

From the Chairman

Always a way to accommodate more members

During my term as Chairman U3A Wymondham has expanded from 280 to 430+ members and people have asked: are we getting to big? I would encourage you all to read the article on page 15 of the Winter edition of Third Age Matters, part of whose headline I have pinched for the title of this editorial.

The article stresses that a U3A cannot be full up and offers a range of suggestions to deal with the perceived problem of size. It discusses the size of individual groups and waiting lists. It suggests starting a second group but there are also solutions not mentioned. Group size is often constrained by the fact that they meet in the convener member's house. Solutions to be considered here include using the house of another member if they have more space (the convener and the host do not have to be the same person), or using/hiring a venue elsewhere. Sometimes this may be at no or very little cost.

U3As need new people to bring new ideas and new ways of doing things. There are a lot of activities which would not happen if this were not the case. Our U3A is no exception and I am grateful for all who contribute in so many ways.

Another useful article is on page 55. The article recognises the difficulties some older people face in taking steps to become involved in community activities for the first time. The article also talks about GPs and social prescribing, something we have discussed in committee with concerns that if GPs are 'not always getting it right' we might be seen as some kind of 'day-centre'. **But** there is also growing awareness and concern about loneliness in UK society and U3As play an important role by contributing to it's alleviation.

Changing the subject completely you will by now have gathered that we are looking to reduce subscriptions for the coming year to reduce the reserves which have built up steadily over the past few years.

Chatting to John Dollimore last week I see that trips and holidays are proving as popular as ever. Two of the trips for 2020 are already "sold out" so you need to be quick to look at what else is on offer.

May I wish all of you every good wish for the festive season and the coming year. At the same time several of our members are currently seriously challenged health-wise. Our thoughts are with them and all those seeking to give them support.

John Hooper - chairman



Examples of the work done by the Knit and Natter group for Norfolk Knitters and Stitches, to be distributed where required at home or abroad.

To see a larger version of this picture go to the U3A Wymondham website and click Groups/Group Photographs

Remember there will be an Extraordinary General Meeting (EGM) immediately before the open meeting on 5 December at 2:00pm.

Social Scene

I am pleased to report that both Thriplow Daffodils and River Witham day trips are sold out, but we are looking to put on a second coach to go to Thriplow. All single rooms for next year's holidays have gone, but there is availability for twin and double rooms.

The Social Table will not be open during December. Tickets for next year's social events (Gala Evening, lunches and garden party) will be sold at the January Open Meeting and subsequent events.

I would like to thank all members for their tremendous support during 2019. It has been a difficult year for me personally, but together we have made a great success of the year. My thanks go to my wife, Stuart and Gilly for stepping in to ensure everything ran smoothly.

Happy Christmas and New Year

John Dollimore

Christmas Lunch Fri 13 Dec

A little reminder for those attending our Festive Meal, please buy a car parking ticket for three hours or more.

January Open Meeting

2 Jan - Composting and Food Savvy - Norfolk Composters

Members who have recently joined:

Eileen Bruce, Fred Bruce, Robert Anthony Leggate and Carolyn Marsh

Groups

If you are interested in any of our groups please let Lorna, the group co-ordinator, know. She is at most coffee mornings or email lorna.gplead@yahoo.co.uk.

News from Groups

Painting Group - new paintings have been added to their page on the website. To see them go to the U3A Wymondham website and then select Groups/Group Photographs

Are you interested in Science?

One of our new members is very keen to start a new group which would look at the history behind some of the things we use in our everyday life - the things we take for granted. What were the people like who invented them and how have objects etc. developed?

It Help

Sam Dennis is willing to come to one coffee morning a month for a drop-in session to offer help to anyone who needs it with their laptop or phone. He can't guarantee he can help with everything! This will start in the new year - dates to be announced.

Table Tennis - would anyone who would be interested in such a group contact Lorna.

Play Reading - a member is interested in starting such a group.

Knitt and Natter group

In 2019, the group made for Norfolk Knitters and Stitchers:

- 190 blankets
- 104 baby blankets
- 212 adult hats
- 190 child hats
- 201 baby hats
- 90 scarf/gloves/mitts
- 48 children's jumpers or cardigans
- 18 baby clothes
- 21 trauma teds

and over 90 other assorted items .

We also produced and donated to Norwich Castle Museum 21 small blankets for groups of children to sit on while they were being told about the castle's history.

Vivienne Dollimore

Stashbusters

At a recent day workshop six Fidget Quilts' for people with Dementia were made. For an account of the event and photos go to Groups/Group Photographs page of the U3A Wymondham website.

**Copy date for the January newsletter
20 December**

Theatre group

"I took over as leader of the Theatre Group from Brenda Guardi last March and believe me, it was a hard act to follow. She did a brilliant job for several years; all those shows to book and tickets to get, I didn't realise the half of it! I am very fortunate to have inherited a very able assistant, Angela Sewell, who does the very important job of collecting all the money and numbers at the meetings!

We have had some very enjoyable outings to date. We have seen a selection of monthly films at Michael Armstrong's little cinema, local productions by the excellent Wymondham Players at Central Hall, countless plays and musicals, including Steel Magnolias, Grease and Cats at both the Maddermarket Theatre and the Theatre Royal. We also frequent Sewell Barn Theatre, The Playhouse and the Assembly Rooms not to mention others such as the Attleborough Players. We are looking forward to a New Year's meal at Cosmo to give us all some January cheer! I am enjoying being part of this happy group!"

Heather Moulton

A Christmas Collection - Norfolk County Council is collecting donations for Christmas gifts to 16-17 year old young people living in care. (ie Small gifts, toiletries, food items & sweet treats, cinema gift vouchers, wrapping paper & gift bags, home items (blankets, cushions, photo frames etc), shopping gift vouchers (such as Boots, Primark, Sports Direct etc). But no candles or products for over 18's. Wymondham Library is acting as a drop off point or you can phone Teresa Woods on 07789995608 and she will collect from you. Deadline for donations 10 December.

Two Dates

2.30pm Wed 4 Dec - a Charlie Chaplin silent film and a Buster Keaton silent film with music to match the action by improvisation master pianist Bruce Vogt - Regal Cinema, Ex-Servicemen's club - just like it was done at the time (£5)

7.00pm Wed 11 Dec - Meet the author of **MOTHER MOON** in the Tiffey Room, Wymondham Central Hall - an event put on by the Astronomy group of U3A Wymondham - entrance £3 (£1 for members)

Registered charity no. 1183055

Officers of U3A Wymondham (2019/20)

Chair - John Hooper - johnhooper66@btinternet.com
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