

LOWESTOFT

u3a

learn
laugh
live

Third Age Trust

Registered Charity
1001662

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Newsletter

MARCH 2024

Chair's Report

Well here we are again . Another excellent Newsletter edited by Viv. I am sure that she would like me to thank all of you who have contributed to it. Without you all it would have been one sheet with this letter on it! Please continue to support her with more contributions. We have had a good time since the last newsletter. We had a well attended Christmas Party at the Wherry with some singers from the Elmtree Primary School Choir.

We are having a Summer party again at the Wherry. By popular demand, we will be entertained by Chandlers Jigge again. We shall be having an Afternoon Tea, Raffle and Table top Quiz. Tickets at £15: 00 are available from your committee members and group leaders. This should have been £19:50 but your committee have decided to subsidise the cost. More details are in this newsletter.

Some good news from the groups. We have started a Whist Drive group ably run by William Rouse. This is held on the first Thursday at Colville House starting at 14:00 and finishing at 16:00. Come along and have some fun and meet new friends. The Quiz group, also run by William, is now meeting at Colville House starting at 14:30 and finishing at 16:30 on the second Thursday.

We have started a new Saturday Morning Coffee morning. This is at No. 72, The High Street on the third Saturday from 10:30 until 12:00. Please come along and meet some new friends.

I hope that you all have a good summer and that the sun shines!

All the best.

Ray Willett



SPRING FORWARD!

Remember British Summer Time begins on 30th March 2024
Put your clocks Forward One Hour.

With Regrets

It is with regret that we must mark the passing of the following members:

Joyce Drake
John Partridge

Joyce was a founding member of our u3a and, as you know, sadly passed away since the last newsletter. She held a variety of posts over the years and will be very much missed from the music appreciation, scrabble and monthly lunch groups. The scrabble group is going from strength to strength, now with 7 members, but always ready to welcome new members for very sociable games with a cuppa and biscuits thrown in for good measure.



Committee contacts

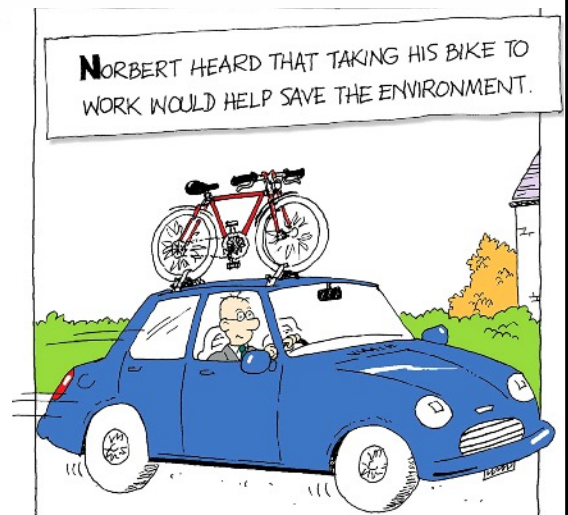
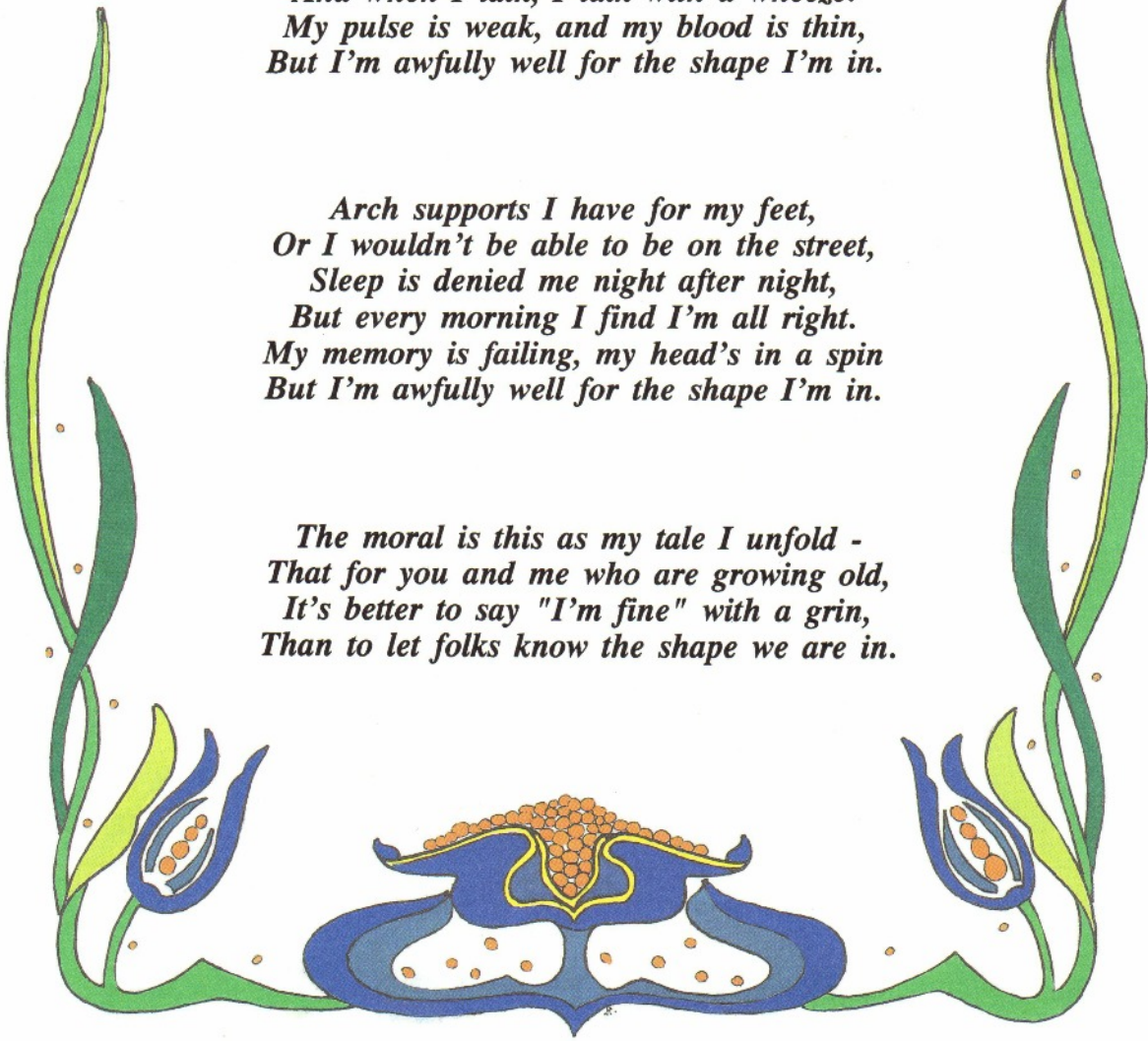
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I'M FINE THANK YOU!

*There is nothing the matter with me,
I'm as healthy as I can be.
I have arthritis in both my knees
And when I talk, I talk with a wheeze.
My pulse is weak, and my blood is thin,
But I'm awfully well for the shape I'm in.*

*Arch supports I have for my feet,
Or I wouldn't be able to be on the street,
Sleep is denied me night after night,
But every morning I find I'm all right.
My memory is failing, my head's in a spin
But I'm awfully well for the shape I'm in.*

*The moral is this as my tale I unfold -
That for you and me who are growing old,
It's better to say "I'm fine" with a grin,
Than to let folks know the shape we are in.*





3 beautiful miniatures in
coloured pencils & a monochrome
Abstract in watercolours.
All by Irene Creevey



← Kersey nr. Ipswich

Acrylics By Ron Hemp

Aldeburgh



Rust & Deterioration
watercolours
By Lily Siggins

LOWESTOFT u3a

SUMMER PARTY

When? Wednesday 12th June 2024



Where? “The Wherry” - Brown Boat Suite

**Time? 1.00pm for 1.30pm Afternoon Tea
til 17.00pm**

Entertainment by Chanters Jigge

Raffle & Table Top Quiz

u3a Members, family & friends (Adults Only)

Admission by Ticket Only £15.00each

**Tickets available from Group Leaders, Committee Members
or at our monthly meetings.**

What Not to Do On holiday

I am in Dubai for New Year visiting my family, who live and work there. I have had a wonderful two weeks, New Year celebrations, family outings, barbeques and swimming all in glorious sunshine. I am in my daughter's house one evening with my son in law – my daughter, Sarah, is out ferrying my youngest grandson, Oli, to rugby practice – when it happens. I stand up from the sofa in a hurry and pitch headlong onto the floor.

Brendan, my son in law, rushes over, takes one look and says, “ Don't move!” I touch my face, which is feeling sore, and stare in disbelief at the blood which is running from my hands onto the newly cleaned Arabic carpet. Brendan arrives with a thick towel which he presses to my face and eases me into a sitting position. “ Don't move!” he repeats.

He phones Sarah.” Which hospital?”, I hear him ask. They confer. Brendan helps me up, we go to the car, he straps me in, towel still pressed to my head and off we set.

Firstly I am only aware of my bloodied face; gradually my right hand starts to throb. Brendan drives carefully. The hospital is just under an hour away.

A word about health provision in the UEA. Everyone living and working in the UEA must have private health insurance; it is mandatory. Emerati nationals have automatic, full health insurance paid for by the government. Ex pats have to buy private insurance. Generally speaking, your employer provides you and your family with health insurance. If you are self employed you need to buy private insurance. Visitors should always have insurance for peace of mind although this is not compulsory – the insurance, not the peace of mind!

We arrive at the hospital, a gleaming, modern, spotlessly clean, calm and welcoming place. We are met at the door with a wheelchair and I am taken straight through to a treatment room while Brendan deals with the formalities at reception.

Sarah arrives.” Oh, dear,” she says, looking at my face, “ I must take a photo.” I have yet to see that photo; Sarah reckons I need to be well into my recovery before I'm allowed to see it!

“First, we need to clean the wound,” says a smiling young doctor. “ This might sting a bit.” As understatement goes it's up there with the best.... “Now I need to deaden the area before I stitch,” says the same smiling young doctor. “ This might sting a bit.” Another understatement. “ I'm going to stitch now. Let me know if it hurts.” I nod, dumbly, but, surprisingly, it doesn't hurt.

“ Can you do a quick face lift while you're about it” enquires Sarah. I smile. “ Don't move,” says my young doctor, concentrating now and, I'm guessing, no longer smiling.

I am stitched and my wound is dressed and covered.

“ Did you lose consciousness, do you have a headache? When was your last tetanus jab”

“No, I didn't lose consciousness, no, I don't have a headache and no idea when my last tetanus jab was.”

Cont.....

.....Cont

“ No need for a scan then. I'll just give you a tetanus jab to be sure. Off you go and have your xray.”

He is smiling again.

I have my xray. I have a broken wrist. I need a cast. I am plastered accordingly. My daughter pays – I have to claim everything back later from my insurance – and armed with all the necessary paperwork, medication, a sling and good wishes, we depart. I am in the hospital for about two hours.

I wouldn't recommend smashing headlong onto a solid floor and breaking a wrist to anyone but, if you are going to do it, this is as good a place as any. A follow up visit, with more xrays, replastering and stitch removal is equally efficiently and kindly done.

For my return flight I decide to upgrade to business class. I have rainy day money and this day is in the same category as Noah's flood. Brendan books me assistance at both ends of my journey which is hugely helpful and I have limousine travel provided as part of the service, in Dubai and in London where the waiting car whisks me to my son in Essex. Seamless. Business class is wonderful, of course and I wonder if I will ever want to travel any other way.

A final word about travel insurance. At the risk of sounding like an advertisement Never Leave Home Without It. My travel insurance paid all of my hospital bills in full and my business class upgrade. They were calm and informative on the phone and efficient and swift with the payment.

A second final word....if that is possible. My treatment since I got home, at James Paget hospital has also been swift and efficient and my physiotherapy proceeds apace. I feel very fortunate in this uncertain world.

Irene Sergent

Before the break
in downtown Dubai



Carry-on Walking

Marian and I have enjoyed our walking throughout the winter months and noticed quite a few new projects and alterations around Lowestoft.

The new flood defences are now finished for the time being and show some lovely artwork for all to enjoy.



The old Post Office now unveiled, clean and fresh looking. Notices appear in the windows including "Messums East" opening Spring 2025, whatever that brings.



Have you noticed Spirit of Lowestoft in Station Square by Charles Normandaler? (you need to look up.)

Enjoy the coming Spring, notice all around you.

Joan and Marian."



We are always welcomed at the Lowestoft Lifeboat shop and known as the "pot ladies," as we fill mini jam pots with 5p coins - a jar holds £1 when full.



Hippos can run faster than humans on land and swim faster than humans in water.



Which means the bicycle is your only chance of beating a hippo in a triathlon.



Members of “Art For All” who meet at Colville House on Mondays. New Members Are always very welcome to join this friendly group



View from a window
By Anne Edwards



View from a window
By Kevin Real



Tractor
By Kevin Real



View from a window
By Anne Edwards

All pictures are watercolours

My holiday from Hell

On the 15th Nov. 2023 Karen, my carer, and I went to a hotel in London Heathrow Terminal 5 to catch the plane to Miami to start our Caribbean Holiday. We left the hotel and went to the terminal at 7:00 to catch the plane at 10:00. We all assembled in the lounge and watched the crew go on. At 11:40 we watched them walk off the plane! Flight Cancelled – Technical problem! Never the less, we were told we had been rebooked on a different flight. At 15:00 we were given a meal /drink voucher and everybody rushed to the restaurant. After about 2 hours we went to the departure lounge and watched the crew go on board only to see them all walk off again! Flight Cancelled – Technical Problems! Panic started. An attendant with a disability vest on got hold of 5 of us and rushed us across Heathrow via walkways satellite train and lifts and arrived at Heathrow Terminal 1. Within about 45mins to 1 hour we were booked on a flight to Miami via New York. We were told to get a hotel there for 6 hours and they will pay. We rushed around once again as we had technically left the country – passport control - immigration - shoes / belts off checkups and finger print tests. The flight was called and we all boarded.

We arrived at New York ok and stayed the night at the Marriott Hotel \$200:00 bed only per night! We caught our flight from New York ok but missed our overnight stay in the Miami Falls hotel. We were met at Miami, placed in a lounge and a bus turned up to transfer us to Fort Lauderdale (about an hour away). We arrived ok and went aboard our liner. Then all hell broke out. Our cabin was not up to our “Elete” passenger grade standards. It was an adjoining cabin to next door and was used as a children’s bedroom! We had written 4 times to make sure that my electric scooter would fit in.

I had been in my electric scooter for about 15 hours and I am not made for that and I badly wanted the toilet. I did not make it in time! I leave the rest to your imagination. My clothes were dumped and disposed of.

The next few hours are a bit of a blur, I think that we slept there. Had breakfast and Karen made me up in the bed and left. She went to the “Elete” counter and spoke to the head man and his secretary. She was there for about 2 hours.

We went to our proper cabin which was very nice. We were given \$150:00 on our account for lost luggage – it was not even on the ship! Karen immediately spent all of hers at the boutique. I didn’t have a chance with mine as my leg had to be dressed every 4 days. All my dressings etc were in New York’s lost luggage so I had to go to the medical centre. \$95:00 to see the doctor for 5 minutes! I spent \$750:00 straight away! The liner supplied 1 T shirt, 2 pull up trousers and 1 ships vest. They had no shoes, underwear, socks etc. I had what I stood up in. We set sail. Fortunately Karen’s case arrived in 2 days from Miami. As “Elete” grade passengers we missed out on the Captain’s Gala Night, the Captain’s Dinner, the Captain’s Cocktail reception etc. The holiday progressed visiting the Panama Canal, swimming with dolphins etc. Still I had no shoes. We managed to get some socks and underwear. The last 3 days took its toll on me. I felt safe in my cabin, I lost my taste, I was in a mess. On the last day Karen, on one of the islands, found a pair of ladies rustic cloggy type shoes which fitted me. My case arrived back in Lowestoft 31 days after I had left it at Heathrow. Only my shaving glass had been broken.

No final settlement received as yet and the key to my scooter was broken in half.

What next time? – The Titanic!

Ron Hemp (96)

Lowestoft u3a Groups Schedule

Monday

Writers group	10.00-11.30	Colville House	2 nd & 4 th Mondays
Scrabble	10.00-12.00	St.Mark's Church Oulton Broad	Weekly
Social History	10.00-12.00	Colville House	3 rd Monday
Art for All	13.30-15.30	Colville House	1 st & 3 rd Mondays
Bookworms	14.00-15.30	Colville House	2 nd Monday
Table Tennis	14.00-16.00	United Reform Church	Weekly

Tuesday

Country Dance	10.00-12.00	St. Mark's Church, Oulton Broad	1 st & 3 rd Tuesdays
Spanish	10.30-12.00	On-Line	Weekly
Lunch Group	12.00-14.00	Various* See below	1 st Tuesday
Bridge	13.00-15.30	Colville House	Weekly
Canasta	14.00-17.00	Seagull Theatre	2 nd & 4 th Tuesdays
Family History	14.00-16.00	London Road Baptist Church	2 nd Tuesday

Wednesday

Short Mat Bowls	13.30-15.30	Colville House	Weekly
Mixed Crafts	13.30-15.30	Colville House	Weekly
Computer Clinic	14.00-16.00	60's Club, Lowestoft	Weekly
Monthly Meeting	10.00-12.00	London Road Baptist Church	Last Wednesday

Thursday

French Improvers	10.00-12.00	Colville House	Weekly
Music Appreciation	10.00-12.00	St. Margaret's Small Hall	Weekly
Rambling/Walking	10.15-12.00	Various (see web site)	2 nd & 4 th Thursdays
Quiz Group	14.30-16.30	Colville House	2 nd Thursday
Whist	14.00-16.00	Colville House	1 st Thursday

Friday

Art Appreciation	10.30-12.00	Colville House	Weekly
Rummikub	13.15-15.30	Colville House	Weekly
Bridge	13.30-15.30	Colville House	Weekly

Saturday

Coffee Morning	10.30-12.00	Kensington Gardens Cafe	1 st Saturday
Coffee Morning	10.30-12.00	72 High Street, Lowestoft	3 rd Saturday

*For venue contact u3asocialsec@gmail.com