

From the Chairman

Reflections on Third Age Matters - and more

I cannot claim to have always read Third Age Matters cover to cover but it does usually contain much of interest. A recent article by Eric Midwinter, a major force in introducing U3A to the UK, caught my eye. He said 'that society (at the time U3A was being introduced to the UK) was faced with the challenge of a large post-work population - but society was still clinging to the notion that older people were over the hill, senile and geriatric'. U3As have made a significant contribution towards changing that perspective. Whether we will ever completely dispel that notion is a question only partly resolved by more recent legislation on ageism.

Another concern he expresses in his article (TAM Summer 2019 p38) is summed up in the article's title 'We are all volunteers'. U3A is not a service charity, where the few provide for the many and therefore there should be willingness by all members to make a contribution to the running of their U3A. In our own U3A this is positively demonstrated by our group leaders, committee and many others but we can always do with more offers to help to ensure future sustainability.

We are reminded of two key principles of the Third Age Trust:

- Members promote the values of lifelong learning and positive attributes of belonging to a U3A
- Members should do all they can to ensure people wanting to join a U3A can do so.

Which brings me to 'social prescribing'. U3As are among organisations GPs recommend to patients. This was discussed at our last committee meeting. We emphasise that we are not a care organisation and it is important that GPs understand this. But membership of a U3A can do wonders for people who may be lonely through bereavement or otherwise and to enable people to find 'fullness of life' and we are committed to welcoming all people with or without the support of a carer.

It's a two-way business. Many of our members do a great deal in their wider communities on an individual basis or as members of other voluntary organisations. Our own Tony Vale was recently awarded the 'Volunteer of the Year' award by South Norfolk Council, notably for his role in founding 'Lemon Day', now an annual fund raising event for local charities. It

would be good to hear from members of other good news stories.

Finally, but not exclusively, a mention of the Jazz Picnic on 24 June. As usual we had a 'U3A stand'. Our U3A event shelter was much admired as we dispensed wine and nibbles and I was pleased to welcome a large number of U3A members.

John Hooper

Social News

Coach Trips

- Fri 26 July - Audley End House - £27pp - places available
- Fri 23 Aug - Norfolk Broads - £33pp - 4 places available
- Fri 27 Sept - Imperial War Museum, Duxford - £25pp - places available
- Fri 29 Nov - Thursford - £46pp - places available
- Sun 29 Mar 2020 - Thriplow Daffodils

Lunches

- Mon 12 Aug - £10pp - Summer Lunch - cold meats, salad, dessert and wine
- Fri 13 Dec - £10pp - Christmas Lunch - places available

Other Events

- Fri 1 Nov - Halloween Evening - £10pp - places available
- Sat 22 Feb 2020 - Gala Evening (pp - per person)

389th Bomb Group Exhibition Hethel

I have arranged for a party from U3A Wymondham to visit this museum at 11.00am on Tues 16 July. Please sign up at 'social desk' or contact myself (John Hooper).

Quiz Night - have you remembered that we are having a quiz on July 19th at 7p.m.? There will be teams of 4 people, but if you are just one or two people who want to come along, you can be paired up with others. No individual questions to scare you - just team ones. Come along and have some fun and even win a prize! See Wendy Bowles at coffee mornings or the next open meeting to book your place.

Carpet Bowls

This group has been suspended until further notice.

Groups

If you are interested in any of our groups please let me know. I am at most coffee mornings or email me at lorna.gplead@yahoo.co.uk.

Lorna

A computer based history project

Archant, a newspaper group, wishes to turn it's 150 years archive of printed material into a searchable database. Some pages in newspapers published many years ago have been scanned and these can now be displayed on a computer screen.

However, the scanned images may contain mistakes. Archant's project, Local Recall, uses volunteers to read the images and suggest corrections. You can sign up online and do it all from your own computer. You need a modicum of computer knowledge - but not much. You can do a bit whenever you fancy even just 10 minutes at a time if you like. There is no pressure or time constraints. You logon, select from the three presented articles, read and correct and then submit.

Georgette Vale says "the first article I did was about Edwin Gooch - a famous son of Wymondham, it is a fascinating way of passing the odd few minutes. Go to <https://localrecall.archant.co.uk/volunteer> or Google Local Recall and it will take you straight there."

The talk at the August Open Meeting

Our speaker will be Jane Pavey who will be talking about the Bayeux Tapestry.

Members who have recently joined:

Claire Freeman, Chris White and Ann Whitteron

Officers of U3A Wymondham (2019/20)

Chair - John Hooper -

johnhooper66@btinternet.com

Joint Vice-Chair - Paul Findlay -

ap.findlay@btinternet.com

Joint 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

A teaser from Simon Fellingham

(U3A Wymondham member)

One — Upmanship

Twice upon a time, there was a third leftelevenant, who had been given a treble of days leave from his regiment.

He sped from Elevenby, in Wales, to the home of his fiance, in Eightoaks, Kent, across the River Eight in his one and a-Alfa Romeo V9 roadster, to tell Fourda, the good news; stopping en route for a Macdonalds one and a quarter pounder and a Coke 1% sugar. Suitably fiftyfied he arrived, unannounced.

It's twoderful to see you declared Fourda, as she kissed him elevenderly. I'm in eighth heaven. You must be starving, let me make you a threena and mayonnaise sandwich, or just a boiled egg with grandMarmite soldiers? She was only sweet seventeen, all at sevens and eights and looked a little pale and two. He said. "I already nined but, listen very carefully, I shall say this only twice. "We have so little time and I have to seek my fame and fivetune. My regiment is in training. Meanwhile, we have a little time to ourselves, just the three of us.

"We could take in an old movie, how about:

You only live three times.

One o'clock in the morning Cowboy

Around the world in 81 days

The Magnificent Eight

Five Weddings and Two Funerals

The hunt for red November.

Or perhaps, some music:

48 hours from Tulsa

Another couple of bricks in the wall

Twice, thrice, four times a lady

Even some repeat, repeat TV:

Hancock's 90 minutes

51 Shades of Grey

The Three Ronnies

However, I must, second, address my troops, dressed in their new threenics and training at the treble. This shouldn't crenine a problem, but I have a 21 to settle. They are vital and I don't want them considered three for tuppence.

I will return threemorrow, with a bottle of Johnnie Walker Black Label 13 year old whisky to celebrnine. Threedoloo he cried as he sped off, promising himself not to get too four sheets to the wind with his troops. Fourda, not a third too soon, returned to her one and a quarters to find he had left her her favourite perfume and flowers:- a bottle of Chanel No. 6 and a bunch of threelips.

To be continued....