmethodistchurch.org.uk

Diss Salvation Army Community Church Sunnyside Diss

The Salvation Army Corps, a church serving the community, has been at work in Diss for the past 125 years.

As a church we endeavour to reach out beyond our building in Sunnyside. Our brass band provides music for official Diss events like Remembrance Day, the switching on of lights and the Mayor's Carol concert.

December may be the month when the band is most widely seen and heard, but it also supports Sunday services in nursing homes and other activities throughout the year.

Our community aspect is reflected in the following activities: 2nd Diss Scouts group

for boys and girls from 4 years of age onwards (Mon and Thu evening), short mat bowls (Wed 2pm), CAMEO (Come And Meet Each Other) club (1st and 3rd Wed 12.15pm), community choir (Thu 8pm), charity shop (Wed and Fri 10am to 2pm), coffee shop (Wed and Fri 10am to 12pm). Our church services (Sun 10.30am) are open to all.

Our faith in God motivates us to help those in need. Without discrimination we provide food, clothing, life-skill advice and counselling.

Further details can be found at:

<https://www.salvationarmy.org.uk/diss>,
e-mail **diss@salvationarmy.org.uk** or
phone **652898**

Denmark Street Gospel Hall

Meetings on Sundays: Breaking of Bread at 11am and gospel service on the first, third and fifth Sunday at 6.30pm. Prayer meeting and Bible study at 6.30pm on Wednesdays. For further details please contact the Secretary Mr J. Leftley, Tel: **308377** or **jandm@leftley.com** Eddy Kerridge **308597**.

We Are Hope Church Vines Road

Our Sunday service starts at 10:30am.
Refreshments are served from 10.00am.
Our service includes lively relevant worship,
Bible teaching with relevant application for
everyday life and great activities for youth and

children. We also have a crèche facility.

As a Community church we are involved in many initiatives to reach out to local communities with Community Works workshop, FoodShare & drop in Cafe, Foodbank, Parent & Toddler, Children's and Youth activities.

For further information contact our church office. Tel: **644223**

email: **office@wearehopechurch.net**

Website: **www.wearehopechurch.net**

Music Praise and Worship (MPW) An informal Christian monthly event

Our informal ecumenical fellowship services currently meet at Diss Methodist Church on the first Sunday of each month at 4pm. Light refreshments are served and all are welcome, particularly those who enjoy fellowship and may not be attached to any church. We would love YOU to join us and requests for favourite songs are welcome

MPW commenced in 2009 as a Church of England venture by the Rev. R. Mellowship to serve local villages. Service details are displayed in local supermarkets and for further information kindly phone **07707 617018** or preferably by email: **anglia.stone@btinternet.com**

The Parish Church of St Remigius, Roydon (Part of Diss Team Ministry).

Diss Team Ministry

1st Sundays of the month at 11am. Morning Prayer: 3rd Sundays in odd numbered months 11am. Morning Prayer: In even numbered months 9.30am Holy Communion.

Coffee Mornings 2nd and 4th Wednesdays at 10.30am

Children Events can be found on the Roydon Children's Church Facebook page

Other Religious Groups

Jehovah's Witnesses

Kingdom Hall, Gilray Road, Diss IP22 4EU.

Meetings Sunday 10am public talk /

Watchtower study: Thursday 7pm Midweek

Meeting. Contact Mr Simon Bolton. Tel: **07827 669497**

Information about our beliefs and activities may be found at **www.jw.org**



St Henry Morse Roman Catholic Church

Diss Car Parks

Diss Station NCP, Station Road (IP22 4HN)

Type: Surface car park Automatic number plate recognition 318 total spaces, 297 standard spaces, 15 Disabled parking bays, 4 Ev charging bays, 2 Blue badge Ev bays

Payment methods - Cashless car park

Payment can be made on entry or on return at the kiosk which accepts most payment cards contactless or chip and pin, Google wallet and Apple pay simply by selecting vehicle registration

Payments can be made online at www.gaparking.co.uk Post Payment is available on-line, payment can be made anytime up until midnight the following day after exit

Auto Pay accounts and season tickets available for customers online at www.gaparking.co.uk to eliminate the need to visit the payments kiosks

Pay by Phone service is available via the www.paybyphone.co.uk link offering daily weekly and season tickets

Blue badge holders Park for free provided they register at www.gaparking.co.uk/bluebadge (registration needs to be either prior to parking up to midnight following day of Parking).

Tariffs

Hourly Tariffs, £1 for 1 hour, £2 for 2 hours, £3 for 3 hours, £4 for 4 hours

Peak: Monday to Friday £6.00 valid until next 4 am

Off peak: Monday to Friday £5.00 entry after 10 am

Night rate: £4.00 entry after 16:00

Saturday, Sunday & Bank Holiday: £4.00 valid until following 4 am

Season tickets also available

Other features

Drop and go - maximum waiting time in car is 20 minutes

No height restriction

Park Mark award

Gilray Road (RCP Parking Ltd) (IP22 4EU)

All day tickets expire at 23:59 for the day applicable.

Type: Online payment only, Not covered, Lit, Patrolled

Payments accepted: Online only

Height restrictions: 2 metres

Number of spaces: 114

Mon-Sun: £4.50 all day peak (arrive before 9am), £3 all day off peak (arrive after 9am)

Chapel Street upper (IP22 4NN) (South Norfolk District Council)

Type: Pay and Display, Not covered.

Height restrictions: None

Number of spaces: 14

Mon-Sat: 8am-6pm (free outside these hours)

1 hr: Free

2 hrs: £1.00

3 hrs: £2.00

4 hrs: £5.00 (maximum stay)

Chapel Street lower (IP22 4NN) (South Norfolk District Council)

Type: Pay and Display, Not Covered, Lit

Features: Disabled Spaces

Height restrictions: None

Number of spaces: 70

Please be aware a barrier is in operation on entry only and is open from 06.30 - 18.30 throughout the year

Mon-Sat: 8am-6pm (free outside these hours)

1 hr: Free

2 hrs: £1.00

3 hrs: £2.00

4 hrs: £5.00 (maximum stay)

Weavers Court (IP22 4QH) (South Norfolk District Council)

Type: Pay and Display, Not covered, Lit

Features: Disabled Spaces, Electric Vehicle Charging point

Height Restrictions: None

Number of spaces: 65

Mon-Sat: 8am-6pm (free outside these hours)

1 hr: Free

2 hrs: £1.00

3 hrs: £2.00

4 hrs: £5.00 (maximum stay)

Mount Street (IP22 4WG) (South Norfolk District Council)

Type: Pay and Display, Not covered, Lit

Features: Disabled Spaces

Height restrictions: None

Number of spaces: 65

Mon-Sat: 8am-6pm (free outside these hours)

1 hr: Free

2 hrs: £1.00

3 hrs: £2.00

4 hrs: £5.00

Park Road (IP22 4AS)
(South Norfolk District Council)

Type: Pay and Display, Not covered, Lit

Features: Disabled Spaces

Height restrictions: None

Number of spaces: 69

Please be aware a barrier is in operation on entry only and is open from 6.30 - 18.30 throughout the year

Mon-Sat: 8am-6pm 1 hr: Free

2 hrs: £1.00

3 hrs: £2.00

4 hrs: £3.00 Over 4 hrs: £4.00

Shelfanger Road (IP22 4EH) (South Norfolk District Council)

Type: Pay and Display, Not covered

Features: Motorcycle Spaces

Height restrictions: None

Number of spaces: 13

Mon-Sat : 8am-6pm 1 hr: Free

2 hrs: £1.00

3 hrs: £2.00

4 hrs: £3.00 Over 4 hrs: £4.00

Heritage Triangle (IP22 4EN)
(South Norfolk District Council)

Type: Pay and Display, Not covered, Lit

Features: Disabled spaces

Height restrictions: None

Number of spaces: 86

Mon-Sat: 8am-6pm. (Free outside these hours)

1 hr: Free

2hrs: £1.00

3hrs: £2.00

4 hrs: £3.00 Over 4 hrs: £4.00

Church St (IP22 4DD)
(South Norfolk District Council)

Not available for public use on a Friday

Type: Pay and Display, Not covered, Lit

Height restrictions: None

Number of spaces: 11

Mon-Sat: 8am-6pm

1 hr: Free

2 hrs: £1.00

3 hrs: £2.00

4 hrs: £3.00 Over 4 hrs: £4.00

Morrisons Car Park

Store purchase required. Maximum stay restrictions apply.

Parking restrictions: Customers only

Type: Not covered, Lit

Features: Disabled spaces, Parent & Child spaces, Electric Vehicle Charging point

Mon-Sat: 6am-10pm

Sun: 10am-4pm

Tesco Car Park

Store purchase required. Maximum stay restrictions apply.

Parking restrictions: Customers only.

Type: Not covered, Lit.

Features: Disabled spaces, Parent & Child spaces, Hand Car Wash, Electric Vehicle Charging points

Height restrictions: None

Mon-Sat: 8am-10pm

Sun: 10am-4pm

Aldi Car Park

Parking restrictions: Customers only.

Register your vehicles in store, behind the **till point, to obtain one and a half hours free parking.**

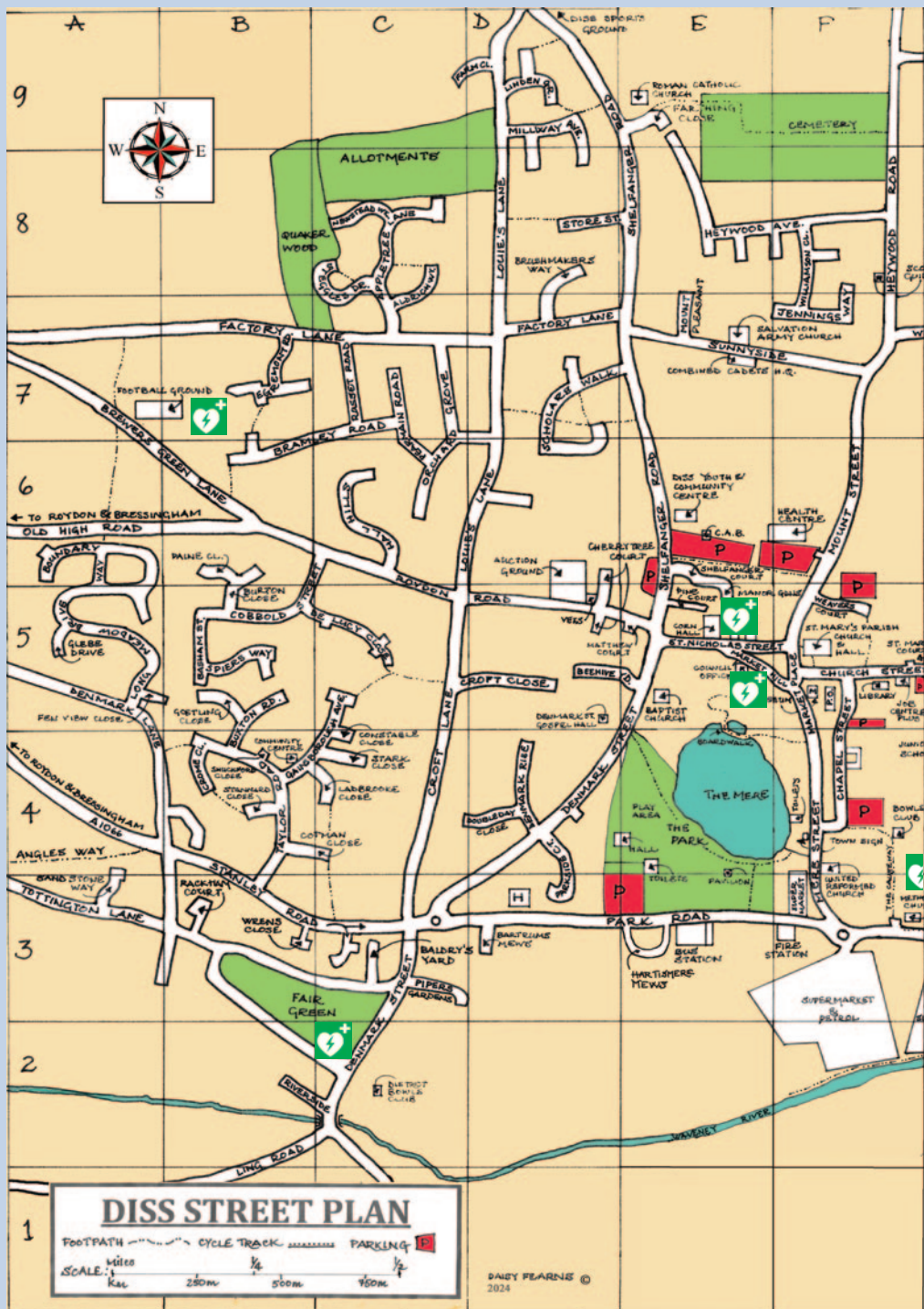
Type: Not covered, Lit.

Features: Disabled spaces, Parent & Child spaces

Height restrictions: None

Mon-Sat: 8am-10pm

Sun: 10am-4pm



Aldrich Way C7	Combined Cadet HQ E7	Frenze Beck L2	Manor Gardens E5
Allotments C8	Community Centre E6	Frenze Hall Lane J6	Market Hill E5
Ambulance Station J4	Com. Cent Taylor Rd B4	Frenze Rd H5	Market Place F5
Angles Way A4	Community Church L4	Friends Meeting Hs G5	Martin Rd I4
Appletree Lane C8	Constable Close C4	Gainsborough Avenue B4	Masefield Rd H4
Auction Ground D6	Cormorant Close K7	Gilray Rd J4	Masonic Hall E4
Baldry's Yard C3	Corn Hall (CM) E5	Glebe Drive A5	Matthew Court D5
Baptist Church E5	Cotman Close C4	Golf Course K1	Mere Manor Court G4
Bartrums Mews J1	Council Offices (CM) E5	Gostling Close B5	Mere St F4
Basham St B5	Cricket Ground G4	Grigg Close G6	Methodist Church F3
Beehive Yard D5	Croft Close D5	Hales Yard (CM)E5	Mill'ium Stone (CM) E4
Bellacre Close H3	Croft Lane C4	Hall Hills C6	Millway Avenue D9
Blackthorn Close J5	Crome Close B4	Harrier Way K7	Mission Rd K2
Blomefield Rd G5	Cuthberts Maltings J1	Hartismere Mews E3	Mount Pleasant E7
Boardwalk E4	De Lucy Close C5	Hawk Crescent J6	Mount St F6
Boudicca Way L6	De Lucy House L1	Hawthorn Close J5	Museum (CM) F5
Boundary Way A6	Denmark Lane A5	Health & Fitness Club H7	Nelson Rd K3
Bramley Rd B6	Denmark Rise D4	Health Centre (CM) F6	Newstead Walk C8
Brewers Green Lane A7	Denmark St C2	Heywood Avenue E8	Nightjar Close K6
Brushmakers Way D8	Denmark St Hall D5	Heywood Rd F8	N'folk House Yd (CM) E6
Bryars Lane K2	Diss Business Centre L1	High School H7	Oak Drive K3
Bunting Drive K7	Diss Business Park L4	Hopper Way K4	Old Coaching Place H2
Burston Rd G9	Diss Leisure Centre H2	Infant/ Nursery Sch H5	Old High Road A6
Burton Close B5	Diss Sports Ground D9	Ives Close J3	Orchard Grove C6
Bus Station (CM) E3	District Bowls Club C2	Jennings Way F7	Owen Rd I4
Buxton Rd B4	Doubleday Close D4	Job Centre Plus(CM) F5	Paine Close B6
Causeway Bowls F4	Dragon Yard (CM)E5	Junior School G4	Park Hotel (CM) D3
Causeway, The (CM) F3	Egremont Rd B7	King George Mews K6	Park Rd E3
Cemetery F9	Ensign Way K2	Kingdom Hall J4	Park, The E4
Champneys Rd H4	Entry, The G5	Ladbroke Close C4	Parkside Court D4
Chapel St F4	Factory Lane B7	Lapwing Close K6	Partridge Rise K7
Chaplyn Court K1	Fair Green B3	Library (CM) F5	Pavilion E4
Cherry Tree Court D6	Falcon Avenue J7	Linden Grove D9	Peafowl Close K7
Church St F5	Farm Close D9	Ling Road B2	Pearce Rd I3
Citizens Advice (CM) E6	Farthing Close E9	Long Meadow Drive A5	Pearmain Rd C6
Clare House G5	Fen View Close A5	Lord Rd I4	Peregrine Close J7
Clarence Hs Court K5	Field House Gardens I5	Louies Lane D8	Pheasant Drive K7
Clement Garden K1	Fire Station (CM) F3	Lowes View G3	Pine Court E5
Cobbold St B5	Fisher Rd I4	Madgett Walk E4	Pipers Gardens C3
Cobbs Yard (CM) E5	Fitzwalter Rd H5	Mallard Court (CM) E5	Pollard Court K2
Coleridge Rd H3	Football Ground A7	Maltings Close K2	Post Office F5

Prince Regent Way J2
 Prince William Way K6
 Pursehouse Way I3
 Quaker Wood B8
 Rackham Court B3
 Railway Court J3
 Railway Station K4
 Rectory Meadow G3
 Redhill Close H5
 Registry Office (CM) E5
 Riverside B2
 Riverside Maltings J1
 R. Catholic Church E9
 Rose Lane J1
 Rose Terrace J1
 Roydon Rd C6
 Russett Rd C7
 Salvation Army Hall E7
 Sand Stone Way A3
 Sandy Lane K3
 Sawmills Rd L2
 Scholars Walk D7
 Scout & Guide Hall F8
 Shelfanger Court E6
 Shelfanger Rd E8
 Shreeves Rd I4
 Shuckford Close B4
 Skelton Close H3
 Skelton Road H4
 Speirs Way B5
 Spencer Crescent K6
 St Mary's Court F5
 St Mary's Drive H4
 St Mary's Hall (CM) F5
 St Mary's Church F5
 St Nicholas St E5
 Stanley Rd B3
 Stannard Close B4
 Stark Close C4
 Station Rd J2
 Steggles Drive C8
 Store St D8
 Stuston Rd K11
 Sunnyside E7
 Sycamore Way J6
 Tavern Close K2
 Tavern Lane J2
 Taylor Rd B4
 Tennyson Rd H5
 Thomas Manning Rd I3
 Toilets - E4 & F4
 Tottington Lane A3
 Town Sign F4
 Trafalgar Way K1
 United Reformed Ch F4
 Uplands Way G5
 Vets D5 & K3
 Victoria Close G2
 Victoria Rd G3
 Victory Court K3
 Vikings Close G6
 Vines Rd I2
 Viscount Court K3
 Walcot Green J9
 Walcot Hall I8
 Walcot Rd G7
 Walcot Rise J6
 Water Gradens D3
 Waveney Mob.H. Park J1
 Waveney Rd I2
 Waveney River E2
 Weavers Court F5
 Whytehead Gardens G3
 Willbye Avenue G6
 Williamson Close F8
 Wills Yard (CM) F4
 Windsor Court K6
 Wordsworth Rd H3
 Wrens Close B3
 Youth & Com. Centre E6

DISS MAP INDEX




Defibrillator Locations

	Diss Leisure Centre Victoria Road H2
	Tesco Supermarket Victoria Road G3
	Diss Golf Club Stuston Road L1
	Diss Football Club Brewers Green Lane A7
24 HOUR ACCESS	
	Methodist Church Victoria Road F3
	Jewsons Ltd Victoria Road J2
	Adkins Opticians Market Hill F5
	Corn Hall St Nicholas Street E5
	Fair Green Denmark Street C2

BLINDS

Swift Blinds
MADE TO MEASURE BLINDS



✓ Rollers ✓ Verticals ✓ Venetian
✓ Pleated ✓ Roman

Made in our workshop near Diss
Free Estimates and Fitting
01379 640568
info@swiftblindsdiss.co.uk

CAMPING

An Aladdins cave for all your camping and leisure needs



Color Gas | Smokeless Coal | Kiln Dried logs | Trailer parts | Fit towbars | Camping equipment

Little Movers
Camping and Leisure

Station Road
Diss
Norfolk IP22 4HN

01379 644070
www.littlemoversdiss.com
@LittlemoversDiss

CAR SALES

DISS
CAR CENTRE

(t) 01379 642051
(m) 07776 305104

Car Sales
Sawmills Road, Diss.
www.diss-carcentre.co.uk

CHIMNEY SWEEPS

Anglia Chimney Sweeps & Stove Installations

- Hetas registered
- Professional and reliable service
- No obligation advice and estimate
- Insurance-recognised sweeping certificates
- Stove and Liners fully installed to current Hetas regulations
- Fully insured up to £5million
- Smoke draft testing as standard
- No mess, no dust, no fuss



www.angliachimneysweeps.co.uk
Email: davidjwatkinson@yahoo.co.uk
Call David: 07711 458575

ELECTRICAL SERVICES

Blue Aura Electrical Services

Richard Scoggins *Electrician*
07801 484873



blueauraelectrical@btinternet.com

FAMILY MEDIATION



For Family Mediation
Contact: 01379 773082

Or email admin@mediateddisputesolutions.uk

Professional mediation helps to reduce conflict. If your family is changing or you are worried about your children or how to cope financially, mediation can help you make the arrangements.

Family mediation is available both privately and to those eligible for legal aid and MOJ vouchers.

HAIR & BEAUTY



Facials, Sunbeds
Hair, Nails, Pedicure
Sports Massage Clinic
Waxing, Aesthetics
Lashes, Spray Tan
Digital Eyebrow Tattoo

6 Mount Street, Diss, Norfolk IP22 4QG

Tel: 01379 643970 Email: halfmoonsalon@btinternet.com
www.halfmoonsalon.co.uk

MOBILE PHONE REPAIR

For all your broken
smart phones, tablets
& other devices

Roy Aziz
07985 216761
www.fonemagic.co.uk

8 Appletree Lane, Roydon, Diss IP22 4FL

please park on my driveway



PLUMBING SERVICES

**Adam Scoulding
Plumbing Services**

- 24 Hour Call Out
- General Plumbing
- Bathrooms
- Wet Rooms
- Water Softeners



T: 01379 423817/07885 402636
adamscoulding@yahoo.co.uk

ROOFING

**Richard
Walpole
Roofing**



- New Roofs • Re Roofs
 - Roof Repairs • Leadwork
 - Chimneys Repointed
 - Fascia, Soffit and Guttering
- FULLY INSURED**

Tel: 07747 784742

SKIP HIRE

KENT SKIPS

WE COVER SOUTH NORFOLK & NORTH SUFFOLK

- PROMPT & RELIABLE SERVICE
- NEXT DAY DELIVERY • LARGE OR SMALL LOADS



Yew Tree Farm, Pulham Market, Diss, Norfolk IP21 4XN

info@kentskips.com www.kentskips.com



TROPHIES



DISS TROPHY CENTRE

Trophies, Glassware & Gifts
Comprehensive Engraving Service

23 St. Nicholas Street, Diss, Norfolk IP22 4LB

01379 641514

Email: dtc23@uwclub.net



Photo: Tina Ewart

Elmslett Corner sofa | RRP FROM £3177

Spread the cost across 48 months

FROM ONLY
£71.80
PER MONTH*



*T&Cs apply. Example is based on 10% deposit of £318 followed by 48 monthly payments of £71.80 at 9.9% apr - £3789.40 total payable amount. Over 18s only. Subject to status. See our website for full details.

John Doe of Diss

FOR ALL YOUR HOME NEEDS, SINCE 1983.



Angela's
**COFFEE
LOUNGE**
NOW OPEN



Spread the cost across up to 48 months with our range of finance options*



In store **Howard House, 46-50 Sawmills Road, Diss, IP22 4DA**

Online johndoe.co.uk | Call **01379 644 081** | [f](#) [t](#) [i](#) [y](#) [o](#) [u](#) [t](#) [p](#) [i](#) [n](#)

CARPETS ◯ FLOORING ◯ BEDS ◯ FURNITURE ◯ SOFAS ◯ CURTAINS ◯ BLINDS ◯ LIGHTING

ABLE TAXIS



For enquires, competitive quotes and
bookings call

01379 640900

or email abletaxisdiss@gmail.com

Pre-booking advised
all services offered are subject
to availability