



Sudbury Newsletter

May 2023

Architecture, Art Visits and Holidays out and about



Oxford Street



Tate Modern



Chichester, North Street



Taylor's Bell Foundry, Leicester



Lawshall



Coldham Hall, Stanningfield

Chair's Message

Dear Members,

I would like to take the opportunity to warmly welcome all new members and hope that you find our bi-monthly newsletter informative and interesting. Our newsletter gives a lot of information as to our activities and I hope you will gain a lot from your membership so please do not hesitate to ask if you need more information.

I have been contacted several times in the past couple of months by members who are unable to get to our monthly meetings at the Rugby Club due to transport issues. It doesn't seem right that some of our membership are excluded from these meetings because transport is not available. We suffer from a woeful bus service and it seems unlikely that it will improve any time soon. At our last committee meeting we discussed the situation to see if there was anything we could do to help.

Perhaps there are some among you who would be willing to offer lifts and, if so, please could you contact me (and many thanks to the three of you who have already offered). I also need to hear from those among you who would like to attend the meetings but cannot do so due to lack of transport. So if you can offer a lift or need one, please get in touch. My contact details are at the bottom of this message.

Hardwicke House and Siam Surgery Practices are holding a Health Awareness Day at Sudbury Town Hall 10am – 3pm on the 24th June and our u3a has been invited to participate. The purpose of the day is to raise people's awareness of the services and support available in the Sudbury area, to encourage people to consider lifestyle changes to improve their health and reduce the impact of any health issues they may have.

We have been asked to promote the benefits of u3a membership, and its philosophy of 'learn, laugh, live', with the opportunities it offers to take part in a diverse range of interest groups, physical and mental exercise and often the development of friendships and companionship. If you would like to volunteer to help for an hour on the day, your assistance would be very much appreciated. This is a free event and all u3a members are invited to visit the exhibition.

Brian

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01787 269432

Next Newsletter

For the July issue please send your contributions no later than 3 July 2023. If you miss the deadline we may not be able to include your copy. Please send details by email as a Word or Pages attachment in Arial 12p font in plain text, 350 words maximum, plus, if available, a photograph illustrating your contribution, to:

Su3aNeditor1@outlook.com

Whilst every care has been taken in the compilation of this newsletter, errors and omissions are not the responsibility of the publisher or of the editor. Opinions, where expressed, are not necessarily those of the publisher or the editor. If a group isn't mentioned in Su3aN, please check your Membership Card or the Sudbury u3a website, for details of Leader and Telephone Number.

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Speaker's report for March

“The Food of Love” – Words and music based on Shakespeare's references to music.

This is the second time we have had the pleasure of Hexachordia. It was the usual line up of Sarah Doig playing the viols, lute and recorder, Tony Scheuregger on lute, renaissance guitar, recorder and tabor and Jane Scheuregger playing recorder and bagpipes, with all three participating in the singing.



A key feature of the time was the ability of the musicians to play a number of instruments. Hexachordia has recreated the flexibility of these players and it is their aim, besides entertaining us, to offer a fresh approach to the music of the sixteenth and seventeenth centuries and on this day it was the music and songs featured in Shakespeare's plays.

Altogether we heard a procession of gentle love songs, comic and bawdy ballads, and folksy dances all skilfully woven together. Heaps of preparation must have gone into putting all these factors together in such a satisfying way. It was a joy to see and hear these multi-talented musicians able to change from instrument to instrument and sometimes from voice to instrument and back again in just one short piece, completely without a hitch. It was a morning's worth of high value culture and entertainment embodied in a rich tapestry of sound.



Nick Partridge

Speaker's report for April



Unravelling the Mysteries of Bird Migration by Ieuan Evans

People throughout history have had many ideas about birds and where they travel to and from. Many theories have since been disproved, but it has only been in more recent years that people have started to unravel some of the mysteries and discover where some of these birds travel to.

One of the first incidents that made people start to realise that some birds may have journeyed many hundreds of miles was when some German hunters shot down a white stork and discovered an African spear lodged in its neck. This led to people trying to discover more about these journeys. Birds were ringed and their migrations tracked. This also had the benefit of being able to monitor any fall or increase in their numbers.



The United Kingdom is a great place for birds to migrate to. Many species either breed here or use this island as a stopping place on their way to other destinations. Following the routes birds take has shown how many species are declining, but tracking also offers insights into how to help birds dropping numbers.

Tracking technology has greatly improved in recent times, with harnesses and lightweight solar powered microchip trackers being used. Some of these trackers can send back information for up to four years. Unfortunately the cost is in the region of £3500, although the data is proving to be invaluable in understanding the massive decline in many of the species such as nightingales (a fall of 93%) spotted flycatchers (a fall of 90%) and cuckoos (a fall of 78%) in the last 50 years.

Land management around nesting sites of some of these endangered species is now thought to be a method of managing the decline. Planting crops that provide food sources for the insects that parent birds feed on would also help. Another support for these under-threat birds is by providing nest boxes. To discover more about this fascinating work please visit the website of the British Trust for Ornithology.

Sally Card

Group News

At the recent New Members' Meeting suggestions were made for new groups:

Archaeology Leader(s) needed

Astronomy Leader(s) needed

Calligraphy We have a possible leader

Craft (2) This group would not meet on Tuesday. We have a possible leader

Yoga/Seated exercise. Is there a member who is a qualified yoga instructor and would volunteer to run such a group?

For all the above, in the first instance, please contact **Jennie Leech**

jennieleech@btinternet.com 01787 373684

Poetry

A new group for people who enjoy reading poetry and maybe writing it too.

The suggested venue is either members' homes or the side bar of "The Quay", depending on numbers. The cost of hiring the venue is £10 an hour which will be split between members.

The suggested day and time is either Wednesday afternoon or Friday morning once a month.

If you are interested, please contact

Andy Edgecombe on a.edgecombe41@btinternet.com 01787 371670 or

Gill Rose on rosegillian15@gmail.com.

Photography Skills

The proposed format of this group is:-

Monthly meetings to be held in the Christopher Centre, Sudbury for 2 hours.

- Learning about their own camera.
- Photography skills to include, the principals of photography and settings.
- Composition.
- Individual Project work.

This group will be ideal for both beginners and those more experienced using cameras but also those who use their mobile phones for photography.

Please contact: **Ian Mathews** on ian.mathews.u3a@gmail.com

Jennie Leech

Diary

Future Speakers

Tuesday 27th June - Mark Bills "Gainsborough and the development of Gainsborough House". Mark is the Director of Gainsborough House and his love of art has been the motivation of his career. For the last three years he has been behind the scenes waiting for the opening of this amazing new gallery.

Tuesday 25th July - Jane Hoggart "My Life as a Bluebell Girl". At the age of 12 she gave up her dream of being a ballerina, at six feet tall with size nine shoes, and entered the world of cabaret. Her exciting travels around the globe in the 1980s tells us of her wonderful journey and colourful life on the road as showgirl extraordinaire.

Colette Bentley

Film Group

Meets on the last Friday of the month at 2pm at The Christopher Centre, 10 Gainsborough Street, Sudbury, CO10 2EU.

26th May: We will be looking to show: 'Can You Ever Forgive Me' starring Richard E Grant and Melissa McCarthy. This film is based on a true story of Lee Israel, a best-selling celebrity biographer in the 1970s and 1980s. When Lee (McCarthy) comes to the realisation that she's no longer en vogue, she spins her art form into a perilous web of lies, deceit and outright crime to get back on top.

30th June: We will be looking to show: 'The Duke' starring Helen Mirren and Jim Broadbent. In 1961, a 60-year-old taxi driver steals Goya's portrait of the Duke of Wellington from the National Gallery in London. He sends ransom notes, saying that he will return the painting if the government invests more in care for the elderly.

28th July: We will be looking to show: 'Mrs. Harris Goes to Paris' starring Lesley Manville and Alba Baptista. In 1957 London, Mrs. Ada Harris, a widowed cleaning lady, becomes obsessed with one client's haute couture Dior dress, which triggers a longing to buy one of her own. After working to raise the funds to pursue her dream, she embarks on an adventure in Paris that will change not only her own outlook – but the very future of the House of Dior.

Jenny Filby

Tuesday Amblers

Meet at 10.15 for 10.30am start for all walks.

6th June Whepstead Summer Amble

Meet at The White Horse pub, Rede Road, Whepstead (IP29 4SS). The distance is 3.3 miles, an easy, varied walk on paths, around fields with some quiet road walking and no stiles. Refreshments and food available afterwards at the friendly pub. Car share if possible to save space in the pub car park. You can look up the walk on the pub's website and read a bit of village history. It is called St Petronilla's Church Walk.

Walk Leader: Andy Edgecombe 07766 714455.

4th July – Stratford St Mary Three Rivers Walk

Meet outside The Swan Inn, Lower Street, Stratford St Mary (CO7 6JR). Parking is in the street. The walk is 3.5 miles. It crosses three rivers, the Stour, the Brett and the Box, and is mostly flat along field edge paths with a couple of sections of public highway, mostly on pavements except for two short stretches. There are four stiles to negotiate but they are well built and not too high and we may be able to avoid at least one if a gate has been left open.

Walk Leader: Dee Hoile 07470 056755

Thursday Amblers

22nd June leaving at 10.30am. Please meet at the Long Melford Country Park, 2 Mills Lane, Rodbridge (CO10 9HJ). Refreshments are available either at the picnic area or at the nearby Nethergate Brewery. This will be a three mile amble around Rodbridge and Borley with no stiles.

Walk Leaders: Colette & Dee 01787 374249

27th July leaving at 10.30am. A gentle walk about 3.2 miles around Pebmarsh. Parking at the village Hall (CO9 2NW). Car Parking is £1 per car. Mainly field edge walking with no stiles through a small wood.

Walk Leader: Paul Tetley 01787 269446

Walking Group



For all walks (unless otherwise advised) please meet at 09.45 for 10.00 start

Group Leaders:- Brian & Moira Orton, 07508 093631 & 07928 092402

12th June: Exploring the fields and fairways of Hintlesham 5 miles.

Meet at Hintlesham and Chatham Community Hall, IP8 3PS, to walk in undulating countryside providing lovely views on a wide track across the golf course. Please watch out for golfers, buggies & balls. Narrow tracks, which could be slippery after rain. Some pavement walking. No stiles. Wooden bridges over river and ditches. The busy A1071 to cross. Toilets/refreshments at the George Pub.

Walk Leaders: Janet & Ian 01787 222179

26th June: *Early evening* walk Acton 4.8 miles

Meet 17.15 for 17.30 start at Acton cricket field car park, behind The Crown, CO10 0AT. If wished drinks are available at The Crown afterwards. Gentle circular walk taking you across the airfield, mainly on the level. If wet some areas could be muddy. No stiles, four roads to cross. Earth barrier on airfield which is steep, so walking poles could be helpful. After crossing the last road there are some steep steps.

Walk Leaders: Alison Hart 07940 886972 & Veronica Sharp 07854 136530

10th July: Earls Colne, Colne Engaine and Boose's Green 5.3 miles approx.

Meet at the Colne Valley Golf Club car park, Station Road, Earls Colne, CO6 2LT (£1 fee donated to Captain's charity). Park on far left hand side. Menu available (not expensive) before setting off should you wish to pre-order lunch/refreshments in the clubhouse. Walk mainly on public footpaths although there is a little country road walking. It will be extremely muddy if wet. No stiles.

Walk Leader: Richard Felton 07944 665827

31st July: *Early Evening* circuit around Kentwell, 4 miles approx.

Meet 17.15 for 17.30 start at Long Melford Old School car park opposite Melford Hall. Good will parking fee £2.00. Options for drinks or food afterwards in Long Melford. Walk along footpaths, wide tracks, two fields with crops and one where there may be cattle. Short distances on minor roads and footpaths. Following part of the Stour Valley path some of the way. One kissing gate, some modern step-through stiles with parting gates.

Walk Leaders: Brian & Moira 07508 093631

Save a life?

Recently, I had the misfortune to be delivering resuscitation to a sick man and we couldn't locate a defibrillator and had to do our best until emergency services arrived.

I have discovered that the British Heart Foundation have produced a 15- minute guide to using a defibrillator which I tried out – easy! Just search for “BHF REVIVER” on your phone/tablet/laptop etc and it comes up. The instructions are very clear - all you need is a cushion and your gadget's camera on.

Yes, OK, you need the IT and to be able to kneel on the floor for 15 minutes, but it could help save a life – please try it.

Incidentally, the 999 service you dial, on finding your “victim”, should tell you the location of the nearest defibrillator machine as well as guide you through resuscitation if you haven't done it before. Remember you could save a life.

Lyn Gray

Membership Details

If any of your details that we hold on file should ever change, please contact me. This will enable us to maintain up-to-date information for communicating with you – as well as cascading the information via our new BEACON membership system through to any Groups to which you belong. We are typically referring to details such as address, telephone number, email, and emergency contacts.

Many thanks for your co-operation and please do not hesitate to contact me if you have any queries.

Richard Thomas

Membership Secretary

memsec.sudburyu3a@gmail.com 01787 310607

Coffee mornings

We hold a coffee morning on the third Wednesday of each month. These mornings provide an opportunity to meet committee members and other Sudbury u3a members in a relaxed, friendly atmosphere. Everyone is welcome - whether you are a long established member or one who has just joined us. Non-members are especially welcome as it gives a chance to find out exactly what Sudbury u3a has to offer - no pressure just coffee (or tea) and a chat. Coffee mornings are free and our next meetings are: **21st June** and **19th July 2023**.

Venue: The Friends Meeting House, 22 Friars Street, Sudbury, CO10 2AA. Start time: 10.00am, finish around 11.30am.

If you would like any further information, please contact myself or any committee member. I look forward to seeing you.

Brian Orton

chair.sudburyu3a@gmail.com

01787 269432

