

From the Chairman - Looking ahead to 2020

I hope you all had as good a Christmas as possible and I wish you all good fortune for 2020. I have been reminded during the Christmas season that it is not always a time of great joy for everyone. I was left wondering if there were any of our members spending enforced time alone and maybe one resolution for the new year might be to identify ways to do even more, for a great deal already goes on, to support each other. I was struck by the emphasis in the Queen's speech of 'lots of little steps'.

Last month I wrote about social prescribing by GPs. In committee we were concerned to ensure that GPs understood the nature of U3A and made only appropriate referrals. Since then I have had a very useful conversation with the area co-ordinator for social prescribing, Rachel. I am pleased to say that she is very well aware of what our U3A has to offer and accesses our website so that she is also aware of what we do.

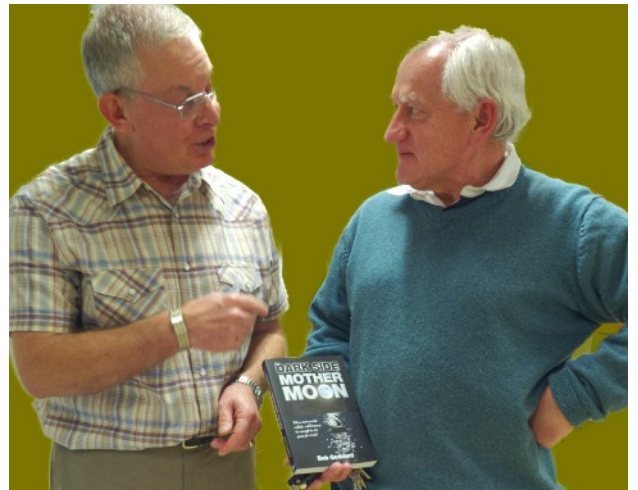
Yet again in talking to Rachel feedback was of a perception that many of our groups were full. Returning to a familiar theme I would urge all groups to think 'outside the box'. Maybe a member of the group has a larger home or room, is there scope to split a group despite a natural reluctance to do so; are cheap or free meeting rooms available elsewhere?

Looking ahead, the U3A Trust is promoting a 'U3A Day' on Wednesday 3 June 2020. A recent statement says "We know the value of U3A to our lives, and the part each U3A plays in contributing to the life of Third Ageders within our communities. Let's help to draw attention to what is available for Third Ageders across the country through the experience of U3A." Many U3A's have already set up Working Groups and started identifying plans for our first national U3A day to showcase our activities. We are exhorted to challenge negative perceptions of older adults as we invite the community to learn more about us. It has got back to me that men in particular have a negative view and it would be good to 'educate' more in the 60-70 age group, if not younger, if they are retired or semi-retired.

Our own holidays are very popular but I know that some of our members have been river cruising. If you are considering booking a river cruise bear in mind that the U3A Trust has an arrangement with Riveria Travel that can give a financial benefit to your U3A.

Finally, on the question of trips may I plug the wine tour to France in May. We still need a few more to make the trip viable. Enquiries to Bill Yeates.

John Hooper - chairman



Author Bob Goddard discussing the sequel to Mother Moon with Julian Halls, tutor of the Astronomy group at the group's December meeting.

Discovering Norwich

There are plenty of tours coming up for this group. If you are not yet a member of the group but would like more information please contact Georgette Vale Georgette@ValeMail.eu or 01953 605434 or 07867 681839 or Lorna lorna.gplead16@yahoo.co.uk

Jan 13 - Dragon Hall

Feb 20 - Roman Catholic Cathedral - with optional tower tour

March 11 - Theatre Royal Backstage Tour

April 23 - Tombland Guided Tour

May 21 - St Peter Hungate

June - St Peter Mancroft

July - Norwich 'Shardlake' tour

Social Scene

See separate leaflet

Speaker at the February Open Meeting

A volunteer from East Coast Truckers

Members who have recently joined:

Diana Morris and Jill Samwell-Smith

Coffee Morning

On 30 Jan we will be meeting in the Tiffey Room.

News from 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.

Sam Dennis will be at coffee morning 10.00 - 11.00 on 16 Jan and 13 Feb to assist with IT problems.

Luncheon Group

Since we took over the organising of the Luncheon Group we have made several visits to reasonably local pubs. About eighteen of us went to The Willow House at Watton, where we had enormous servings of food.

On a hot day in July the Angel at Larling was very popular and the food came up to its usual high standards. September saw a select group of eight of us at the Old Feathers at Framlingham. In November we had an enjoyable meal at the White Lodge, Attleborough.

Our Christmas meal was at The Bird in Hand at Wreningham. Twenty-two of us had a lovely meal with a festive atmosphere. It was great to see everyone having a good time.

Keith and I have now decided to give up the running of the group, but we are very grateful to Lynne Monck who has offered to take on the role of leader. Watch this space

Lorna

Sailing Groups

In 2020 there will be 2 groups:

Sailing (Improvers) - this will consist of people who sailed in 2019 and anyone with previous sailing experience. This group will meet fortnightly on Tuesdays from 21 April

and a new

Sailing (Beginners) group - this will be for those who have never sailed before or have little experience but wish to learn to sail to RYA standards using qualified instructors in keel boats (these are designed not to capsize!). We shall sail from Nancy Oldfield Trust a charitable sailing base dedicated to sailing for the less able on Barton Broad. Places on this course are limited and it will include members of Hickling U3A. It will meet fortnightly on Thursday mornings starting on 28 May.

To book a place on either group register your interest with group co-ordinator, Lorna, by 31 January.

One off Taster sessions - the Nancy Oldfield Trust has facilities that allow it to offer one-off sailing taster sessions to less able members. To book a session contact on me 01953 605284.

Arthur Newton

Line Dancing for Beginners Group

New Year - New You?

Many of us start the New Year with a resolution to improve our health. But not all of us feel inclined to join a gym, go out jogging, or buy expensive equipment.

If this sounds like a dilemma, you're familiar with, don't despair as I have great news - Line Dancing for Beginners offers an easy and enjoyable way to exercise within your U3A!

Line Dancing is a fun activity that has many proven health benefits. It's great for:

- the body as it improves balance, flexibility, muscle tone, circulation, stamina, and posture
- the brain as it improves memory and concentration
- and the mind as it increases confidence and self-esteem, and enhances mood

We meet on 1st and 3rd Tuesdays at 10am in the North Wymondham Community Centre. So, if you'd like to find out more please contact me at:

gaynorbarnes@tiscali.co.uk.

I'll also be organizing a Line Dancing 'Taster Session', so if you'd simply like to try it out before deciding, this event might be for you contact me for details.

Gaynor Barnes

(a new set of photographs have been placed on the website at Groups/Group Photographs/Line Dancing)

Carpet Bowls

The group was reformed in September following a break during summer 2019. We now have a reduced but enthusiastic group of players who meet each Wednesday to play between the new times of 12.30 and 2.30pm. The fee has been increased to £3.00 per session to cover the cost of the hall. We welcome new faces; just turn up at 1230pm on a Wednesday. Never bowled before! - we will help you learn the necessary skills. The next session will be on Wed 8 Jan.

Sandra and Kevin Stone

Christmas Lunch

A feast of lovely food and festive jumpers was enjoyed by 120 of our members. Jennifer, our new Queen of the Kitchen, and her team of elves (with appropriately embroidered aprons) beavered away happily in the kitchen. Vivienne, wearing her special Queen of the desserts apron, made a wide variety of tasty seasonal puddings that were enjoyed by all. The tables looked colourful, there was a Christmas quiz, some entertainment and a sing-song to complete a most enjoyable occasion. We'd like to thank everyone who helped with the vast stack of washing up and clearing the hall. Get your ticket early if you want to come next year! (photo on the website - go to Events/Past Events/Holidays....2019)

The Social Committee

December U3A Holiday

Chester and Manchester Christmas Markets

Thirty-seven of us went on this short trip, superbly organised as usual by John Dollimore. The hotel was actually in Wales - near Mold and it was full of festive fun and cheer. The Chester market was right in the centre - and some of us took advantage of a guided tour around the city. We walked around the walls (I thought the remains of Norwich city walls were impressive until I saw Chester's!). We visited the Roman Amphitheatre and were taken down to the basement of a Pret a Manger to see the foundations of the Roman forum. We listened to an explanation as to how the famous rows of double storied shops had their origins in the Roman townscape and how the Victorians decorated everywhere in mock Tudor black and white.

The Cathedral was well worth a visit. It had been an abbey until the dissolution and was much restored by those Victorians. It has a controversial modern bell tower. That evening we had Christmas dinner with excellent entertainment from a local Welsh Male Voice Choir and a visit from the thinnest Santa I have ever seen. The next day the Manchester Christmas Market was much larger (although there was a lot of repetition of stalls). Some took a bus tour around the city and went to the Lowry exhibition. Others went to the cathedral which was originally a collegiate church for training priests. It was the only church for the whole of Manchester until the rapid growth during the industrial revolution. We relaxed listening to a rehearsal for a children's choir concert. On both days we were lucky that the weather was with us and everything ran smoothly (well apart from getting stuck in traffic jams due in part Man U playing at home!). A great couple of days - Thanks to John Dollimore!

Registered charity no. 1183055

Officers of U3A Wymondham (2019/20)

Chair - John Hooper - johnhooper66@btinternet.com

Vice-Chair - Gilly Spencer - gillyflour4@gmail.com

Secretary - Georgette Vale - georgette@ValeMail.eu

Treasurer - Stuart Crowther - stuartgcrowther@aol.com

Membership Sec. - John Spencer -

wymu3amem@outlook.com

Groups Co-ordinator - Lorna Tomlinson -

lorna.gplead16@yahoo.co.uk

The Garden of France

Imagine yourself sitting in the sunshine on a late spring day, looking out over flower beds filled with colourful blooms with a tapestry of fields in the distance. You're drinking a glass of sparkling wine or a chilled glass of refreshing white or maybe a smooth red whilst chatting with friends. The U3A Chateaux and Wine tour 2020 offers this and much more.

Leaving Wymondham on the 11 May we will be travelling by luxury coach 530 miles south to the Loire Valley France. Our Journey will be broken by an overnight stop in the beautiful rolling hills of Normandy. You don't have to be a wine lover to enjoy this trip, just sit back and enjoy the spectacular countryside. Often referred to as the 'Garden of France' the Loire Valley is a colourful mixture of vineyards, flowers and rolling Greenhills dotted with hundreds of fairy tale castles and chateaux.

This is an important wine region producing some of the worlds' best wines. During our brief 2-night stay in the beautiful city of Tours we will visit 3 vineyards, touring wineries and discovering mile after mile of underground cellars tunnelled into the hills. We will also take a guided tour of Chateau Villandry, the last of the great chateaux of the valley, and the spectacular world-renowned gardens.

We return to Wymondham on 15 May arriving at Central Hall early evening.

For more info contact yeates.ws@gmail.com (brochure on U3A Wymondham website on the Events page)

WEA Wymondham - Spring 2020

Have you made a New Year resolution to do more? Medical opinion is that to slow down physical and mental ageing, you need to exercise your body and mind.

Join us in January for our course on Italian History & Culture. The tutor, Denise Bianchini, says her course is aimed at people with an interest in 'Everything Italian'. She will give an overview of history of the Middle Ages, the Renaissance period, the 'Risorgimento' and will include modern day politics, some geography and modern culture.

We will meet on Thursdays from 16 Jan to 13 Feb (5 weeks) from 10:00 to 12:00 at Abbey Hall, Church St., NR18 0PH. The fee is £38.50. Enrol on-line at www.wea.org.uk (course reference C2226761) or by phone on 0300 303 3464.

For more information contact Ros Krieger on 01953 600639 or email: rkrieger@talktalk.net

Word Search

A new year puzzle - all of these words are associated with U3A's 2020/21 holidays and coach outings. They appear once in the word square.

BURGHLEY	T	T	J	A	Y	B	C	P	F	X	W	Y	X	L	P
CHINON	X	Y	O	B	I	H	G	Y	L	O	E	R	E	L	T
DERBY	K	S	R	U	I	V	E	W	L	Q	R	D	S	N	O
LANGLOIS	J	E	T	N	R	L	E	P	M	R	G	N	S	B	G
LOIRE	D	N	O	U	H	A	I	W	E	H	G	A	E	F	R
OLSEN	I	N	Q	G	A	R	I	R	W	O	Z	L	W	T	I
SAUMUR	E	N	R	N	H	R	K	N	F	T	U	L	T	L	U
SOMERSET	K	U	B	T	I	D	T	J	E	I	S	I	K	A	M
STUART	B	M	A	H	T	I	W	W	J	A	A	V	S	N	C
THRILOW	C	R	L	A	J	N	E	S	L	O	U	E	K	G	F
TOURAIN	W	R	A	L	O	I	R	E	H	J	M	H	D	L	I
TOURS	D	M	H	S	P	F	V	D	M	V	U	R	R	O	S
VILLANDRY	Q	A	R	D	M	K	D	C	P	D	R	Z	M	I	U
WESSEX	V	H	T	W	F	Q	O	E	F	B	K	P	G	S	Z
WITHAM	S	O	M	E	R	S	E	T	S	R	U	O	T	O	R

U3A Wymondham speakers - 2020

- 2 Jan - Composting and Food Savvy -
Norfolk Composters
- 6 Feb - East Coast Truckers - a volunteer
- 5 Mar - AGM & The Lady Mole Catcher -
Louise Chapman
- 2 April - Step by Step, the:shoe trade in
Norwich - Barbara Miller
- 7 May - To the Hammer Born - Stephen
Poulter
- 4 June - Theatre Royal - Jason Raper
- 2 July - The Life of a Journalist - Lynn
Mortimer
- 6 Aug - Thursford - John Cushing
- 3 Sept - Dynamic Aging - Danielle Woods
- 1 Oct - Community Policing - a volunteer
- 5 Nov - Numbers
- 3 Dec - the history of Peter Beales Roses
and floral arranging - Simon White or
Linda Pope