



DISS Matters

Winter 2022

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shine!**

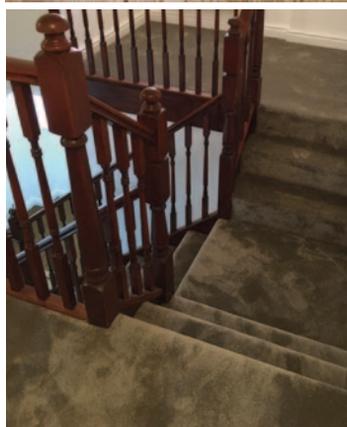
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The Big Switch On

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Welcome

Tis the season to be jolly!



Wow, what a year it's been!

With the return of our much-loved town events this year, Diss' social calendar has been very busy and the good news is.... there's still more to come! As we enter the festive season, get ready to light up the town on 3rd December with our much-loved Christmas Lights Switch-On. An afternoon of live music, stalls, free entertainment and fun, there's something for all the family (See pages 8-9).

Be sure to enjoy all the many treats our town has to offer this Christmas; whether it's shopping local for those special gifts, laughing with family and friends at your local panto (see pg 24), trying out new places to eat and drink or simply enjoying a walk in the park with a friend. For the bakers amongst us, you're in for a festive treat (or three!) with a selection of festive recipes kindly shared by local bakeries; Tudor Bakehouse, Brownie & The Bean and Flour & Bean.

With New Year's Resolutions on the horizon, why not start a new hobby? Whether you're passionate about the arts, litter picking or supporting youth activities in the town, there are lots of opportunities out there! Perhaps you'd like to give something back by volunteering your time at a local community group. Have a flick through – you never know what might take your fancy!

Fancy spreading some Christmas cheer, for free? Why not try our Acts of Kindness Advent Calendar on page 31! It costs nothing to be kind...

Whatever excites you and gets you in the Christmas spirit, indulge and enjoy. You deserve it!

Wishing our readers a Merry Christmas and Happy New Year,

Kimberley

Kim

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Council news

Our community has once again come together over the last few months - in celebration at the hugely successful Glow in the Park event to mark the late Queen Elizabeth II's Platinum Jubilee closely followed by the return of Diss Carnival. And in reflection on the remarkable life of Her Majesty following the announcement of her passing in September.

We have welcomed several new faces to the Town Council - two councillors and four new members of the staffing team following a restructuring exercise. We are looking forward to working with them and the community to make ideas that support the Council's vision to make Diss a successful, vibrant, attractive town, where people want to live, work and visit.



Improving facilities

The remaining streetlighting columns owned by the Town Council (approx. 230 in total) are scheduled to be upgraded over the next few months.

The CCTV provision in the Park will be improved in the Autumn through a project to also upgrade lighting on this site.

We continue to support the Community Fridge and composter projects at the Diss Youth & Community Centre and have recently backed a new initiative of leaf-mould collection, all contributing to the

Council's aims to act sustainably, promote biodiversity in the town, and keep public spaces tidy using suggestions provided by local residents.

We are exploring grant funding opportunities to upgrade kitchen facilities and the upstairs of the DYCC to improve the facility for all users.

Events

2022 has been a big year for events. The summer saw the Park 'glow' in honour of the late Queen's Platinum Jubilee with a programme of live music entertainment, LED drumming troupe, Spark!, children's lantern procession, beacon lighting ceremony and firework display. It was a brilliant success and we have had some fantastic feedback.

Diss took centre stage just a month later when thousands lined the streets to celebrate 'The Great 'Diss' Showman' Carnival - and what a show it was! With more than 30 floats and walking groups parading through Diss town centre and a fun day on the Park with performances



from 'Titan' the Robot, Lost In Translation Circus with their spectacular aerial displays, jugglers, and life size puppet elephants, Tribe-All fitness with their amazing dance displays and a dog show, there really was

something for everyone.

Following the sad news of the passing of Queen Elizabeth II in September, and in line with the national protocol, the Council observed the 10-day mourning period and carried out activities including the lowering and raising of the Union Jack flag, opening a book of condolences at St. Mary's Church, the Mayor's attendance at the District Council's Proclamation reading and special commemoration services at St Mary's church and on the Park.

The life and legacy of Queen Elizabeth II after more than 70 years of devotion to public service, and the events following her death will be captured



as part of the second phase of the Park's beacon project, which will act as a special place of reflection for the community. On Remembrance Sunday (13th November), we will pay tribute to those who made the ultimate sacrifice to protect our freedom with the traditional parade through the town centre, wreath laying ceremony and service at St Mary's church. More info on events on p8-9 & p18-19.

Reducing carbon footprint

The council is continuing to work towards its strategic objective of creating a greener town. From smaller initiatives such as purchasing a natural wreath for this year's Remembrance Day to reduce plastic waste to larger projects including dimming

streetlights to reduce energy and carbon consumption, using 100% renewable energy and investigating heat source pumps and solar energy to power our council office refurbishment, we are committed to reducing the Council's carbon footprint.

Infrastructure improvements

The junction improvement scheme at Vince's Road should be completed early November reducing the significant delays experienced by exiting vehicles at peak periods.

A third speed sign will be installed around the town on a rotational basis to target key areas more frequently and improve safety following a successful Parish Partnership Scheme bid.

Improvements to the Causeway Public Right of Way are programmed for December.

The proposed project to install a culvert at the Burston Road end of the PROW linking to Walcot Green has been withdrawn and the funds will instead be used on developing a plan to improve the town's walking and / or cycling infrastructure. The existing footpath has been well looked after, is easily accessible most of the year and sufficiently wide.

The Diss & District Neighbourhood Plan was submitted to Planning Authority for examination in July with a public referendum expected early 2023.

Sarah Richards,
*Town Clerk at
Diss Town Council*



New faces at DTC



We are pleased to introduce some new faces here at Diss Town Council!

Joining our lovely ladies in the office, meet our newest recruit, Charlotte Warner.

Charlotte joined DTC in September and fills a new Office Administrator role, assisting with day-to-day enquiries and providing administrative support to the Clerks and Mayor.

Originally from a small seaside town in Essex, Charlotte had a dream to move to the countryside where she could find a perfect location to look after rescue animals. A few years ago, the dream became reality when she found the ideal spot in a local village.

"I am a big lover of animals and have 5 ponies, 2 dogs and 4 chickens, all of which I have rescued. When I'm not riding my horse and spending time with the animals, I like to see live bands, enjoy long walks in the countryside, cycling and love to socialise with friends and family.

I'm really enjoying working in Diss. The town has so much history, the people are friendly and there are some great little spots to explore around the town. The office team have been so welcoming and it's been interesting to learn all about how the council works. I decided to join Diss Town

Council to be more involved with my local community and this job has given me an opportunity to do that. I've met lots of different people who all help to keep the town going strong and discovered just how varied the role can be working here.

I have always worked in administrative roles, most recently at Norwich City FC. Council administration is a new direction for me, but I'm excited to learn some new skills utilising my previous experience.

"Tell us something we don't know about you"

I spent 14 days in the Swedish countryside at a Yoga Ashram, learning meditation and different types of yoga. I also spent three days in silence there (which was a struggle for a chatterbox like me!).

And, introducing our

newest recruits to the Buildings & Facilities Team;

Alex Rolfe, who is our new Buildings & Facilities Supervisor,

Mark Hobbs and Colin West, who will be keeping the town and council sites clean and tidy.

All three have settled very well into their new roles – you may see them performing their duties at our town sites in their hi-vis jackets. Give them a wave and say hello!



Alex



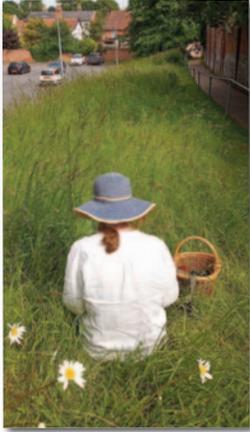
Mark



Colin

A hot spot of floral diversity

The grassy bank between Manor Walk and the Health Centre car park is a hot spot of floral diversity in Diss. Yes – there are bog-standard nettles, bindweed and ordinary grasses, but there is also a special



population of plants which tells us this is a distinctive and long-established piece of grassland. It was once part of the old Parish Fields and so it is a surviving scrap of ancient meadow or pasture. The longer a grassland survives without fertilisers and pesticides the more diverse its population is likely to be; also, underground fungal networks have had a chance to develop.

Enthusiasts from the Friends of Parish Fields have been recording the plants. We have found lady's smock – an inhabitant of dampish meadows – and lesser broomrape – a notable plant which parasitises members of the pea and daisy family (here probably red clover, common



vetch and oxeye daisy). Other interesting species on the bank include wild carrot and hedge bedstraw.

In all, we have found a tremendous total of over 60 species in an area of only 135 square metres.

Free Youth Café welcomes new members



As a community, one of the best investments into the future is investing in our young people. Covid's impact on their mental health and wellbeing was significant, robbing them of social contact at the age they normally would have become more independent. According to a study by Young Minds, 87% of correspondents felt lonely and isolated. As Integrate Youth for Christ, we seek to support by providing informal mentoring and lunchtime clubs in schools as well as a safe environment for social interaction in our afterschool youth cafés. Our local Youth Cafés are open 3.15-5pm every Monday at Diss Salvation Army building and Thursdays at St Mary's Burston (term time only). We do a weekly craft, cooking or baking activity. Available are games consoles, pool, table tennis and a small tuck shop. Some young people stop there to do homework, or just chat and have fun with friends, in a safe and supportive environment. Both clubs are free and welcoming new members.

Maria Newbould

Area Schools and Youth Worker



DISS CHRISTMAS LIGHTS SWITCH-ON

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AIKEN



3RD DECEMBER, DISS MARKET PLACE
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The Big Switch-On!

It's that time of year again - come and join the festive celebrations in Diss Market Place from 12 noon until 6.00pm on Saturday 3rd December.

Stalls will include Debbie's Donuts, Khushee Street Food, USA American Sweet Sensations, Harris' Hog Roast, Florenco's Coffee, The Bucket List, Ampersand Brewery, Flip and Sip and BB's Bakery - plenty to indulge in! We'll also have tombola stalls, glow lights, balloon sellers and Hope Church joining us.

While you're here, why not start your Christmas shopping and explore Diss' lovely independent shops in the town, perfect for finding those unique Christmas gifts.

For the kids, enjoy all the fun of the fair with Larry Gray at Mere's Mouth and an afternoon of festive activities at The United Reformed Church (opp Aldi) from 1 - 6pm. The URC will be hosting Father Christmas in his Grotto, where every child will receive a gift. Take part in 'Follow the Star' and 'Find the Stable' activities with the wise men as they follow the star to Bethlehem - have a free cup of hot chocolate at Beth's Inn and pick up a free Advent Activity Pack. Voice Squad will be performing on the forecourt from 2-3pm.

Music lovers, you're in for a treat! From 12 noon, Park Radio will be getting us into the Christmas spirit with all your festive favourite tunes and from 2.45pm, catch live performances from Serena Grant; Joe and Emma Aiken and our headliners 'Reflections of Abba'.

Led by The Salvation Army, Santa and Dinsdale will be transported along Mere

Street to Diss Market Place from 5pm ready for the Christmas Lights Switch-On at 5.15pm.

Switching on the lights this year will be Norfolk local and Britain's Got Talent star Ben Langley, accompanied by the cast of The Corn Hall panto Sleeping Beauty, The Mayor of Diss and of course, Father Christmas.



All of the above could not be possible without our Sponsors - Beckford & Lewis Financial Planning Limited, Fonemagic, Gillings of Diss, Lexham Insurance, Lily & Rose Ladies Boutique, Pearce & Kemp Electrical Limited, Phoenix Events (East) Limited, Rosedale Funeral Service, Susan Whymark Funeral Service Limited, Travis Perkins, Upp Broadband and our volunteers who give their time tirelessly throughout the year planning this Big Event. Thank you so much for your support.

We hope you have a fantastic time and have a very Happy Christmas!

Diss Christmas Lights Sub-Committee



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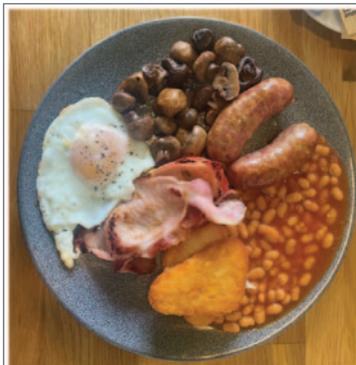
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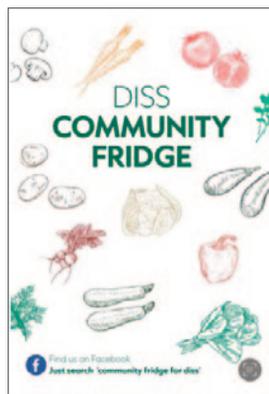
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Love food? Hate Waste?

Check out the Community Fridge for Diss!



Don't put good food in the bin, we'll get it on someone's plate!

A Community Fridge is a place where surplus food is shared within communities, a way of reducing waste and filling plates. Last year, Co-op commissioned a live Christmas advert featuring Dermot O'Leary visiting a Community Fridge and announcing that funds would be available for communities to apply to develop a Fridge of their own. The following day I copied the clip and made a Facebook post asking if there was any interest in doing this in our area. The response was overwhelming, so many offers of help and support. We formed a partnership, including interested local residents, Waveney Foodbank, Rotary Club of Diss & District, Diss Town Council and Co-op, to develop the idea. The partnership progressed quickly. Waveney Foodbank found some funding, Co-op provided some project management time, residents provided ideas and direction, Thinklusive provided identity design and crucially Diss Town Council offered a home for the Fridge & Freezer. Rotary Club of Diss & District funded Food Hygiene training and Insurances and the Fridge and Freezer were

installed at Diss Youth & Community Centre at the end of April.

We developed new partnerships with local food businesses and opened our doors on 23rd June. Since then, we have redistributed lots of food to lots of people. We have had over 100 unique visitors, many returning again. We haven't had time or resources to weigh the food that has been saved from the bin, please look at the videos on our Facebook page and have a guess!

The Fridge is run entirely by volunteers, we are always keen for people to join our team and have lots of ways for people to get involved - collecting surplus food, receiving surplus food, sharing their own surplus food, or even growing it.

We are open on Monday, Thursday and Friday, 3-4pm for giving only and 6:30-8pm for giving and taking. We're at Diss Youth & Community Centre on Shelfanger Road, please come and see us soon!

"Anyone can give, anyone can take"....

Find us on Facebook:

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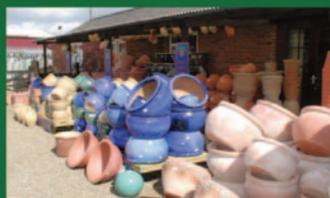
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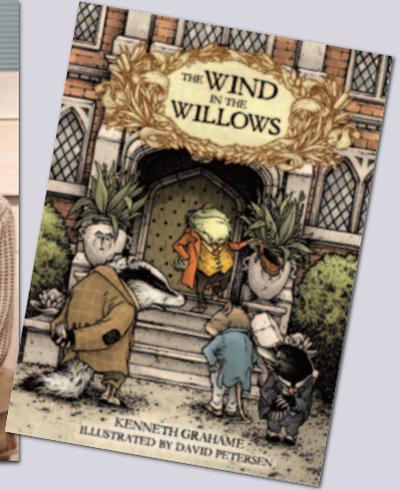
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If so, you might be interested in the Arts Society Diss, which meets once a month in the Corn Hall, at 2 pm on Tuesday afternoons, where you can have a relaxing drink or lunch before the meeting.

Our speakers are highly qualified in their subjects and expert communicators, covering a wide range of topics, for example, poster design, book illustration, and the art of the Windrush generation.

We enjoy lots of other activities too. We organise trips out to places of local interest - Sutton Hoo was our most recent destination, and longer trips further afield: we have just returned from the Lake District. We hold special meetings twice a year and study an arts topic in greater depth. In early November we looked at the art and craft of John Piper - writer, war artist, and stained-glass artist.

Some of our members get together to record the historic contents of churches in the Diss area - currently Blo Norton is under scrutiny. This is a very convivial group - going to a local cafe afterwards for lunch and a chat.

And we are in the wider community too, working with organisations and groups to deliver a chosen art themed topic - mostly recently a ceramics workshop with Diss Junior School.

Our three next talks are:

15 November. **Mind the Gap:** Graphic and poster design on the London Underground

6 December: **The Wind in the Willows** through its many illustrators

17 January: **The Castles of William Randolph Hearst:** his unquenchable thirst for art

You can find out more about us at:

www.artsocdiss.org.uk or

info@artsocdiss.org.uk

Membership costs £43 a year; we ask guests to make a donation. Come along and try us out.

Introducing your new Town Councillors...

Cllr George Waterman, Member of Facilities and Planning Committees



I moved to Diss, having grown up nearby, in January 2021. Since that time Diss has made me feel nothing but welcome with its diverse and friendly residents, abundance of places to go to and things to do, and beautiful surrounding countryside. I work as a horticulturalist at a local plant nursery by day, but outside of work I have a keen interest in the community and local groups. The first group I became involved with was Diss Litterpicking Group - my own creation - which relies on the generosity of local people to host monthly litter pick mornings and keep the town and surrounding countryside clean and pleasant. Following that I have joined the team at Quaker Wood, the Community Fridge for Diss, the

local Round Table and I have also completed some smaller projects such as tree-planting in Roydon and the Community Composter.

My work in the town culminated in April 2022 when I was made the Honoured Citizen of Diss and was invited to take part in the parade at Diss Carnival in July. It remains one of the proudest moments of my life and it would not have been possible without the help I have received along the way from the people of Diss.

My aims as a Councillor are to continue to develop my project and help make Diss a more sustainable town prepared for the challenges of the future, to help and encourage other young people in the town who have ideas and enthusiasm to see their visions become a reality. If other residents of Diss and the surrounding area are shown the same kindness and warmth that I was, then the future of Diss is a bright one.

Cllr Liz Sinfield, Member of Executive and Infrastructure Committees

In 1994 I moved with my family to a village south of Bury St Edmunds. At the time I was working for the Duke of Edinburgh's Award Scheme in Northamptonshire. Company chief executives and managers believed that the Award Scheme created a solid foundation for young people and improved their contribution both to their companies and the wider community. This role gave me an understanding of the vast problems that some young people have and enabled



me to work with young people from many diverse backgrounds.

I had a close association with Diss during this time as my husband built a business in Diss and was part of the community for at least 30 years. We attended events that were in the town and were members of Clubs as well.

I then set up my own business selling craft items which meant a lot of travel.

Eventually, wanting to be closer to home and family, I took a job as the manager of a charitable organisation working at Norwich Prison. They were setting up workshops to work with the Young Offender section -18 – 21 year olds - to give them the skills needed to apply for jobs having disclosed their offences. I enjoyed doing this for a number of years and then became the Area Manager covering a number of Prisons, including Wayland and Highpoint.

Following this I moved into other roles in the Prison Service including Head of Safer Custody at Norwich Prison and Manager of all Industry Workshops.

All the above has given me an interest in people, from all walks of life.

In 2019 we decided to move to Diss. Diss is a buzzing and thriving town, with a lot of

history, and beautiful buildings and has a great community spirit. I have nine grandchildren who love the park, swimming pool and shops. Diss offers most things people need, so currently when the cost of living is rising, there is no need for people to travel far if they don't want to, everything is within handy walking distance.

I retired from the Prison Service in 2021 and took up some voluntary work in the Octagon (near the Mere's Mouth) early in the year. Coming out of lock-down I have seen the town centre grow with shops opening, there are still some empty spaces, but hopefully the town will thrive and people will take up the opportunity of being part of the community and building a business in Diss.

I was co-opted on to the Town Council in September as there was a vacancy and I wanted to join the like-minded people who want Diss to grow and be a place that people want to visit, is clean, and feels safe. I would like to think I am approachable and will follow through on my commitments which at the moment is to serve the community through the Town Council until May 2023.

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Diss 2023 Calendar now on sale!

Local resident Dennis Cross has released his latest calendar of postcards showing memories of Diss and its surrounding villages, with proceeds going to the Big C Cancer Charity. Purchase your calendar from Photo Elite, Market Hill, Leslie Ward Gift Shop, Church Street, Diss Garden Centre, Victoria Road, Premier Convenience Store, Skelton Road or call Dennis on 01379 651897 (evenings) to get a copy.



Diss Youth Group needs you!

Diss Youth Group (DYG) offers a varied programme of activities and a safe space for members to explore issues, try new activities, and gain support from a team of trained youth workers and volunteers.

As we continue to grow, we are looking for volunteers to support us on a rota basis. Opportunities vary e.g running our tuck shop, leading an activity, e.g. craft, music, being a committee member, or helping us fundraise. If you are interested in volunteering and would like any training (optional), we can provide this free of charge.

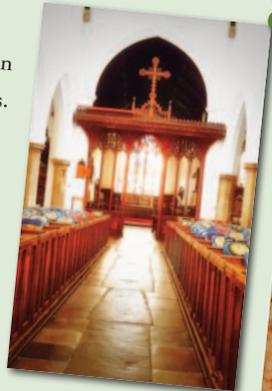
Please contact Julia Fairbrother on 07546 059061 or julia@mtmyouthservices.co.uk for further information.



Carol Concert tickets available!

The Town Mayor's Christmas Carol Concert takes place on Tuesday 13th December at 7pm at St Mary's Church, Diss. Join us for an evening of carol singing with performances from local school/community choirs and The Salvation Army Band.

Ticket available from Diss Town Council Offices: £5 Adult £2 Child (inc seasonal refreshments). Ticket proceeds will go towards Mayor's charities, Marie Curie & Cancer Research UK.



Mayor reflects on a busy year of events

The Mayor of Diss, Cllr Eric Taylor, has enjoyed a packed schedule of key events and civic engagements over the Summer. These events are a great opportunity to promote Diss, while engaging with other dignitaries, community representatives and charities.

"Thank you to everyone who invited me to their events. It has been an honour to use my role to meet, recognise and celebrate so many wonderful, kind-hearted people in our community. I have attended over 30 events, in addition to my regular council meetings."

The Mayor's diary:

Glow In The Park 2nd June

HM Queen Elizabeth II Platinum Jubilee Celebration. This event had everything - street food, live music and entertainment, a lantern procession, a Beacon lighting ceremony timed to coincide with beacons being lit all across the country to celebrate the Platinum Jubilee followed by a firework display. Definitely, one of the best events I have seen in my 40 years of living in Diss with attendance figures estimated to be well over 6000.



Armed Forces Day 25th June

I spent the morning on Diss Market Place supporting Armed Forces Day and was very

impressed with how our armed forces were received.

Diss Carnival 3rd July

I thoroughly enjoyed our annual Town Carnival, taking part in the procession, judging the float entries and the window dressing competition. The event was very well attended by thousands and it was great to see the town coming together to celebrate 'The Great-Diss Showman'. Congratulations to the Carnival committee for delivering a fantastic Carnival!



'Dissitude' 15th July

I had a great time at a fun-packed day organised by Diss Primary Academy Partnership to raise funds for the Infant, Nursery and Junior School Academies.

Elephants Tea Party 17th July

I attended the Elephants Tea Party on Fair Green to celebrate the Historic Elephants of Diss project and the unveiling of a new memorial.

Stowmarket Civic Service 17th July

My wife and I attended the Civic Service of Mayor of Stowmarket, Cllr Barry Salmon. We enjoyed engaging with dignitaries from other parishes, district and county council levels.



Eighty Not Out! 13th September

I was invited to Diss Junior School to celebrate Yvonne Henson's 80th birthday, also marking 40 years of service to the school and the community. The last 20 years of this she has been school lollipop lady and although she has reached this milestone she has no intention of retiring anytime soon.

We marked this occasion by presenting Yvonne with a framed letter from the Town Council to mark her birthday and thank her for her service to the local community.



Other events attended:

- Felixstowe Civic Service, 24th July
- The Big Sing, 7th August
- Vicar's Tea Party, 6th September
- Annual General Meeting Norfolk Scouts, 12th September
- Civic Reception - Chairman of SNC, 15th September
- Coffee Open Morning, Kingsley Homecare Shop, 16th September

- Wymondham Civic Reception, 16th September
- Ipswich Civic Service, 16th October
- Mayor's Reception, Hunstanton, 4th November
- Diss Remembrance Parade, 13th November

In between supporting community events and civic engagements, the Mayor continues to raise money for his chosen charities, Marie Curie and Cancer Research UK.

"I selected Cancer Research because like so many other people I have lost a number of family members and friends to cancer. I also know from personal experience that the Marie Curie end of life care and support to families is so important at a very critical time." Over the summer, the Mayor hosted two car boot sales on Diss Park to raise funds for his charities.

In the coming month, the Mayor is looking forward to attending the Diss Christmas Lights Switch-On on 3rd December and hosting his Carol Concert on 13th December where he will continue to fundraise through bucket collections. For further information about the Mayor, visit www.diss.gov.uk/town-mayor and if you have an event you'd like to invite the Mayor to, please email towncouncil@diss.gov.uk

Your Station, Your Music



Park Radio's new Board have hit the ground running with lots of ideas and plans being made to keep the good ship on an even keel.

We have been doing a great deal of work in the background to bring to you the music you have been asking for and presenting some of this music in specialist shows. This has meant some small changes to our presenters to ensure that we have the right person for that genre of music.

We recently held a 'Chocolate Bingo' evening in Palgrave, all money raised will be given to the charities that we are supporting this year: Mind (Norfolk & Waveney); Norfolk Zipper Club; East Anglian Air Ambulance and Emmaus. During early December we plan to hold another fundraising event to donate to these worthwhile charities.

Watch out for the Boozy Bingo night, this will be held sometime before Christmas.

As you may know the radio station is run by volunteers and we couldn't bring you the music, news, weather, competitions etc., without people giving their time. If you would like to be part of a friendly team and have a few hours to spare do get in touch by sending an email to:

studio@parkradio.co.uk. We will be delighted to hear from you and to welcome you into the one and only community station in Diss, Harleston and Eye.

James, Katie and Linda

Get in touch!

Call/Text the studio: 01379 210000

Write to us: Park Radio Studio, Diss Youth & Community Centre, 32 Shelfanger Road, Diss, IP22 4EH

Find us online www.parkradio.co.uk and on social media!

Your Local Royal British Legion branch needs you!

Diss & District have had a British Legion branch since 1924. There has been a Norfolk County British Legion since 1922.

First let me dispel a couple of myths about the Legion.

1) It is a load of old men sitting around talking about `the War`

- Not true, especially as there are not many World War Two Veterans left. **We welcome Men and Women of all ages** who have served in the Armed Forces in any conflicts, not only the World Wars, but Korea, Falklands, Afghanistan the Gulf or any other `Police Actions` - also if you were Conscripted. This includes Army, Navy, Marines and the Air force, plus Land Army and Timber Jill's (The Ladies who did Forestry work in WW2)

2) You must be in the Services to be in the RBL

- No, Membership is open to everyone, you only need to hold the interest of the Legion in your heart.

Diss & District RBL Branch meets at 7.15pm every 3rd Monday of the month at the Diss & District Bowls Club, Lower Denmark Street, Diss, IP22 4BE (there is Car Parking and a Bar). Membership is £20 per year. So, if you want to learn about the objectives of the Legion, want to help and support those who have served and their families, including helping as a Poppy Collector at Remembrance time, why not come and join us.

We also have an Armed Forces Day Event in June at the Market Place, take part in the Diss Carnival and Parade, plus a Remembrance Parade and Wreath laying in November.

As a Legion member, you can attend events held by Local Branches such as Dickleburgh and Harleston.

The more, the merrier!
Come and join us...



Mike our Standard Bearer from Remembrance 2021.

Festive Coffee Morning for charity

Diss Methodist Church will be holding a Christmas coffee morning on Saturday 10th December 10am-12noon in aid of the Goodwill Children's Village in India. With a variety of stalls and Christmas activities for all, there's plenty to join in with, or simply just sit and relax with a hot/cold drink, a mince pie and soak up the festive atmosphere.

We encourage anyone who would like to visit to come and say hi – a warm welcome awaits you.

Myra Stannard
myra.s@uwclub.net
01379 644401



Weave your way around Diss...



Introducing The Diss and District Guild of Weavers, Spinners and Dyers!

We are a group of enthusiastic, resourceful and like-minded people who are interested in the crafts of weaving, spinning and dyeing. The ethos of the group is to share our knowledge, not only within the group but to the wider public in general.

Guild members can be seen demonstrating

at various events throughout the year to raise awareness of the traditional skills used in the manufacture of textiles.

For further information about the Guild, dates, times and place of our meetings as well as the textile heritage of Diss and the surrounding area, visit our website at:

www.dissweaversspinnersanddyers.co.uk



Do you feel a need to widen your horizons, make new friends, or explore a new skill? If so, then Diss u3a could well provide the answer. Meeting once a month in the heart of Diss in a relaxed, friendly atmosphere, members can chat with friends over coffee and then listen to an interesting speaker. In addition, members can choose to join any of many Interest Groups, as many as they wish, from a wide range. All this for a modest annual subscription of £15.

Part of a national movement, previously known as the "University of the Third Age," Diss u3a was formed in 2003, next year celebrating our 20th anniversary.

To join, no entry qualifications are required, "There are no exams and no pressure – we are run for the members by the members," says Chair Tony Callender. "New members are always very welcome."

Diss u3a membership is open to anyone not in full-time employment. Monthly meetings are held on the first Thursday of every month

at the Diss United Reformed Church (URC) on Mere Street at 10am, with talks starting at 10.30am. Light refreshments are available at no cost.

There are 35 Interest Groups that are extra to our monthly meetings, offering a diverse range of subjects including: Walking, Languages, Lunching, Art, Jazz, Mah Jong, Mediaeval History, Metal Detecting, Bird Watching, Looking at Buildings and MOTO (Members on their Own). Members can set up their own group if they have an interest not already catered for. Guided by a Group Leader chosen by its members, each group meets regularly, at different times and venues, indoors or outdoors, according to subject.

For more information, any questions and to join, please contact Tony on callender@cix.co.uk. You can also see what's happening on our website, www.dissu3a.org.uk

This might be just what you are looking for!

Celebrate Christmas with The Corn Hall!

No festive season is complete without a trip to the theatre, from festive favourites to the Christmas pantomime for the whole family, we guarantee a bit of festive magic for everyone. As well as our Christmas events, The Corn Hall Café is offering plenty of festive treats to help you get into the Christmas spirit.



Sleeping Beauty 17th- 31st December, from £12.50

Prepare to be spellbound as Sleeping Beauty

spins into Diss this Christmas for a festive family pantomime. Join Princess Aurora, Muddles, Dame Victoria Sponge, Fairy Lights, King Bumble and the evil Carabose for an action-packed show, full of dazzling costumes, glittering scenery, special effects and traditional pantomime slapstick.

Christmas Brass – The Cawston Band 1st December, £10

One of Norfolk's oldest and highest-profile brass bands, The Cawston and District Silver Prize Band was formed in 1886 in Cawston, 11 miles north of Norwich.

Nowadays the band consists of over 25 musicians from across the entire county and is the East Anglian Brass Band Association's reigning 'Champion Band'. The band performs regularly at venues throughout Norfolk and East Anglia, including Norwich Cathedral, Wymondham Abbey and Eaton Park.

A Swinging Christmas – With Jazz at the Movies

2nd December, £18.00

The return of the joyous, jazzy A Swinging Christmas show with the Chris Ingham Quintet, featuring Joanna Eden (aka Jazz at The Movies). Rated as "sublime seasonal jazz" by BBC Radio, this show is the perfect way to begin the festivities.

The Nutcracker Screening

8th December, £13.50/ Under 18s £10

Discover the enchantment of ballet with this



sparkling festive treat for the whole family. Join Clara at a delightful Christmas Eve party that becomes a

magical adventure once everyone else is tucked up in bed.

A murder at St Muttley's

Saturday 7th Jan, £15 / Under 21 £10

While on a Christmas visit to his cousin, Sister Immaculata Biggles, in the secluded convent of St Muttley's, renowned detective Hercule Poudrot meets Bishop Humbedee, who has arrived to celebrate mass.

Another classic festive comedy thriller, brought to you by Suffolk-based Common Ground Theatre Company, the team behind many spoof Xmas shows, most recently last year's Sherlock Holmes Meets Count Dracula!

To book or find out more information Online www.thecornhall.co.uk
Box Office 01379 652241

Memories of the Flicks



Many local people will only have seen a *White Christmas* in the 1954 film showing at Diss Picture House.

This and many other films will be commemorated by the museum on the 50th anniversary of the cinema's closure. The Saturday 11th March opening will see an exhibition, preceded by a parade from near the old cinema by groups depicting films.

Hughes Electrical, who now have the site, will be involved in a mini festival recalling the days from 1915 to 1973 when the town went to the flicks.

A small, one-storey building from 1915 was replaced by the current structure in 1934, soon after the advent of the Talkies.

The museum has chosen *Casablanca* as the main theme as next year is the 80th anniversary of the classic movie. The Corn Hall will show the film during the opening week while *Amandines Restaurant* will join in by featuring Moroccan food for lunch that week.



Museum Manager Basil Abbott has produced a PowerPoint presentation about the Picture House for any interested groups.

The South Norfolk Youth Symphonic Band will present a concert of film music in the church on the evening of the museum opening.

The project will be in partnership with the award-winning Education and Community group ERM CIC; and will feature school and after-school group work.

Basil Abbott said, "We hope that many groups will join us in the parade and help us remember the happy days of Diss Picture House. We would also like to hear any memories people have of those days."



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Give back to the community with Diss Waveney Rotary Club



Diss Waveney Rotary was formed in 2016, aiming to provide professional and business people with an opportunity to get involved in local and international community projects. Activities include volunteering, fundraising and sharing our professional skills to help local charities develop – as well as having fun while we're doing it!



Towards the end of 2021, the relaxation of Covid rules allowed us to locate Santa Claus once more, and we encouraged him to show up at Mere's Mouth to spread some Christmas cheer! The three days that he was here raised £800 and enabled the club to support local projects in the Town. The good news keeps on coming... Santa has agreed to visit Diss yet again this coming Christmas! Come and meet him at the Mere's Mouth in December on Saturday 17th, Wednesday 21st and Friday 23rd.

Once again, we have delivered 200 "Dictionaries 4 Life" to Year 5 pupils at 10 schools in the Diss area. These were financed from our own funds and matched from our own charity, The Rotary Foundation. The Usborne dictionaries

become the property of each pupil, for them to take home. They have been successful in enabling both first and second language users to extend and improve their vocabulary.

An international programme that the club has embarked upon is "Lend with Care", where we support small-scale entrepreneurs who require modest loans to work themselves out of poverty. These entrepreneurs live in low-income countries and are bursting with ideas - all they need is a helping hand to get started. It's wonderful to realise that we have helped to create 580 jobs so far which have supported around 1600 family members.

Since the beginning of the New Year, our club has supplied 8 refurbished bicycles, provided by Madgetts Cycles, to our Ukrainian guests enabling them to travel for their work and school purposes.

Diss Waveney Rotary Club

Diss Waveney Rotary Club is actively looking for new members. We have just started to work with the Community sectors of Broadland and South Norfolk District Councils. Hopefully, this will open the way for us to support new local projects in our area.

We meet on the second and fourth Monday of the month at 6:45 for 7:00pm at the Park Hotel, Diss. Why not pop along and find out what we are about? Contact us on info@disswaveneyrotary.org.uk

Building Communities, Beating Crime



Diss Beat Manager PC Andy Baker has been hard at work over the summer months responding to local concerns and engaging with the community. Alongside Beat Managers from Long Stratton and Harleston, PC Baker took part in a 'South Norfolk Tour', visiting 52 locations in 13 days, completing 156 miles of foot and cycle patrols along the way. Over 40 traffic and road safety offences were dealt with, and 740 face-to-face discussions with the public were had.

One common question from these conversations was how to report issues or crimes without calling 999. Sgt Butler highlights a few ways you can do this: "If you are wanting to report something non-urgent to us you can call the number 101. The issue you report will then be passed over to the team best suited to handle it, either the Safer Neighbourhood Team (SNT), or the Response officers. "The Norfolk Constabulary website holds lots of useful information, including the 'report it' page where you can submit an online report specific to your issue or conduct a live chat with an officer.

"On the website is also our page for Street Safe. This is a pilot service where you can anonymously tell us about public places where you have felt or feel unsafe. This could be because of environmental issues, eg: street lighting, abandoned buildings or vandalism. Or because of the behaviour of others, eg: being followed or verbally abused. "The SNT email inbox is always available to be contacted, and the address can be found on our website under 'Your Area'. If you want to come and speak to PC Baker in person, he will be holding street surgeries throughout the rest of the year. Check out the 'Events' section of 'Your Area' to find out more details. "If you are witnessing an emergency or crime in progress, please call 999."

As we head into the winter months, we often receive an increase in heating oil theft reports across the county. There are steps you can take to prevent this from happening to you.

- Control switches for the flow of oil should be turned off and the electricity supply isolated when the tank is not in use
- Purchase a good quality lock for your tank
- Check your oil levels regularly
- Keep the tank well overlooked, and visible from your window if possible
- Remember access is required for deliveries
- Consider a fuel tank alarm

Christmas at Bressingham Steam Museum



The **'Bressingham at Night'** events take place for 6 evenings in November, from Fri 11th Nov to Sat 26th Nov. Experience the museum and its attractions at night. The trackside vistas and the world-renowned Bressingham Gardens will be illuminated with an impressive display of lights for guests to enjoy whilst they ride the narrow gauge trains.



The Christmas events start at Bressingham from 28th November. The museum will be decorated for Christmas and families can visit Father Christmas in his grotto to receive a special gift.

For more information and to book tickets for all of our events please visit www.bressingham.co.uk

Bored, stuck at home or looking for a new hobby?

We are always looking for more volunteers and as you can guess there are a whole host of skills that are essential to keep Bressingham going. Volunteering at the museum can be a rewarding hobby, a great place to make new friends and is a fantastic opportunity to take part in the preservation of Britain's steam heritage.

You don't have to come from a railway background to volunteer at Bressingham and training will be provided for whatever operational task you choose to take up. Bressingham Steam Museum is a registered charity and Volunteers have helped run the museum since 1961.

Interested in helping out?

We would love to hear from you! If you are interested and would like to become a volunteer, please get in contact. Tel: 01379 686900, email: info@bressingham.co.uk, visit www.bressingham.co.uk/volunteer

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Spread a little Christmas cheer – for free!

With the current cost of living crisis and the added expense of Christmas on its way, this season can often be a daunting time for many... what presents to buy, how much to spend, how many to buy for? It's important to remind ourselves that Christmas isn't all about how much money you spend on others but the quality time you spend together and the Christmas cheer you spread along the way.



Take part in our **Acts of Kind-DISS** Advent Calendar! Perform one act of kindness every day for 25 days. It's that simple- spread a little joy and you'll feel good for it too! Give it a try:

Day 1. Give someone a compliment today

Day 2. Bake some goodies and give to someone

Day 3. Pick up some rubbish lying around in the street

Day 4. Make and send a care package to someone who needs it

Day 5. Let someone go ahead of you in a queue

Day 6. Have a clear out and take items to a charity shop

Day 7. When making a meal, make extra and give to someone you know is very busy

Day 8. Start a friendly conversation with a stranger

Day 9. Offer to walk a neighbour's dog

Day 10. Make Christmas cards for nursing home residents

Day 11. Visit a relative or friend for a cuppa and chat

Day 12. Compliment someone on their customer service

Day 13. Help someone put up their Christmas decorations

Day 14. Bake a cake for your colleagues

Day 15. Visit someone who is experiencing loneliness

Day 16. Hide a friendly note in a public place

Day 17. Send an inspirational quote to a friend

Day 18. Tell someone you know that you are proud of them

Day 19. Help with a household chore at home or for a friend

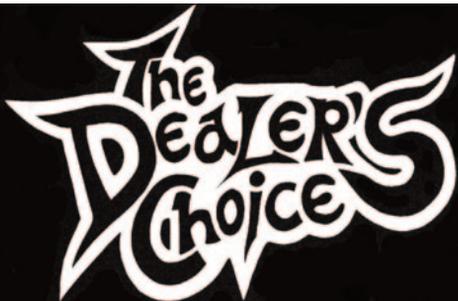
Day 20. Go for a walk or drive with family/friends to see Christmas lights in your community

Day 21. Leave a Christmas card or gift for your postal delivery worker

Day 22. Invite family or friends round for Christmas nibbles and drinks

Day 23. Give a gift to a neighbour (children could draw a picture for a neighbour)

Day 24. Spend quality time with a loved one- Watch a Christmas film or programme



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Gingerbread Street

Your local Flour & Bean shop is located on Mere Street in Diss but we also have shops in Aylsham, Dereham, Fakenham and Gorleston!

This is one of Flour and Bean's favourite festive recipes! Create your own set of 3 gingerbread houses – a fabulous showstopper for a Christmas gathering, special gift or simply for a fun afternoon activity in the kitchen with the kids!

Gingerbread Houses Ingredients

- Strong flour 875g
- Brown sugar, preferably Demerara 438g
- Quality pastry Margarine 250g
- Golden syrup 250g
- Bicarbonate of soda (Baking soda) this is different to baking powder 13g
- Ground Ginger 25g
- Mixed spice 8g
- 3 medium eggs

Royal Icing Ingredients

- 250g icing sugar
- 1 medium egg white, lightly beaten
- ½ tsp lemon juice
- 1 tsp water

Your favourite Sweets (for decoration)

Method

- Preheat oven to 180 Degrees Celsius.
- Combine all the gingerbread house ingredients, except the egg, in a mixing bowl
- When fully mixed, slowly add the egg until cleared.
- Roll out mixture to about 10 ml
- Cut out desired shapes and bake on parchment paper or grease proof paper for 12-15 mins.

For fan ovens, drop the temperature by 15-20 Degrees

Celsius and check after 10 minutes

- Allow to cool completely.
- Follow the method below to make the royal icing. Once made, use the icing to stick gingerbread pieces together or for decorating. To achieve the more detailed icing decoration, using a piping bag and nozzle. Stick on your favourite sweets to decorate!

Royal icing method

Sift the icing sugar into a mixing bowl (or food processor). Add the egg white and lemon juice. Whisk with an electric mixer on a low speed for 2-3 minutes until you have a smooth, but not wet, stiff peak consistency. It should be thick but spreadable. If it looks dry and crumbly, whisk in a little water. If it looks runny and glossy, mix in a little extra icing sugar. Transfer to a bowl and cover with a damp cloth (while your gingerbread houses are cooling) to prevent it from drying out. The icing will keep for up to 1 week if you have any leftover, stored in an airtight container in the fridge.

Find us online: www.flourandbean.com



Celebrating our local litter picking heroes!



Diss Litterpicking Group reached its first birthday in July! The group chose to celebrate the occasion by enjoying some free fish and chips from Fair Green Fish bar (thank you Cemal!) and sitting out on Fair Green to reflect on the incredible progress the group has made in its short lifetime. The project was started with no budget, no bank account and no existing equipment. It has been built up entirely from the kindness and generosity of local people.

The group is now a fantastic volunteering opportunity for young people completing their Duke of Edinburgh Award, and we have collaborated with other environmentally focused groups such as the Co-Op's Sustainability Live and the River Waveney Trust to continue to improve Diss's impact on the surrounding environment. We continue to listen to local people who suggest areas that our group should focus on in town, and the group has seen a shift into more of a social occasion, than solely a morning of picking litter. We have received some very generous donations of

refreshments for our picks, including sandwiches from Scole Football Club in September and snacks kindly donated by Morrisons.

The Litterpicking Group was the first project I began working on since moving to Diss. It continues to hold a special place in my heart and always will. It's a relatively simple concept at first glance, but the amount of momentum it has gained and the legitimacy it has given myself and everyone else involved in the group has played a massive part in getting our other larger projects established, for example the Community Fridge. It revealed a kind, thoughtful and generous side to Diss's residents which, in my newfound capacity as Town Councillor, I intend to continue to develop and allow to spread to other projects which I am beginning to get involved in.

I would like to extend my gratitude to everyone who has supported this group so far, it simply would not be what it is today without all of you. In an increasingly uncertain world, it brings me some comfort to know that there are people in our community willing to give their time to make where they live a better place for everybody else.

George Waterman, Group organiser

Passionate about keeping Diss rubbish-free? Come and join us! We meet at 10am outside Co-op Funeralcare (Stanley Road) on 2nd Saturday of every month. All litter picking equipment provided.

*Contact George
disslitterpicking@gmail.com*

Diss & District Neighbourhood Plan – Seven Parishes in Partnership

Readers will be pleased to hear that, following on from several years hard work and extensive community consultation, the Diss and District Neighbourhood Plan was submitted to South Norfolk Council as the lead Planning Authority in mid-July. This marked a huge milestone on the journey of this Plan, which is one of the most complex currently being undertaken in the UK given that it comprises seven parishes across two local authority areas.

The DDNP will offer more protection to local green spaces, heritage assets, important views, growth and infrastructure, green corridors and biodiversity enhancement, road traffic improvements, walking and cycling networks and delivering housing growth of the right scale and mix in the locations preferred by residents.

A made plan would also increase the amount of Community Infrastructure Levy (CIL) money that the town receives from

15% to 25% (net increase of 66%).

“Pulling together feedback received during both our Regulation 14 consultations into the final submission draft of the proposed Plan, along with a Consultation Statement that actually exceeded the plan in length, was a huge undertaking for the steering group and our consultants,” confirmed Diss Mayor Cllr Eric Taylor, a member of the steering group leading on the development of the Plan. “It will go before SNC’s Cabinet hopefully during October, and if the vote is positive, the DDNP can then go on to its Regulation 16 consultation and independent examination. Following on from this, and subject to comments received back, there will be the Referendum which we hope will be well supported by the parishes involved and leads to a positive vote to accept the Plan.”

We are hoping this all happens in good time, and will let you know, via the www.ddnp.info website as things progress.

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Here is our ultimate recipe for the best Christmas buns!

Ingredients

For the brioche dough

- 75g butter
- 100ml milk
- 500g plain flour
- 7g easybake yeast
- 25g caster sugar
- 2 eggs
- Vegetable oil (for greasing)

Filling

- 100g Mincemeat
- 100g Butter
- 50g Light Brown Sugar

Drizzle

- 80g Demerara sugar
- Zest 1 Orange
- Juice 1 Orange

Method

1. Cut the butter into cubes and add to saucepan with the milk. Melt the butter gently and leave to cool.
2. Place the flour, yeast and caster sugar into a bowl. Add 100ml warm water to the butter mixture, then add 2 eggs, whisk until nicely combined. Add this mixture to the dry ingredients gradually until a sticky dough forms. You might not need all of the milky mixture.
3. Turn the dough out onto a lightly greased surface and knead for 10 minutes, you are looking for a smooth and elastic dough.
4. Place in a lightly oiled bowl and cover until doubled inside (1-2 hours)
5. When the dough has risen, turn it out onto an oiled surface and knock back into a rough

rectangle. Wrap

and chill for 1 hour.

6. Roll your dough out to a 30 x 45cm rectangle.
7. Make your filling by melting the butter and spreading on the dough with a pastry brush. Using the same pan, warm the mincemeat to make it easier to spread and cover the butter. Sprinkle the sugar evenly on top.
8. Now roll your dough into a log from the shortest end. Trim the ends and cut into 8 even pieces, this can be done with a sharp knife or pair of scissors.
9. For the syrup, melt 50g demerara sugar in a saucepan with 50g water, gently heat to dissolve the sugar then bring to the boil. Remove from the heat and allow to cool before mixing in the orange juice and zest.
10. Grease and line a 20 x 30cm baking tin and place the buns inside with a small gap in between. Allow to prove for 30 minutes-1 hour. Preheat the oven to 200 degrees/180 degrees fan.
11. Brush the tops with beaten egg and sprinkle lightly with the remaining demerara sugar. Bake for 20-25 minutes until golden. While warm from the oven soak with the syrup. This will keep the buns lovely and moist, best eaten fresh out of the oven!





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A space for all

The Diss Youth & Community Centre is owned and managed by the Town Council and used for a wide variety of activities, meetings and events. It's one of Diss' polling stations and is also the home of Park Radio. The DYCC is hired by a variety of community groups.

- **Diss Youth Group, Wednesday, 7pm**

Diss Youth Group provides an activity programme for young people in school years 6-9 to make new friends and have fun. £1.50 per session. Young (Year 10 +) & adult volunteers always welcome. Contact Julia on 07546 059061 or julia@mtmyouthservices.co.uk. Visit www.mtmyouthservices.org.uk

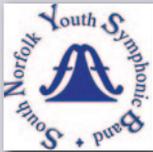


- **FareShare Free Food Scheme, Thursday, 3.30pm – 4pm**

The FareShare free food sessions take place upstairs as part of the new Community Fridge Scheme. Simply turn up on the day, no voucher or appointment required.

- **SNYSB Rehearsals, Tuesday, 7pm**

The Band has over 50 members, aged between 8 and 75! It is about like-minded people playing music in an atmosphere of friendship and spreading that enjoyment to an audience in concerts. Visit www.snysb.org.uk or find us on social media.



- **Kuk Sool Won, Monday and Thursday, 6:15pm-7:15pm**

Kuk Sool Won of Diss is a traditional Korean martial



art for people of all ages from 6 years! New beginners welcome. Free taster session. Call 07904 838412 or email dissksw@gmail.com Facebook: facebook.com/kuksoolwonofdiss

- **Slimming World, Tuesday 9.30am and Thursday, 10am & 12pm**

• Slimming World, Tuesday 9.30am and Thursday, 10am & 12pm
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- **Baptist Church, Sundays, 10.30am – 6pm**



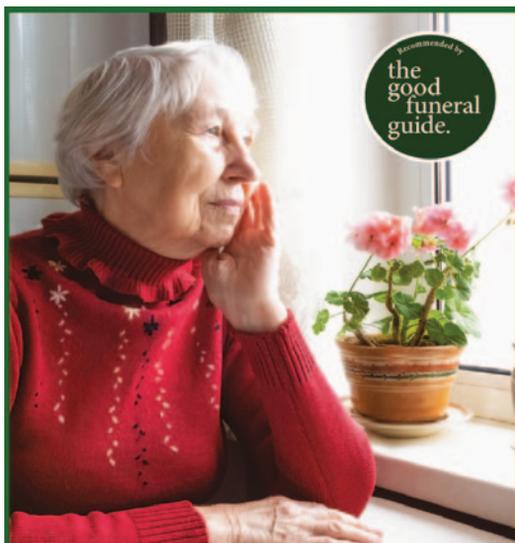
Sunday services held every week. We gather to worship God by singing hymns, praying together, hearing and discussing the Bible. We look forward to welcoming you. Call 07735 980822 or email pastor@dissbc.org.uk

- **The Exchange, 2nd Monday of every month, 7.30pm – 9.30pm**

The Exchange is a group supported by MensCraft, Norfolk's leading charity focusing on the health and wellbeing of men. The group enables men to explore common issues or discuss what's on their mind. Phone or text Gary on 07714 100032



Interested in hiring the DYCC? Visit www.diss.gov.uk/diss-youth-community-centre or call 01379 643848



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More tea, Vicar?



A vicar's tea party was held to mark Canon Tony Billett's retirement at the Corn Hall on the 6th September 2022. It was jointly organised by the Corn Hall and Diss Town Council and was attended by many of his friends and also colleagues from churches around the Town.

Canon Tony Billett has been Rector of Diss since 2001, becoming Rector of the newly formed Diss Team Ministry at the start of 2013 before retiring at the beginning of September this year.

Over the years Tony has been a good friend to Diss and the community as a whole. His gentle style immediately puts you at ease and his knowledge and organisational skills are second to none. It doesn't matter if he is helping to set up a Civic Service, a Remembrance Day Parade or any other event for that matter- If you follow his instructions, everything will go perfectly. As you got to know him, you will also have realised what a good sense of humour he has which those of you who have attended the Big Sing will testify to. Tony and Gerry Hosking have a chemistry that can only be

described as very entertaining as they perform their version of Morecambe and Wise show, each one arguing who was Morecambe and who was Wise.



After the tea party, guests proceeded to the boardwalk on the Mere where the Mayor unveiled a plaque to celebrate and remind the community of Tony's time as Rector of Diss.

He said, "I know that in my time as Mayor I have greatly appreciated the help and support that Tony has given me and I am sure he will be missed by many in the Diss community after more than 21 years' service."

Tony's retirement is well earned and we all wish him a long, happy and healthy retirement.

White Chocolate and Fudge Shortbread

The Tudor Bakehouse are traditional family bakers with bakeries in Diss, Eye and Harleston who just love to use the best local ingredients to bake fresh products each day.



Makes approx. 10 shortbread snowflakes

- 230g unsalted butter
- 100g granulated sugar
- 350g plain flour
- 60g chopped fudge pieces
- 100g white chocolate chips

Beat the butter and sugar together until smooth

Sift in the plain flour and stir until a dough is formed

Add the white chocolate chips and fudge pieces to the dough until combined (Fudge pieces can be substituted for dried cranberries for a more festive touch!)

Wrap dough in cling film and chill for 30 mins, whilst the dough is chilling, preheat your oven to 180degrees

Roll out the dough to approx. 1cm thick and use your festive cutter to cut the shortbread

Place on to a baking tray and put in the oven for 10-15 mins or until a pale golden-brown colour

Leave to cool & enjoy!



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