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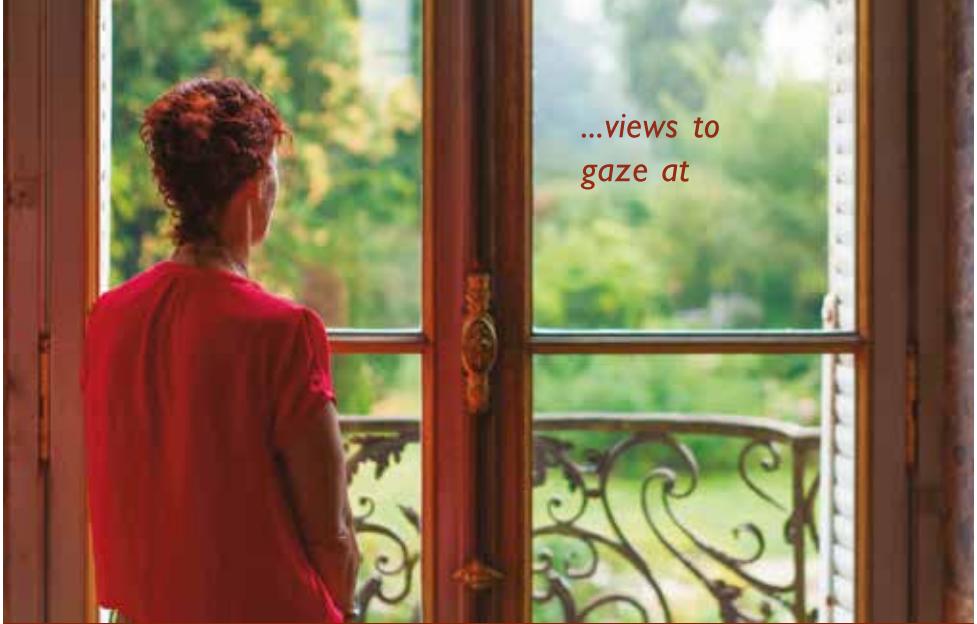
# Diss Town Guide

2026-2027



28th  
Edition  
includes  
*Map of  
Diss*

Town Council website: [www.diss.gov.uk](http://www.diss.gov.uk)



...views to  
gaze at

Residential Sales  
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THE OFFICIAL

# Diss Town Guide

2026-2027

28th Edition



Photo: Courtesy of Janet Bloomfield



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Supported by Diss Town Council.

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Visit [www.diss.gov.uk](http://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.





Photo: Dennis Harris (using a drone)

# Foreword

By Doreen Collins

Dear Residents and Visitors

Welcome to the 28th edition of the Diss Town Guide – a Guide designed to inform and promote our Market Town with its many attractions, facilities and businesses.

The population of Diss is set to rise significantly over the next few years with planned housing developments in various locations within our boundary. It is hoped the new residents will enjoy the town and its many events that take place each year including the annual Carnival and Christmas Lights display.

In 2024 we joined the rest of the country in commemorating the 80th anniversary of VE Day and VJ Day and our Beacon of Hope was lit in recognition of this occasion.

The Corn Hall is continuing to offer a variety of entertainment and in 2026 will host the first ever DissCover Book Festival from May 1st-3rd. No 8 Marketplace supports many local crafters by displaying and selling their work. The town also offers a variety of independent shops as well as the multi-nationals and supermarkets.

The Guide again includes information on 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 and grateful thanks goes to the publishers and the Committee for their efforts in completing this process.



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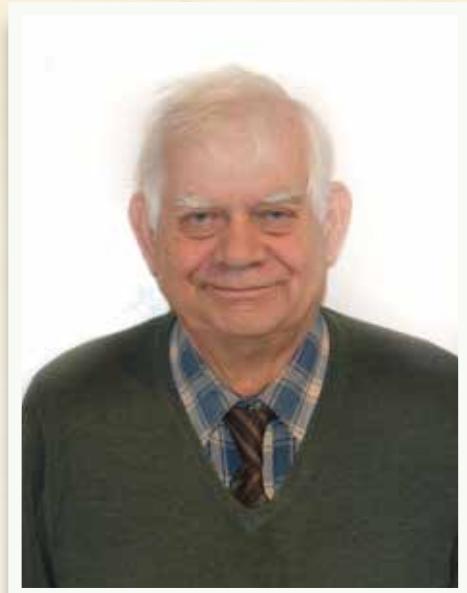


# History of Diss

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**

Many of the shops in Diss, especially those in St Nicholas Street, date back hundreds of years and have picturesque overhanging upper storeys. Friday is Market Day. Shops and pubs were open until 10pm, mainly because farm workers weren't paid until late Friday and Saturday. Tuesday was half-day closing.

At the time these postcard views were taken, you would not have had to shop outside the Diss area. Now, supermarkets and the internet have taken over.

## Market Place c 1912

The Parish Church of St Mary's dominates the town and the Market Place, being a fine example of 13th century ecclesiastical architecture. In 1135, King Stephen granted the townspeople of Diss the right to hold a weekly market on Friday and a fish market on Tuesday evenings.

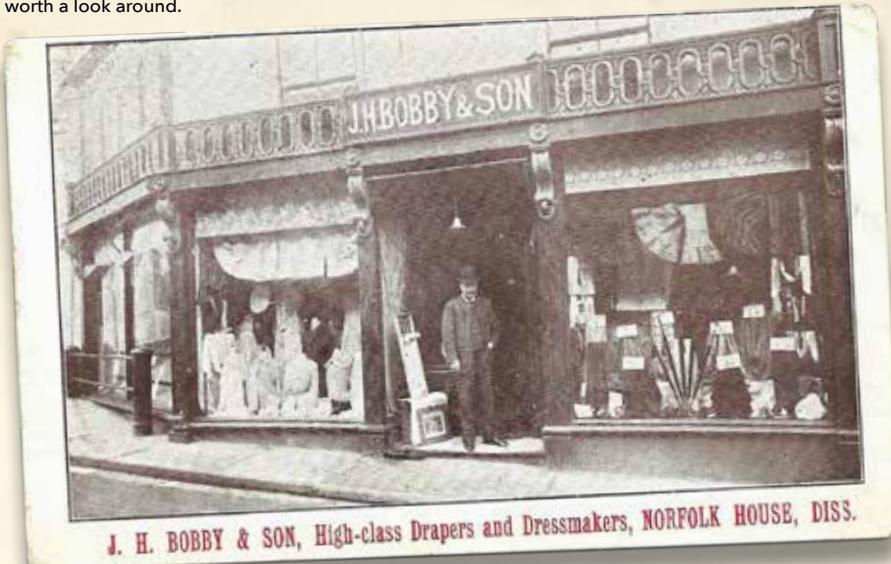


## Alexandra Rose Day, 1914

St Nicholas Street, looking west from St Mary's Church. The street is decorated for Alexandra Rose Day, which still exists and was founded in honour of Queen Alexandra, with the proceeds going to children's charities. It was held originally on Queen Victoria's birthday in May. The butcher's shop, with meat hanging in front of the window, belonged to a Walter Anness. This shop is still in existence as a butcher's shop today and is run by the Browne family.

J.H. Bobby & Son, 1920

Norfolk House was situated in St Nicholas Street. J.H. Bobby & Son were high-class drapers and dressmakers who also sold carpets such as Wiltons and Axminsters, unique designs in inlaid linoleums, floor cloths, mats, mattings and rugs to match carpets. Today, the Norfolk House shop is a gift shop that's well worth a look around.



John Aldrich, Market Hill, c 1903

John Aldrich's shop, established in 1832, was situated just off the Market Place. This postcard view shows the shop decorated to celebrate the Coronation of Edward VII in 1903. A disastrous fire on 17th June 1938, resulted in the shop being gutted even though it was attended by five fire engines and plenty of water from the Mere at the rear of the property. Larter & Ford now occupy this site.

### Aldrich & Bryant, c 1910

The Aldrich & Bryant shop was situated opposite St Mary's Church and was your grocer, selling everyday needs. By the 1920s this shop had made way for the new Midland Bank, with the first manager being Mr E.E. Greenaway. Today HSBC UK Bank is serving all money needs on this site.



### Mount Street, 1912

Mount Street was formerly called Mound or Smith Street. This postcard view, looking North from the Church, shows the Post Office which was open and built in 1849 and served the town until a far bigger Post Office was built overlooking the Market Place in May 1953.



### Denmark Street c 1909

In 1909, the Royal Norfolk Show was held in Diss at Walcott Hall. Shops were decorated for this occasion as shown in this picture. On the right, was Fred Studd's hairdressers, now an office. Further along was Shorts the Tailors, also now an office. The next building has been completely demolished and a road passes over this site today leading to a group of flats.



### Garnhams Shoe Shop, 1905

This shop was situated at the top of Market Hill where the road joins St Nicholas Street. The building is now occupied by a Chinese restaurant and takeaway. In the Middle Ages, the site was originally St Nicholas Chapel. According to records, there used to be a tunnel running from the Greyhound Public House to the chapel and a graveyard existed where Gaze's offices now stand on Market Hill.

## 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

Richard Pither & Alan Franks (2025), Mary Cotton & Mike Garnham (2024), 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](http://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](mailto:towncouncil@diss.gov.uk)

Website: [www.diss.gov.uk](http://www.diss.gov.uk)

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## 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](http://www.norfolk.gov.uk)



## 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](http://www.southnorfolkandbroadland.gov.uk) or read the Council's magazine, The Link, which is published twice a year.





# 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 Firefighters made up of Watch Manager Robert Powell, four Crew Managers and 13 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. Last year, Diss attended 340 calls. 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 leaders are

CM Rob Powell and FF Stuart Williamson. 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/](https://www.norfolk.gov.uk/safety/norfolk-fire-and-rescue-service)

## Diss Police Station

Inspector Chris Tomkins leads South Norfolk. His area consists of eight 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 - Acting Sergeant 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

**SNTSouthNorfolk@norfolk.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**

### The Corn Hall Diss

St Nicholas Street, Diss, IP22 4LB.

Box Office and Gallery opening hours:

10am – 4pm.

Open Monday – Saturday.

Email: [boxoffice@thecornhall.co.uk](mailto:boxoffice@thecornhall.co.uk)

Website: [www.thecornhall.co.uk](http://www.thecornhall.co.uk)

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

Instagram: [@disscornhall](https://www.instagram.com/disscornhall)



The Corn Hall Diss is South Norfolk's independent, professional, not-for-profit performance and visual arts venue, proudly placing culture and community at the heart of the town. Following its complete refurbishment and extension in 2017, The Corn Hall Diss now offers a beautiful, bright and welcoming space that is fully accessible to all. Open during the

day and for evening events, it is a vibrant hub for both local residents and visitors.

Built in 1854 as an impressive, state-of-the-art corn exchange, The Corn Hall has a rich and fascinating history, much of which can still be discovered throughout the building today. Since 2010, it has been managed by The Diss Corn Hall Trust and has once again taken centre stage in the cultural and community life of Diss.

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

In addition to its events programme, The Corn Hall Diss is home to a wide range of community groups, classes and activities, from yoga and sound baths to creative workshops. It is a welcoming place where people can come together to learn, grow and feel connected. Weekly meet-ups are held for parents and carers with babies and pre-school children, as well as for adults looking to make friends and build confidence in a friendly environment. Monthly activities include *Time with Friends*, which offers friendship and support for people living with dementia and their carers, a stroke support group and meetings of The Arts Society Diss. The Corn Hall also provides education

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

and work experience opportunities, runs a youth theatre group, and hosts *Start with Art* workshops for children and families during school holidays.

The Corn Hall Diss Café is open Monday to Saturday from 9.30am to 2.30pm (food served until 2pm), serving excellent coffee, speciality teas, light lunches, snacks and delicious homemade cakes – with legendary cheese scones. The Bar opens from 6pm for main evening events, or one hour before earlier performances.

The venue is fully wheelchair accessible and supported by a small professional management team and a dedicated group of volunteers who assist with box office, stewarding and more. Anyone interested in volunteering is warmly encouraged to get in touch via:  
**volunteers@thecornhall.co.uk**

### 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](http://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](mailto: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](http://disscommunityfarm.org) or contact Gary Alexander on **07766 711999** or email [garyalexand@gmail.com](mailto:garyalexand@gmail.com)

### Diss Community Woodland Project

The project owns and manages two sites: the well established Quaker Wood on Factory Lane, Roydon and the more recently acquired Bombard Copse, Denmark Lane, Diss. The Copse was purchased with funding from Diss Town Council's Surveyor's Allotment Charity and from Norfolk Community Foundation's

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## Greening our Communities Fund.

We are a locally based voluntary group providing free access to green space for the benefit of both the local people and the wildlife. Site management is based around improving biodiversity and we provide recreational and learning opportunities for all ages from pre-school to retirement.

Working parties are held at Quaker Wood on the first Saturday 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, thinning etc. 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.

The longer term ambitions are to encourage further community access to managed green space and green corridors especially in the designated Green Gap between Diss and Roydon.

Running costs are covered entirely by voluntary donations. Significant financial contributions, especially those that celebrate family occasions, are acknowledged by a suitably engraved plaque at the woodland entrance. For further information on volunteering, the management committee, donations or fundraising please refer to the website

## [www.quakerwood.org.uk](http://www.quakerwood.org.uk)

or email [quakerwooddiss@gmail.com](mailto:quakerwooddiss@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 endeavours to raise funds to support its objective. The DHT facilitates many events in the town. It has also looked at improving the life of the 'high street' by either improving the appearance of empty shops or taking short term leases on them and bring them back into use. In summer 2023 it reopened the old Beales department store as No 8 Marketplace, now a venue for independent 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](mailto:alan.franks@hotmail.co.uk)

## 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

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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 co-opted by the other trustees. It has four almshouses and makes small grants to residents in the civil parish of Diss where assistance from public funds or other bodies is non-existent 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: Trevor Wenman, 3 Tavern Lane, Diss, IP22 4HT.  
 Tel: **07963 197402.**  
 email: [dissparochialcharity@gmail.com](mailto:dissparochialcharity@gmail.com)

### **Hall Hire**

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#### **Roydon Village Hall**

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

#### **Hope Church**

For more information on their range of rooms for hire email [office@wearehopechurch.net](mailto:office@wearehopechurch.net)  
 Website: [wearehopechurch.net](http://wearehopechurch.net)

#### **Diss Methodist Church**

Halls and meeting room for hire with kitchen facilities. For more info call Rebecca on **309732**

or email [dissmethodistchurch@outlook.com](mailto:dissmethodistchurch@outlook.com)  
[www.dissmethodistchurch.org.uk](http://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](mailto:gabriellepagan@gmail.com)  
[www.dissurc.org.uk](http://www.dissurc.org.uk)

#### **The Corn Hall Diss**

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](mailto: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 for the public.  
[www.norfolk.gov.uk/libraries](http://www.norfolk.gov.uk/libraries)

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## 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](http://www.diss.gov.uk)

## Diss Museum

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 Ghost Walk) 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

Photo: John Hutton, Diss Camera Club.





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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](http://www.dissmuseum.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](http://www.diss.gov.uk) for more information or to make a booking.

## Political Parties

Member of Parliament for Waveney Valley

is Adrian Ramsay MP, House of Commons, Westminster, London, SW1A 0AA.

Local Tel: **01379 830200** or email **Adrian.ramsay.mp@parliament.uk**.

Constituency Office: 1b Navire House, Mere Street, Diss, IP22 4AG.

## South Norfolk Green Party

Website: [southnorfolk.greenparty.org.uk](http://southnorfolk.greenparty.org.uk)

Email: [info@southnorfolk.greenparty.org.uk](mailto:info@southnorfolk.greenparty.org.uk)

## South Norfolk Liberal Democrats

South Norfolk Liberal Democrats take 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](mailto:info@southnorfolklibdems.org.uk)

## South Norfolk & Waveney Valley Conservative Association

The local Conservative association can be contacted via email at [office@southnorfolkwaveneyvalleyconservatives.org.uk](mailto:office@southnorfolkwaveneyvalleyconservatives.org.uk). For further details or to get involved, please visit [www.southnorfolkwaveneyvalleyconservatives.org.uk](http://www.southnorfolkwaveneyvalleyconservatives.org.uk).

## Waveney Valley Constituency Labour Party

Chair: Ann Reeder **07903 964812**

Secretary: Janis Britland [janisbritland@hotmail.com](mailto:janisbritland@hotmail.com)

Election agent, Norfolk: Pam Reekie

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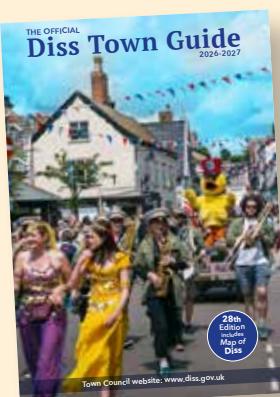
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**Local Radio Stations**

Park Radio: FM 107.6 & 105.2

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

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**roundabout**: Glass

**Roydon High Road**: Glass, clothing, shoes and textiles.

**Registrar's Office**

For the registration of births and deaths, marriages and civil partnerships, you will need an appointment to see the Registrar at Diss Registration Office, Council Offices, 11-12 Market Hill, Diss, IP22 4JZ. Opening times: Tuesday and Thursday only 10am-3.30pm For appointments and general enquiries, contact **01603 306149** or visit [www.norfolk.gov.uk/registrationservices](http://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 open 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 to Saturday 10am-4pm. Tel: **652241**

**Water Board**

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# 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](http://www.norwichairport.co.uk)

## Bus Services

For services in Norfolk and Suffolk and National Travel information contact Traveline on [www.traveline.info](http://www.traveline.info) or **0871 200 22 33**.

**1 & 2:** Long Stratton, Norwich (Simonds)

**70:** Botesdale, Stanton, Ixworth, Great Barton & Bury St Edmunds (Simonds)

**72:** Eye, Thornham, Gislingham (Simonds)

**73:** Garboldisham, Stanton, Great Barton & Bury St Edmunds (Simonds)

**81:** Scole, Harleston, Bungay & Beccles (Simonds)

**82:** Roydon, Diss, Scole, Dickleburgh, Long Stratton & Norwich (Simonds)

**83/84:** Pulham Market, Pulham St Mary, Roydon & Bressingham (Simonds)

**110/112/113/114:** Eye, Mendlesham, Debenham, Ipswich (Simonds)

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

**475:** Eye to Diss (Fareline)

Konect Bus 1: Diss, Long Stratton, Norwich

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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 3pm Friday for journeys on Monday).

Tel: **08000 351350**

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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.

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### Rail Travel

There is a half hourly service between Norwich and London in both directions. The first train

from Diss to London leaves at 05.17 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 01.09. 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: Courtesy of Sarah Veness.





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# 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 Varghese, Wilde, Foster and Boyles) Tel: **642023**  
[www.parishfields.co.uk](http://www.parishfields.co.uk)

The Lawns Medical Practice. Dr Pantazis (Senior Partner), Dr Lawton (GP Partner), Claire Horton (Nurse Practitioner), Joanna Mark (Clinical Practitioner), Ilona Golemsak (Clinical Pharmacist), Hayley Martin (Pharmacy Technician), Andrea Owen (Social Prescriber) & Ann Steele (Practice Manager). Tel: **642021**  
[www.lawnsgp.com](http://www.lawnsgp.com)

## Chemists

Wellbeing 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**.

## 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**.  
 West Suffolk Hospital, Hardwick Lane, Bury St. Edmunds, IP33 2QZ Tel: **01284 713000**.  
 Ipswich Hospital, Heath Road, Ipswich, IP4 5PD  
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## 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](mailto: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](mailto: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](mailto: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 several 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 [bereavement@rosedalefuneralhome.co.uk](mailto:bereavement@rosedalefuneralhome.co.uk)

## Pensions

General pensions enquiries (for over 60's) phone: **0800 7310469**.



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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

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Textphone **0800 169 0314** or visit website at

[www.gov.uk](http://www.gov.uk)



Photo: Courtesy of Janet Bloomfield.



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# 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 [enquiries@al-anonuk.org.uk](mailto:enquiries@al-anonuk.org.uk)

Website: [www.al-anonuk.org.uk](http://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](http://www.autism-anglia.org.uk)

or email [info@autism-anglia.org.uk](mailto: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](http://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](mailto:hello@caringtogether.org) or at [caringtogether.org](http://caringtogether.org)

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**The Shelf** offers members a wide range of affordable groceries to help people eat well despite the increasing cost of food. The food hub, supported by Norfolk Community Foundation will join Nourishing Norfolk, a community of food hubs across the county.

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- Be a Shelf 'BESTIE'

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- Donate food or funds
- To find out more email [theshelf@cadat.org.uk](mailto:theshelf@cadat.org.uk)

Contact us on **0808 8127138**

or at [www.cadat.org.uk](http://www.cadat.org.uk)

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To find out more contact

[v.recruitment@cadat.org.uk](mailto:v.recruitment@cadat.org.uk) or visit our website [www.cadat.org.uk](http://www.cadat.org.uk). We also need volunteers for The Shelf and The Shelf Pop up pantry in other areas in Breckland.

### **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 E EAST since the end of April 2008. If you would like any further help or information please contact Rachel Hillier, Team Leader, Diss First Responders on **740158** or email [chocs4@aol.com](mailto:chocs4@aol.com)



Photo: Courtesy of Sarah Veness

## Diss Community Larder

Anyone can come along and help yourself to donated food with a focus on reducing food waste. Donations also welcome.

**Open Monday 6.15-6.45pm & Thursday**

**6.15-6.45pm.** Currently based at the DYCC Shelfanger Road, Diss.

## Dove Activities at URC

The Dove Dementia Cafe meets at the United Reformed Church on the first Wednesday of the month, from 10am to 1pm.

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 ever 2nd Monday of the month at 2pm.

The Dove Afternoon Tea meets every fourth Monday of the month at 1.30pm at the United Reformed Church. It's a social event with a short session of hymns, prayers and a bible reading.

Dovelets is a group for pre-school children with complex needs and meets every Tuesday in term time from 10-11am.

For more information call Gabrielle on **650770** or Ruth on **07740 973195**

## 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 **07989 346537**.

## 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 808 1111** or email [helpline@mencap.org.uk](mailto: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](http://www.blood.co.uk)

## Norfolk Adoption Service

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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 more information go to [www.relate.org.uk](http://www.relate.org.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 238960**  
 Animal Rehousing Centre: Low Road, North Tottenham, Tel: **03030 401565**.  
 Opening hours Mon-Fri, 10.30am-2pm.  
 For more information see  
[www.rspcanorwich.org.uk](http://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 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](http://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, For East of England call **0204 566 9129** or go to [www.ssafa.org.uk](http://www.ssafa.org.uk)

### **Arthritis UK**

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arthritis of all ages, their families and carers. For information and support call the free Arthritis UK Helpline on **0800 5200 520** (Mon-Fri 9am-6pm) or email [enquiries@arthritis-uk.org](mailto:enquiries@arthritis-uk.org). For more info go to [arthritis-uk.org](http://arthritis-uk.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](http://waveneywords.org) or on Alexa. Approximately 25 people receive the recordings made by four teams, each of four readers with an editor and a technician. Contact Secretary Trevor Freeborn on **07857 634019** or by email at [waveneywords@gmail.com](mailto:waveneywords@gmail.com)

Photo: Courtesy of Sarah Veness.



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# 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](http://artsocdiss.org.uk) or email: [info@artsocdiss.org.uk](mailto:info@artsocdiss.org.uk)

## 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 £50,000 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](http://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 includes opportunities for 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**.

## 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 - 3.30pm. Visit [www.dissweaversspinnersanddyers.co.uk](http://www.dissweaversspinnersanddyers.co.uk)

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**[www.heywoodclub.co.uk](http://www.heywoodclub.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 entertained by live jazz bands, 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 various members' homes. For the time being we meet from 10am-12pm. We welcome all who are interested in Stitch and Textile Art. 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 **07840 343600**.

### **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 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 - 9pm. For further information please go to our website or contact us:

Call Bryan Claybrook **07966 225098**, go to [dissguitarenable.org.uk](http://dissguitarenable.org.uk) or email [contact@dissguitarenable.org.uk](mailto:contact@dissguitarenable.org.uk)

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## Diss Quilting Group

Meetings are held on the second Thursday of each month at Lophams' Village Hall, Church Road, South Lopham, 10am - 3pm. External and internal tutored workshops held several times a year. Visitors welcome on non-workshop days. For more details contact Vicki Radley on **01508 538461**.

## 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 **florenceschooldance.com** or contact Charlotte on **07824 827432** or email **florenceschooldance@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 - 10pm. Contact: Jane Pearse on **janepearse@btinternet.com** or Tel: **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@lksschooldance.co.uk** or go to **www.lksschooldance.co.uk**

## Mere Musica

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

## 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. People who want to help backstage very welcome too!

## South Norfolk Symphonic Band (SNSB)

The South Norfolk Symphonic Band (SNSB) was founded in 1974 by Mike Booty, and has grown into one of the region's most welcoming and community-minded musical groups. A charitable organisation, the band promotes musical participation for people of all ages and abilities across South Norfolk and beyond.

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Over the years, SNSB has developed into a vibrant ensemble of over 50 musicians at its peak, ranging in age from 8 to 75. Its ethos is fully inclusive: there are no auditions, only a shared love of music and the desire to play alongside like-minded people. Some members have returned to music after years away, while others are picking up an instrument for the very first time. Rehearsals take place every Tuesday and provide not only musical development but also friendship, support, and a strong sense of community.

The band's musical journey has taken it far and wide. SNSB has performed at the Royal Albert Hall, played for HRH The Princess Royal, and toured extensively across Europe and the Far East. In recognition of its contribution to local music and voluntary service, the band was honoured with the Queen's Award for Voluntary Service in 2006. This year marked a particularly proud milestone as SNSB celebrated its 50th concert - an occasion that drew a large and enthusiastic audience and proved to be a tremendous success.

SNSB rehearse every Tuesday night in the Ballroom above No. 8 Marketplace in Diss, from 7-9pm. As an independent and charity band, SNSB supports its activities through concerts, donations, and a modest annual membership fee of £75. For those without an instrument, a selection are available for members to borrow by arrangement.

The band continues to perform regularly throughout the year at concerts, community events, and open rehearsals, bringing music to audiences across South Norfolk and further.

If you are interested in joining a warm, friendly, and enthusiastic musical community, SNSB welcomes new members.

For further details, visit [www.snsb.org.uk](http://www.snsb.org.uk) or contact: [enquiries@snsb.org.uk](mailto:enquiries@snsb.org.uk)

### **Ukaholics Anonymous**

This weekly social ukulele group meets in Palgrave Community Centre on Thursdays from 7.30 - 9pm. Singers and players of all abilities welcome. Songsheets provided. £5 drop-in per session. 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**

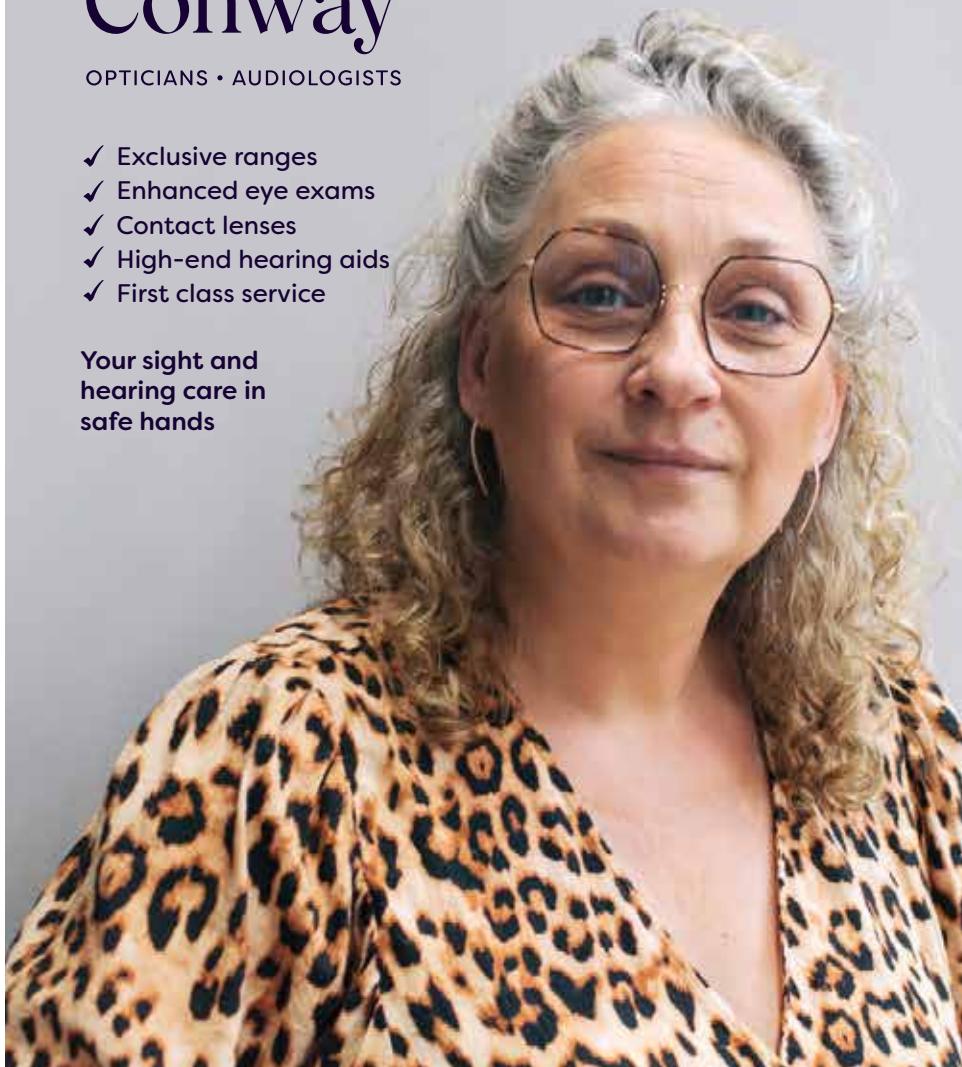
The Waveney Choir has been singing in Diss

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Rehearsals are on Wednesday evenings, from 7.30pm - 9pm, between September and May, at Diss United Reformed Church, Mere Street (next to the Post Office). To find out more about joining us or for details of our upcoming concerts, visit our website or get in touch by email.

Website: [www.waveneychoir.com](http://www.waveneychoir.com)

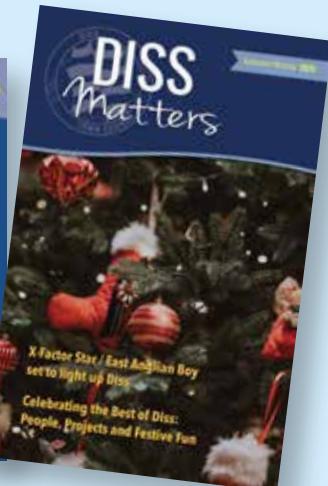
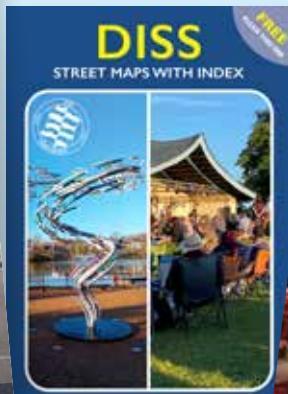
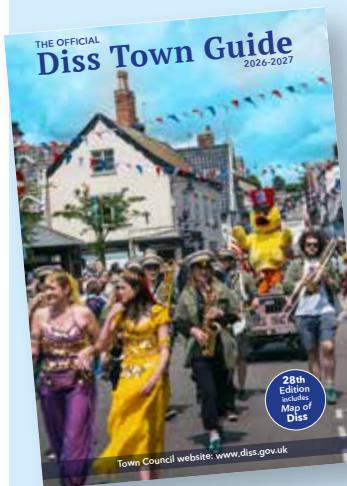
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# Youth Activities

## Diss Youth Café

Diss Youth Café is based at the Salvation Army Community 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, games consoles 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 Lakeisha by email at [lakeisha@integrateyfc.org.uk](mailto:lakeisha@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 The Salvation Army Community Centre, Sunnyside from 7- 8.30pm. During the evening sessions a variety of fun activities are run and there is always a tuck shop. 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](mailto:julia@mtmyouthservices.org.uk)

## Air Training Corps

The Diss squadron meets on Tuesdays and Thursdays from 7 - 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 [ac.1070@rafac.mod.gov.uk](mailto:ac.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/](http://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](http://www.girlguiding.org.uk)

District Commissioner:

Diane Blyth **01359 251827**

Rainbows (5-7 years), Brownies (7-10 years), Guides (10-14 years), Rangers (14-18 years)

## Scout & Guide Hall, Heywood Road, Diss

1st Diss Rainbows: Monday 4.45-5.45pm.

Leader, Holly Rednall

1st Diss Brownies: Monday 6-7.15pm. Leader, Sarah Ellis

2nd Diss Guides: Monday 7.30-9pm. Leader, Katie Washbourne

## **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

## **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 four in the Squirrels Section. From age 8 to 10 years six months they join the Cub Scout Section; and from that age to 14 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 Lead Volunteer: 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 7.30 to 9pm.

## **2nd Diss (Salvation Army) Scout Group**

Meetings held at the Sunnyside Community Centre.

Contact Group Lead Volunteer Rebecca Munro for information on all groups.

Email: **g1v@2nddisscoutgroup.org.uk**

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 16 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: Harry Fairhead on **07551 819535**

# Clubs & Societies

## Diss & District Allotment Holders Association

This long-established association is based in Louies 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](http://ddaha.weebly.com)

## Amnesty International

Welcome! Amnesty International Diss Group acts locally to protect human rights globally. Our purpose is to protect individuals and communities wherever justice, fairness, freedom and truth are denied.

We organise various ways of supporting people at risk for their human rights work, and we attend several local events with our stall, advertising and raising money for Amnesty International. We also work on campaigns in conjunction with other local community groups.

So if you would like to know more and/or receive our monthly newsletter, please email: [dissamnestysecretary@gmail.com](mailto:dissamnestysecretary@gmail.com)

## Waveney Valley Community Archaeology Group

Are you interested in archaeology and history? Come and visit 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 (generally on the Saturday closest to mid-month) with a varied programme of speakers, activities, training and events. Check our website or Facebook page for what's on. Find out more about our work:

Website: [waveneyarchaeology.org](http://waveneyarchaeology.org)

X: [Waveney\\_Arch](https://www.x.com/Waveney_Arch)

Facebook:

[WaveneyValleyCommunityArchaeologyGroup](https://www.facebook.com/WaveneyValleyCommunityArchaeologyGroup)

HLF Funded Great War [Hidden Commemoration](#) project

## 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 information contact Natalie Lang at [nat.dicklebees@gmail.com](mailto:nat.dicklebees@gmail.com) or go to [www.dicklebees.co.uk](http://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 - 9pm, alternating between Diss

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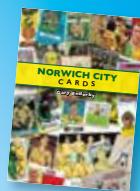
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one week and Bressingham the next. Please telephone first to check which venue. We welcome all visitors, whether they come just to watch and see what it is all about, or with some thoughts of taking up a unique and special skill, which could open a 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](http://www.disscamera.org.uk)

### **Diss 41 Club**

The club has been in existence informally for 45 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 Jim Flood on **07980 261965** or email: [secmontgomerie1741@gmail.com](mailto:secmontgomerie1741@gmail.com)

### **Frenze Beck Nature Reserve Volunteers**

This wetland nature reserve is a 15 acre County Wildlife Site on the outskirts of Diss, which is being managed and maintained 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 network of riverside footpaths. Contact Tessa Greaves on **07946 585909** or by email at [t.greaves475@btinternet.com](mailto:t.greaves475@btinternet.com).

For more information go to:  
[www.riverwaveneytrust.org/frenzebeck](http://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, £6 for non-members. For information phone Martin 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](mailto: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.dishhorticulturalsociety@gmail.com](mailto:info.dishhorticulturalsociety@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](http://www.norfolkknitters.org.uk)

### **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](http://www.nwr.org.uk) or contact **01603 406767** for local group details.

### **Diss & District Model Railway Society**

The society meets every Wednesday from 6.30 pm to 9.30pm at Shelfanger Village Hall. There are layouts in N, OO, O, OO9 and TT:120 scale, with demonstrations of modelling techniques and talks. Secretary: Ken Fox.

Email: [kenfoxis@gmail.com](mailto:kenfoxis@gmail.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: Neil Kerr.

Email: **neilradc@hotmail.co.uk**

Tel: **642366** (between 10am and 6pm)

### **Slimming World**

Slimming World have a range of classes in Diss and Roydon. In Diss, they are held on Tuesdays, at 9.30am, 5.30pm and 7pm and on Thursdays at 9.30am and 11am. Classes are currently being held at the Methodist Church on Victoria Road. In Roydon they are on a Wednesday evening at 5.30pm and 7pm at Roydon Primary School. For more information contact Jane Aldous on **07747 788062** or email **janeesther@hotmail.co.uk**

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

### **Supporting Diss Museum**

Do you love history? Would you like to become involved with our small but beautiful Diss museum? If you have a couple of hours to spare, you could consider joining our friendly band of stewards. Other ways of supporting the museum include becoming a Friend/Member for £12 a year or providing organisational expertise by joining the board of trustees. If you love dressing up and amateur dramatics, you might try joining the Museum's Players.

For more information contact

**fodimus@gmail.com**

Diss Museum is in the middle of the town's marketplace and is open between March and October. Entry is free. Reg. charity no 1168112.

### **The Trefoil Guild**

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**.

### **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 refreshments, 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. There is an annual fee for £15 per year. For further

information on membership please look at the Diss u3a website: [www.dissu3a.org.uk](http://www.dissu3a.org.uk) or contact our Chair, Fanny Grey, on **07583 504953** or send an email to: [chairdissu3a@gmail.com](mailto:chairdissu3a@gmail.com) [www.u3asite.uk](http://www.u3asite.uk)

### **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: Jan Collins on **07928 524750**.

Photo: Courtesy of Jordan Coleman.



# Sports & 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 Myhills Pet & Garden on Mere Street or from the bailiffs on site. For match bookings call Steve Edwards on **07541 337862**. Club Secretary Liam Jolly can be contacted on **07886 041303**. For any other information please contact us at **dissanddistrictanglingclub.co.uk** or find us on Facebook.

## Diss & District Athletics Club Road Runners

A very friendly England Athletics affiliated road running group. People of all abilities are welcome. The road runners meet at the Mere in Diss on a Tuesday at 7pm. There is also a social run in town on Thursday from 8-9pm which also meets at the Mere.

**www.dissanddistrictathleticsclub.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: Alan Levine, tel: **07711 420648**

## 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 Community Hall, Sunnyside. Please contact Graham Boutell on **07704 920543** for details.

## Diss & District Cricket Club

With two teams competing in the Norfolk Cricket Alliance, and one in the Norfolk Cricket League alongside three junior teams and a ladies softball team, Diss are one of the top clubs in Norfolk. It is part of the club's aim for cricket to be accessible to young boys and girls alike as well as providing good playing and social facilities for senior cricketers. The junior section comprises under 11s, 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 Rectory Meadow from mid April to mid August. The Club is also a centre for the ECB Allstars Initiative which provides a six week course for 5-8 year olds from the

middle of May at 9.30 -10.30am on Saturday mornings. Ladies softball training takes place on a Tuesday evening, and senior training on a Thursday. The club is an ECB Clubmark Accredited organisation. Newcomers of all abilities are invited to contact the Club Secretary Louise Bartrum on **07770 896391**, or to email the club on **disscricketclub@gmail.com**

#### **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](http://www.disscc.com)

#### **Diss Cycle Touring Club**

Diss CTC enables like-minded cyclists to enjoy group riding mainly around the Upper Waveney area. They meet three times a week: Sunday mornings, Tuesdays and Thursday, usually at Angel Cafe, Fair Green, 9.30am. The emphasis is on social riding, not competitive, for 20-40 miles including coffee breaks. For more info contact John Parry **jhparry@gmail.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](http://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](mailto:office@dissgolf.co.uk) Website: [www.dissgolf.co.uk](http://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**

### **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 6.30pm - 7.15pm. Membership for the Diss Heywood Joggers Group is around £5 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.

### **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 [martialartsdiss@gmail.com](mailto:martialartsdiss@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](mailto: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](mailto: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 **07942 280324**. 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: **07579 781745**

### **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 & South East Divisions of the RFU National League, the second team plays in the Eastern Counties leagues. Diss Vixens is the women's team and they compete in Women's NC 2 Midlands (East), part of the RFU's National Championship. 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 U12 upwards move into separate Vixens youth teams. 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: Jessica Deacon (Club Administrator), Tel: **01379 642891** email: [office@dissrugbyclub.co.uk](mailto:office@dissrugbyclub.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, floodlit tennis courts and a darts room with PDC style boards.

Includes former members of Diss Lawn Tennis Club. Visiting membership is available.

Tel: **643088** for further information or email [hello@heywoodclub.co.uk](mailto:hello@heywoodclub.co.uk)

### **Diss Swim Centre**

Diss Swim Centre, operated by South Norfolk Council, is a vibrant hub for swimming and fitness in the town. Following an extensive £4 million refurbishment, the centre reopened in January 2025. It features a 25-metre main pool alongside a smaller learner pool for little ones and offers a variety of public

swimming sessions, including lane swims and family sessions. Aqua-based fitness classes are also available to get your heart pumping. All sessions and classes can be attended on a pay-as-you-go basis or through flexible memberships with options to suit everyone. The centre also runs a popular Swim England-certified Swim School, which teaches children and adults how to swim in a safe, welcoming environment. With modern facilities and a friendly atmosphere, Diss Swim Centre is perfect for families, fitness enthusiasts, and casual swimmers alike. Find out more at [southnorfolkleisure.co.uk/our-centres/diss-swim-centre](http://southnorfolkleisure.co.uk/our-centres/diss-swim-centre).

### **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.

For more information see our website:  
[www.dissotters.co.uk](http://www.dissotters.co.uk)

### **Rickinghall 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 Rickinghall Village Hall every Thursday evening at 7pm for about one hour. Because of the lack of lights much 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 Hope Church, Vincents Road 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](http://tabletennis365.com/diss)

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# Schools

## Diss High School

Walcot Road, Diss, Norfolk, IP22 4DH

Tel: **642424**

Email: **office@disshigh.co.uk**

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

Diss High School, on Walcot Road, is the town's co-educational secondary school and sixth form, serving students from Year 7 to Year 13 within the Enrich Education Trust. It offers a broad, ambitious curriculum with strong academic pathways through GCSE and into a large sixth form, including A Levels and Level 3 vocational courses, alongside protected provision for the arts, modern languages and practical subjects. In 2025, attainment outcomes at both Key Stage 4 and Key Stage 5 were above the averages for Norfolk and for England, reflecting the school's strong academic culture and high expectations. Diss High School is currently judged by Ofsted to be a 'Good' school following its full inspection in March 2024. The inspection report notes, for example, that "the curriculum is well designed, ambitious and meets pupils' needs" and that pupils benefit from a wide range of clubs and activities that enrich their experiences.

In March 2025, The Sunday Times identified Diss High School as the 5th happiest secondary school in England and the happiest in Norfolk, using five years of Ofsted Parent View data, with over 99% of parents saying their child is happy at the school—well above national

averages. Headteacher Sam Stopps links this success to the school's clear ethos of "Work Hard, Be Kind", high expectations and strong relationships, emphasising that students are known as individuals and supported to thrive both academically and personally in a caring, inclusive community.

Children benefit from extensive opportunities beyond the classroom, with a wide range of clubs and activities at lunchtime and after school, including sport, music, creative arts and academic support. A rich programme of trips and visits—from local curriculum outings and cultural events to residential and international experiences—alongside a well-planned personal development and PSHE curriculum helps broaden horizons, build character and raise aspirations for all students.

## Diss Primary Academy Partnership

### Diss Church of England Junior Academy

The Entry, Diss, Norfolk, IP22 4NT

Tel: **01379 642675**

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

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

### Diss Infant Academy and Nursery

Fitzwalter Road, Diss, Norfolk IP22 4PU

Tel: **01379 642768**

Email: **diss@dissandscole.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. We are also partnered with Scole Church of England Primary Academy, in the village of Scole just outside Diss.

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**

Website: [www.conkers4kids.co.uk](http://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 been judged by Ofsted to be good and outstanding 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](mailto:manager@gissingchildrenscentre.co.uk) or visit our facebook page to see what we have been up to.

#### **Merryfields Playschool**

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: **07795 593083** (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](mailto:enquiries@peacockmontessori.co.uk)

### **Roydon Early Years**

Roydon Village Hall. Up to 15 children meet Monday to Friday 8.45am-3pm. From 18 months up to school age. Contact: Tammy Batchelor. Tel: **07946 688601**

Email: [tammybat@gmail.com](mailto: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](http://www.swannursery.co.uk)

### **Toddler/Baby Groups**

**Little Sparks Babies & Toddlers Group**  
At Hope Church, Vinces Road. From babies to primary school age. Thursdays 10.30am-12pm. £2 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](http://www.norfolk.gov.uk/adulteducation)

### **Creative Way Art Tuition, Photography Tuition and Mindful Creativity Coaching**

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### **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, as well as workshops and one-to-one tuition. Gift vouchers are available for the photographer in your life.

Email: [info@lucykayne.co.uk](mailto:info@lucykayne.co.uk)

Telephone: **07944 505419**

or visit [www.lucykayne.co.uk](http://www.lucykayne.co.uk)

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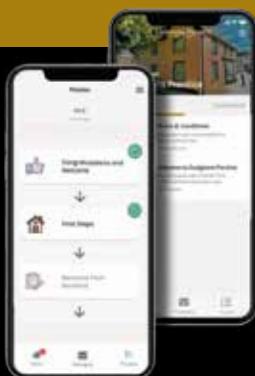
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# Religion

## The Christian Churches of Diss

In Roman times there was a local Christian community revealed by archaeological discoveries in the 1980's which revealed burials in a Christian manner. A Roman style memorial was placed over some excavated Roman remains re-interred in Scole Churchyard. The local Christian witness has continued through Saxon, Norman, Medieval times, through to the present day. The active Christian churches of the town, some large with choirs, organs and bands, and some small and contemplative, all meet to worship God in their own tradition and style. These churches support full time ministers and lay workers and many have links with, and support churches in, faraway parts of the world.

However grand, modern or impressive church buildings are, the real Christian church in Diss is the people who meet together, to worship God and serve the needs of others. The varied activities are shown in each church section and activities range from pre-school playgroups, to groups for the retired, as well as fellowship and exploring the Christian faith. All the local churches welcome newcomers, including those who may just be on the start of their own spiritual journey.

Many inter-church friendships have been formed through Diss and Roydon Churches Together. On Good Friday local Christians meet at the Mere's Mouth and following a short service, silently walk to St Mary's Parish

Church for an ecumenical service. Christian Aid lunches are held around local churches during Lent and enable local people to meet informally and support such a worthwhile cause.

The Diss and Roydon Christian Churches Together, support the Waveney Foodbank. Practical and prayer support is offered to those with special needs such as illness, bereavement and times of personal crisis. Each Christian church in Diss has an open invitation to partake of this valuable facility, which is freely available.

## St. Henry Morse Church Roman Catholic Church

The 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](http://www.sthenrymorse.com)**

The Parish Priest or Deacons can be contacted by phone: **01379 642914** or by email at: **[alex.anaman@rcdea.org.uk](mailto:alex.anaman@rcdea.org.uk)** **[david.croucher@rcdea.org.uk](mailto:david.croucher@rcdea.org.uk)** or **[office@holytrinitydiss.com](mailto:office@holytrinitydiss.com)**

## Diss Parish Church of St. Mary the Virgin

An inclusive church offering traditional worship and a warm welcome for all. With our new Rector and Deacon arriving early in 2026, St Marys will be looking for new ways to serve the community. Find us on facebook or on our website for up-to-date details of our services, groups and activities.

**Rector:** The Revd Elizabeth Burren - [revelizabethburren@gmail.com](mailto:revelizabethburren@gmail.com)

**Deacon:** The Revd Peter Burren - [revpeterburren@gmail.com](mailto:revpeterburren@gmail.com)

The Parish Office is situated in St Mary's Hall next to the church and is open Mon, Tue, Thur, Fri 9.30am to 11.30 am.

Enquiries for Baptisms, Weddings, Wedding Blessings, Funerals and Banns of Marriage to be made through the Parish office.

Telephone **01379 643783**

Email: **office@stmaryschurchdiss.org.uk**

Website – coming soon!

### Regular Services:

Sunday 11am Parish Eucharist - a traditional robed service of Holy Communion. All welcome, refreshments afterwards.

Wednesday 10.45am Holy Communion – a simple communion service (in the church hall in the colder months) followed by refreshments.

1st Tuesday of each month, 5pm Silent Prayer – A short reading and 40 minutes of silence in

the company of others.

## Regular Groups

Monday 7.30pm Bell Ringing practice

Friday 9.30 – 11.30am Coffee morning – pop in for drinks and chat, sometimes a craft or book stall, always a friendly welcome!

More groups and services to come – search online for **stmaryschurchdiss**

## Society of Friends (Quakers)

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

<http://www.suffolkquakers.org.uk/diss>

## Diss Baptist Church

It can be daunting coming to a new church for the first time. The best way to get to know us is to come along to a Sunday morning service. We meet at Roydon Primary School every Sunday at 10.30am. We are sure this service is really accessible to everyone and our first time visitors always comment on just how welcome they have been made to feel. We'd love to see you in person but if you are not quite ready for that, check out all our regular activities from coffee mornings to youth work to social events on our website, [dissbaptistchurch.co.uk](http://dissbaptistchurch.co.uk)

## 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 Song Plus.** Every second Monday of the month.

**Dove Afternoon Tea.** Every 4th Monday of the month at 1.30pm. Tea and cake, chat, with informal short service.

**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](http://dissurc.org.uk)

## Diss Methodist Church

Victoria Road Diss - We offer a 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. **01379 642791**

Bookings for room hire: to

**DissMethodistChurch@outlook.com**

## Diss Salvation Army Community Church Sunnyside Diss

The Salvation Army Corps, a church serving the community, has been at work in Diss for almost 130 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 four years of age onwards (Mon and Thu evening), Luncheon Club (Tues 12-2pm, booking required), short mat bowls (Wed 1.30pm), CAMEO (Come And Meet Each Other) club (every other Wed 2.15pm), community choir (Thu 8pm), children's singing group (Sun 12-12.30pm) charity shop (Wed and Fri 10am to 2pm), coffee shop (Wed and Fri 10am to 12pm). Our church services (Sun 10.30am, followed by refreshments) 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>  
email [diss@salvationarmy.org.uk](mailto: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 6.30. Prayer meeting and Bible study at 6.30 pm on Wednesdays.

For further details please contact the Secretary Mr J. Leftley, Tel: 01379 308377 or [jandm@leftley.com](mailto:jandm@leftley.com)

Eddy Kerridge 07787568366

### We Are Hope Church Vinces Road

You're very welcome at Hope Church, we'd love to invite you to Hope Church and to be part of what's happening in our church and community.

### Sunday Service

Our Sunday service starts at **10:30am**, with refreshments served from **10:00am**.

The service includes worship, Bible teaching with practical application for everyday life, and children and youth groups on relevant topics with engaging activities. We also have **crèche** facilities available.

### Loving Our Community

We're passionate about loving our community well and run a range of projects throughout the week:

#### Community Café

Mondays **10:00am–12:00pm**

Fridays **10:45am–12:00pm**

A free café offering food generously donated by Tesco, Greggs, and Warburtons.

#### Community Lunch

Fridays **12:00pm–1:00pm**

Join us for a delicious free lunch. Everyone is welcome.

#### Community Workshop

Tuesdays **9:00am–12:30pm**

A friendly, hands-on workshop where you can get to know others and create wonderful things from wood. **Booking essential.**

**Kids Connect**

Tuesdays **4:00pm–6:00pm** (School Years 2–6).

An after-school club with a Bible story, crafts, sports, and dinner. £2.50 per child.

***Booking essential.***

**Little Sparks**

Thursdays **10:30am–12:00pm**

Our parent and toddler group offers playtime, group singing, free snacks, and a welcoming space for families. £2.00 per child.

***Booking essential.***

**Hangout (Youth Group)**

Every other Friday **7:00pm–9:00pm** (School Years 6–11)

The whole building is given over to our youth, with sports, crafts, café, milkshakes, tuck shop, air hockey, dancing, and more. Dates available on the Hope Church website.

**Find Out More**

Visit: [www.wearehopechurch.net](http://www.wearehopechurch.net)

Email: [office@wearehopechurch.net](mailto:office@wearehopechurch.net)

Phone: **01379 644223**

We look forward to welcoming you soon at Hope Church.

**Music Praise and Worship (MPW)**

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 **07542 902103**.

Or preferably by email:

[anglia.stone@btinternet.com](mailto:anglia.stone@btinternet.com)

**St. Remigius Parish Church Roydon**

St Remigius Church Roydon, part of the new Winfarthing and Upper Waveney Benefice.

Services at 11am on 1st and 3rd Sundays, please check on our new facebook page:

**Winfarthing and Upper Waveney Benefice**

Coffee Mornings on 2nd and 4th Wednesdays at 10 a.m. Doughnut Church events on Good Friday morning and All Hallows Eve, to be confirmed on our 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.

Information about our beliefs and activities may be found at [www.jw.org](http://www.jw.org)

# Diss Car Parks

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**Payments can be made online at**

[www.gaparking.co.uk](http://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](http://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](http://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](http://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

Weekend: £12 Friday 10am - Monday 4am

**Season tickets** also available

## Other features

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

No height restriction

Park Mark award

## Gilray Road (Total Car Parks)

### (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-Fri: £4.30 all day peak (arrive before 9am), £2.80 all day off peak (arrive after 9am)

Sat/ Sun: All day £1.00

**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 (Maximum stay)

**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 06.30 - 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: 5am-11pm

Sun: 10am-4pm

## Aldi Car Park

**Parking restrictions:** Customers only. Maximum stay - One and a half hours.

**Type:** Not covered, Lit.

**Features:** Disabled spaces, Parent & Child spaces

**Height restrictions:** None

Mon-Sat: 8am-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





Aldrich Way C7	Constable Close C4	Grigg Close G6	Nelson Rd K3
Allotments C8	Cormorant Close K7	Hales Yard E5	Newstead Walk C8
Ambulance Station J4	Corn Hall E5	Hall Hills C6	N'folk House Yd E6
Angles Way A4	Cotman Close C4	Harrier Way K7	Nightjar Close K6
Appletree Lane C8	Council Offices E5	Hartismere Mews E3	Oak Drive K3
Auction Ground D6	Cricket Ground G4	Hawk Crescent J6	Old Coaching Place H2
Baldry's Yard C3	Croft Close D5	Hawthorn Close J5	Old High Road A6
Baptist Church E5	Croft Lane C4	Health Centre F6	Orchard Grove C6
Bartrums Mews J1	Crome Close B4	Heywood Avenue E8	Owen Rd I4
Basham St B5	Cuthberts Maltings J1	Heywood Rd F8	Paine Close B6
Beehive Yard D5	De Lucy Close C5	High School H7	Park Hotel D3
Bellacre Close H3	De Lucy House L1	Hopper Way K4	Park Rd E3
Blackthorn Close J5	Denmark Lane A4	Infant/Nursery Sch H5	Park, The E4
Blomefield Rd G5	Denmark Rise D4	Ives Close J3	Parkside Court D4
Boardwalk E4	Denmark St C2	Jennings Way F7	Partridge Rise K7
Bombard Way A5	Denmark St Hall D5	Job Centre Plus F5	Pavilion E4
Boudicca Way L6	Diss Business Centre L1	Junior School G4	Peafowl Close K7
Boundary Way A6	Diss Business Park L4	King George Mews K6	Pearce Rd I3
Bramley Rd B6	Diss Sports Ground D9	Kingdom Hall J4	Pearmain Rd C6
Brewers Green Lane A7	Diss Swim Centre H2	Ladbroke Close C4	Peregrine Close J7
Brushmakers Way D8	District Bowls Club C2	Lapwing Close K6	Pheasant Drive K7
Bryars Lane K2	Doubleday Close D4	Library F5	Pine Court E5
Buckthorn Way K5	Dragon Yard E5	Linden Grove D9	Pipers Gardens C3
Bunting Drive K7	Egremont Rd B7	Ling Road B2	Post Office F3
Burston Rd G9	Ensign Way K2	Long Meadow Drive A5	Prince Regent Way J2
Burton Close B5	Entry, The G5	Lord Rd I4	Prince William Way K6
Bus Station E3	Factory Lane B7	Louies Lane D8	Pursehouse Way I3
Buxton Rd B4	Fair Green B3	Lowes View G3	Quaker Wood B8
Causeway Bowls F4	Falcon Avenue J7	Madgett Walk E4	R. Catholic Church E9
Causeway, The F3	Farm Close D9	Manor Gardens E5	Rackham Court B3
Cemetery F9	Farthing Close E9	Market Hill E5	Railway Court J3
Champneys Rd H4	Fen View Close A5	Market Place F5	Railway Station K4
Chapel St F4	Field House Gardens I5	Martin Rd I4	Rectory Meadow G3
Chaplyn Court K1	Fire Station F3	Masefield Rd H4	Redhill Close H5
Cherry Tree Court D6	Fisher Rd I4	Masonic Hall E4	Registry Office E5
Church St F5	Frenze Beck	Matthew Court D5	Riverside B2
Citizens Advice	Nature Res. L3	Mere Manor Court G4	Riverside Maltings J1
Bureau F5	Frenze Hall Lane J6	Mere St F4	Rose Lane J1
Clarence Hs Court K5	Frenze Rd H5	Methodist Church F3	Rose Terrace J1
Clement Garden K1	Friends Meeting Hs G5	Millennium Stone E4	Rowden Way A5
Cobbold St B5	Gainsborough Avenue B4	Millway Avenue D9	Roydon Rd C6
Com. Cent Taylor Rd B4	Gilray Rd J4	Mission Rd K2	Russett Rd C7
Combined Cadet HQ E7	Glebe Drive A5	Mount Pleasant E7	Salvation Army Hall E7
Community Centre E6	Golf Course K1	Mount St F6	Sand Stone Way A3
Community Church L4	Gostling Close B5	Museum F5	Sandy Lane K3

# DISS MAP INDEX

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 Church F5  
St Mary's Court F5  
St Mary's Drive H4  
St Mary's Hall F5  
St Nicholas St E5  
Stanley Rd B3  
Stannard Close B4  
Stark Close C4  
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  
Victoria Close G2  
Victoria Rd G3  
Victory Court K3  
Vikings Close G6  
Vinces Rd I2  
Viscount Court K3  
Visitor Information Point E5  
Walcot Green J9  
Walcot Rd G7  
Walcot Rise J6  
Water Gardens 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 F4  
Windsor Court K6  
Wordsworth Rd H3  
Wrens Close B3  
Youth & Com. Centre E6

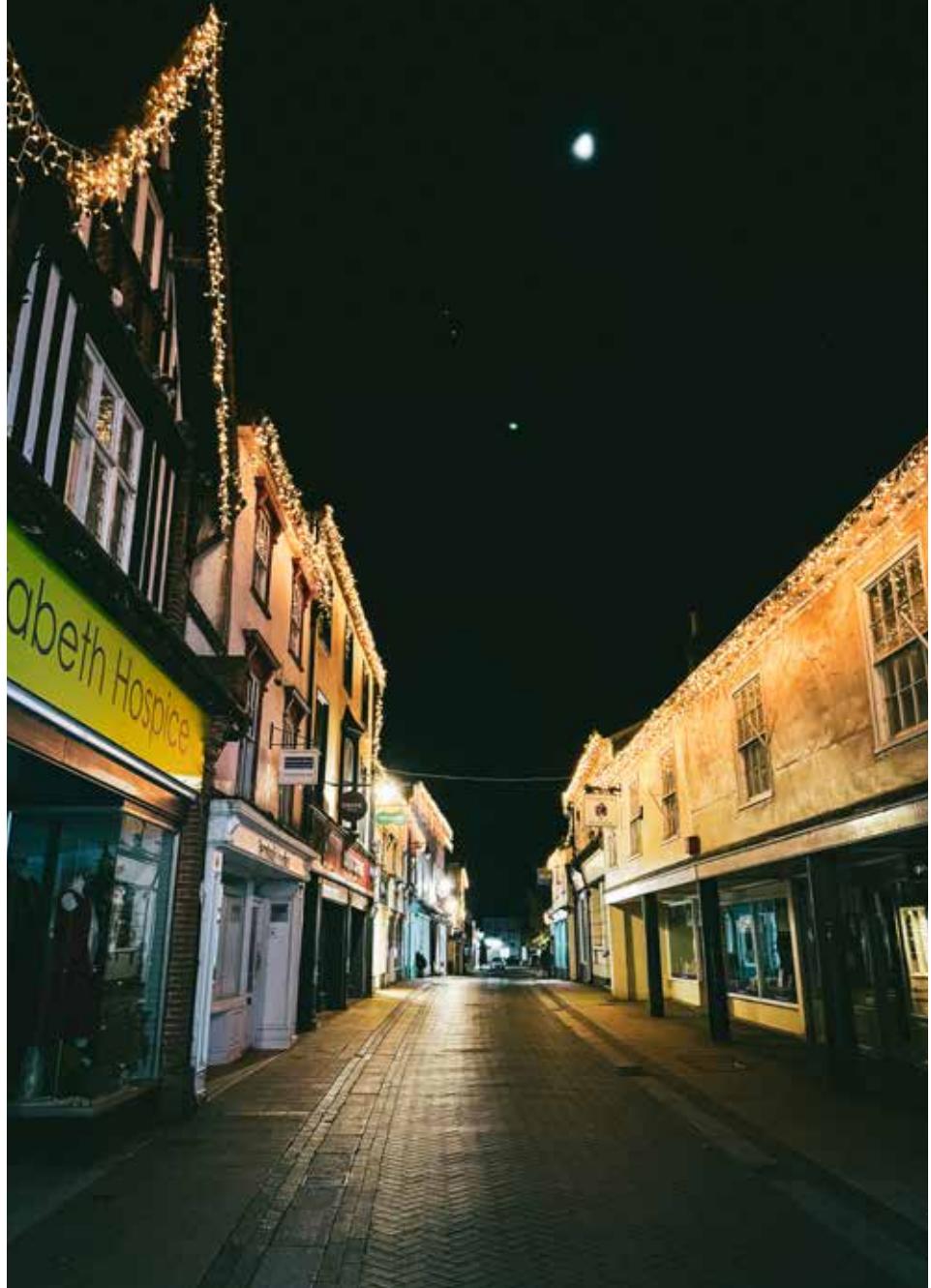


## DEFIBRILLATOR LOCATIONS

	Diss Swim Centre Victoria Road H2		Diss Golf Club Stuston Road L1
	Tesco Supermarket Victoria Road G 3		Diss Football Club Brewers Green Lane A7

## 24 HOUR ACCESS

	Methodist Church Victoria Road F3		Adkins Opticians Market Hill F5
	Jewsons Ltd Victoria Road K2		Corn Hall St Nicholas Street E5
	Fair Green Denmark Street C2		



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