

**NOVEMBER 2023**

‘Self-help educational and leisure activities organised for and by older people’

**1. Notes from the Chair (John Dollimore)**

**The Open day**

Thank you to all Group Leaders who displayed their group to new and existing members. You made a magnificent effort and our u3a has benefitted greatly. My thanks to Stuart, who organised the hall and provided the motivation to put on a good show, and to existing members, who introduced their friends to us and spread the word.

Congratulations to the membership department, who were much busier than expected and had 24 new members sign up on the day, plus six more joining at the last coffee morning of the month. Our membership now stands at 609.

For the details of what was a very successful Wymondham u3a Open Day please go to Page 5.

**Norfolk Knitters and Stitchers**

Thank you to Sandy Fellingham and her team of helpers who helped Vivienne organise The tea room at the recent open day at Central Hall. Their efforts raised over £500 out of a total of just over £2000 for their funds. Thank you to our members who supported the event.

**Christmas looms**

Just a reminder that our Christmas Lunch is on Friday 1st December. There are still tickets available costing £15 each. If we sell out (and we usually do) 144 members will enjoy a two-course lunch with wine. We shall stop selling tickets about two weeks before so you have about two weeks to decide if you wish to come,

**Charity Coffee day**

On Thursday November 2nd we will be holding our second Charity Coffee Day, this time in aid of Motor Neurone Disease Research. We would like to make this a special day and raise much needed money to help in the research of a cure for this terrible illness. It is made much more poignant because one of our own members has just been diagnosed with the disease.

Any members who would like to donate Tombola prizes, please give them to Stuart, and any members who would be happy to make cakes, please see Vivienne

Please come and give your support to this worthy cause.

**2. Editors Notes (John Peat)**

This month we have a bumper 11 page issue for you, and most of it you **do need to know**. This is because we have all the usual news, topics, and event reports PLUS FOUR PAGES OF THE PLANNED 2024 ACTIVITIES AND EVENTS for your diaries and calendars.

This tells you about the speakers, lunches, holidays, and coach trips, all laid out should you wish to print them off.

If you have any Group or activity news that you think may be of interest to the greater membership, then please send the information to [newsletter@wymondhamu3a.org.uk](mailto:newsletter@wymondhamu3a.org.uk) and I will see if I can fit it in.

### 3. **Membership** (Jo Sinclair)

As a result of a successful Open day our membership had reached 601 and at the end of October is 609.

We welcome the following new members:

David and Susan Holt; Trevor Lane; Elaine Skelly; John Dickson; Sandie Goffin; Peter Bryce; Lynne Kingsley; Lynn Carter; Jenny Hawkridge; Pat McClenning; Elvis Guylar; Anne Holmes; Judy Munby; Nely Pugeva; Val Mason; ; Mary Smith; Susan Whitehouse; Margaret Oldbury; Carol Fairhurst; Sandra Roberts; Barry Whitcombe; Janice Stringer; Christine Fryer; Myra Oakenfield; Angela Riley; Ann Roberts; Martin Payne; Jennifer Allred; Alison Foyster; Pam Williams; Ali Doswell; Steven Doswell; Fiona Sykes; Shirley Nicol; Jennifer Fell.

We have sadly lost two members recently, and our condolences go to their friends and families of Sue Newcombe and Chris Crowe.

### 4. **Groups** (Stuart Crowther)

#### 4.1. Canoeing Group

Since the last newsletter I am delighted to announce that the Canoeing Group has now been restarted and we have a good nucleus of members to ensure that the group gets fully underway in the Spring of next year.

#### 4.2. Sunday Lunch for Singles

Di Gibbins has very kindly agreed to Group Lead the Sunday Lunch for Singles Group 3, which will meet on the 4<sup>th</sup> Sunday monthly, and we have already received sufficient interest to make this viable.

#### 4.3. Painting II has spaces for new members:

We meet in the Tiffey Room 10.00 \_ 12.00 on the second Monday of each month and we are a small group using varied media. We would welcome new members, why not come along and give painting a try. The next meeting is 13th Nov, followed by 11th Dec.

#### 4.4 History for the Curious 3 – new group (Ros Krieger)

Anne Mathon is setting up a new group to be held on the third Wednesday afternoon of the month.

The first meeting will be on Wednesday 15th November at 2pm to discuss what topics are of interest, work out a programme for the next few months and decide who will be studying the different aspects of the first topic.

Below is a copy of the group details.

**If you are interested in joining or require further information, please contact Ros Krieger on 01953 600639 or email: [rkrieger@talktalk.net](mailto:rkrieger@talktalk.net)**

#### 4.5. Potential New Groups

Sunday lunches have proved so popular that we have now launched a Sunday Lunch for Couples group, which will meet on the 3<sup>rd</sup> Sunday of every month.

Bobbie Aughton has expressed an interest in getting a Clarinet Group going.

There may be the opportunity to start a Guitar Group.

If you are interested in any of these potential new groups please let me know.

If you wish to discuss anything related to Groups and activities then please contact me by email at:

[stuartgcrowther@aol.com](mailto:stuartgcrowther@aol.com)

**LIFE LONG LEARNING**

**NOTICE BOARD**

(Alan Browne)



Interest is growing in the courses we are running:

Stand and Deliver (the story of the Highwayman): 15 members attended

Norfolk's Industrial Past: 27 members attended

Maidens, Spinsters, Goodwives and Widows : 49 members booked to attend

Ignorance is Bliss or is it?: 30 members booked to attend

Keep a look out for more information about forthcoming courses.

**NOTICE BOARD**  
**DATES FOR YOUR DIARY**

Thursday 2nd Nov.

At 2.00 p.m.



Wymondham Central Hall Monthly Talks

**Winter Is Coming**  
**Wildlife in a Seasonal World**

Andrew Clarke



Andrew has spent his entire career working in polar regions. He will explore how plants and animals cope with the changes needed to prepare for winter in our highly seasonal climate.

**Free for members - £2 for non-members**

For more information about Wymondham u3a

[www.u3asites.org.uk/Wymondham](http://www.u3asites.org.uk/Wymondham)

**COFFEE MORNINGS**

**Thursdays**

November

Thursday Nov. 2nd, 16th, 30th  
09.00-12.00

Thursday Nov. 9th and 23rd  
09.00-11.00

December

Thursday Dec 7th & 28th 9.00 - 12.00

Thursday Dec 14th & 21st 9.00 - 11.00



**Sundays**

November : Sunday 12th November 10.00-12.30

December : Sunday 10th December 10.00-12.30

**CHRISTMAS LUNCH**

FRIDAY DECEMBER 1st

There are still tickets available: Price £15

**NEXT CURRY NIGHT**

WEDNESDAY 15TH NOVEMBER 7p.m.

ROSE OF INDIA (ATTLEBOROUGH)

Places still available

Pay on the night

If you wish to go please contact John Dollimore

**MONTHLY TALK (DECEMBER)**

December 7th, 14.00 at Wymondham Central Hall

**Sentiments of Christmas by Jim Stebbings**

Acknowledging, respecting and marking the true meaning of Christmas, this is an eclectic collection of aspects of the traditional Christmas season conveyed through music, stories, humour, sentiments, images and maybe vocal participation!

**Just the thing to get you into the Christmas spirit**

**2024 SPEAKER PROGRAMME**

For details see page 8



**2024 SOCIAL PROGRAMME**

Celebrate the 10th anniversary of lunches, holidays, and coach trips in 2024.

For details see:

Lunches: Page 8

Holidays: Pages 9 and 10

Coach Trips: Page 11

**REMAINING 2023 COACH TRIPS**



**N.B.**

There are still seats available on the coaches for these trips

Friday 24th November: **Springfields Outlet Centre, Spalding, £15**  
(Balance now due)

Thursday 14th December, **Thursford Christmas Spectacular, £61**  
(Balance now due)



## 6. Activity Reports

### 6.1. Open day

Wymondham u3a held its annual Open day on Saturday October 21<sup>st</sup> at Wymondham Central Hall. Activities were displayed and performed in the Main Hall, with two other smaller rooms used for Table Tennis and Card and Board games. The weather had been awful the previous day but just about fine on the Saturday morning. The event opened at 10.00 and there was a constant stream of visitors from the doors opening perusing the various group's presentations and talking to the representatives.

During the morning there was a dance performance by The Line Dancing Group to entertain both members and visitors.

It was also the day when the Social Group published the planned holidays, day trips, and other social events for 2024. There was a continual queue of people booking their places on the various options in what will be the tenth anniversary of the Social Group organising these popular events

Our first invited guest to arrive was Barbara Cordina, a former u3a East of England Regional Trustee, who was well known to us being part of the East of England area. Shortly after, our Chair John Dollimore, welcomed The Mayor of Wymondham, Suzanne Nuri-Nixon, and the Vice Chair of South Norfolk District Council, Sharon Blundell to the event.

John Dollimore is pictured (right) with Suzanne Nuri-Nixon (on his left), and Sharon Blundell (on his right), as they are shown around the range of activities and displays.

Visitors continued into mid-afternoon in what proved to be a very popular event. While the event was open twenty-five new members were recruited from Wymondham and the surrounding area, and over eighty places booked for the newly advertised 2024 holidays, coach trips, and planned lunches.

The Committee would like to thank everyone involved for giving up their time to make this event happen.

### 6.2. Monthly talk, October 2023: (Georgette Vale)

The History of the Town Crier – Mike Wabe. Oct 5th

Of course, Mike was in full regalia (it is a livery, not a costume) and he did not need to use the microphone! He has been a Town Crier since 2013 and is the official crier for Watton and Norwich Pride. He was once measured with a decibel meter, and he clocked 112db.

Probably the earliest people proclaiming the news were the Spartan Runners, and the original Olympic games had competitions for heralds as well as the sports we now associate them with. The Bayeux Tapestry has a man with a bell informing people of the death of Edward the Confessor.

By the 1700's there was a need for the dissemination of information. Towns had a wooden post where information was displayed, and Thetford still has one such post with the nail holes still visible. The posts were also the collection point for letters, which is why we still call it the post. Many newspapers were also called "The Post." Town Criers would read it aloud for those who could not read.



Do not confuse Town Criers with Bellmen. Bellmen were usually night watchmen who checked that people were observing the curfew, and they would call out to reassure people "It is ten of the clock - and all is well."

The town of Claire in Suffolk had a Town Crier as early as 1612 and has recently got a new one having been without for many years.

The bell of course is an integral part and Mike has a bell that is two hundred years old. It is thought that the OYEZ call, given three times, comes from Norman French (ouille to hear) and it basically means "Listen up!": it is just a way of attracting attention. In other countries announcements are preceded by drums or hunting horns.

There are more women criers now than ever before (I confess I had to have a go myself!) but there have often been well known women doing the job, especially if they took over from their husbands if he was away or died. In Thetford John Clarke's 15-year-old daughter Florence did it.

There are currently two associations for Town Criers; The Ancient and Honourable Guild of Town Criers and The Loyal Company of Town Criers, and Mike is a member of both. They run competitions and as well as measuring the loudness they are also marked on their diction.

Town Criers write their own "cries" and Mike's are usually in rhyme with a comic element. As well as taking part in the usual civic events he will take on special requests, such as when he opened a Talking Newspaper conference, after all the town criers were the first Talking Newspapers. Mike also told us some anecdotes of when doing weddings, bridal wake up calls and events with horses for example. He once had a child ask, "Were you alive once?"

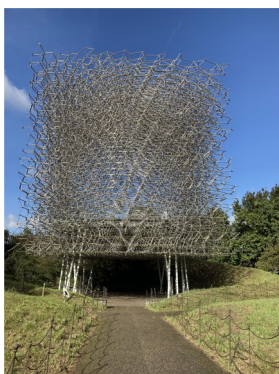
Mike also paid tribute to Wymondham's Pete Green who died tragically last year. Pete's bell was rescued from the fire and has now been given to the Wymondham Bridewell Museum. Of course we now have a vacancy in Wymondham. Any offers?

### 6.3. Trip to Kew Gardens (Georgette Vale)

It was an early start for a day trip, but worth it. The only disappointment for me was that the historical elements, Kew Palace and the Pagoda, were closed for the winter. Winter? It was the 29<sup>th</sup> of September, and it was a gorgeous day! There was still too much to see in one day though, it is the kind of place you have to go to on a regular basis to get the most out of it. Apparently, the Christmas lights shows are stunning.

A few of us took advantage of the free guided tour. We learned about the origins from the private gardens of the Georgian Royal Families in the 1750's and where they divided it up, because they could not get on – and they employed people to hurl abuse over the fence at the other side.

In the 1840's it was adopted as the national botanic garden and was opened to the public. The splendid palm house was built of wrought iron and glass. The waterlily house was an absolute delight. The more recently added Princess of Wales Conservatory takes you through all the different types of climates from Tropical Rain Forest to arid deserts.



'The Hive' is a unique structure inspired by the scientific research in o the health of bees. It is a 17m tall honeycomb like structure of 170,000 individual components, with 1,000 LED lights that glow and fade, and a unique soundscape that hums and buzzes, encapsulating the story of honeybees.



Some walked the famous Tree Top Walkway; some admired the immersive art installation of "The Hive" and others took in the walks and admired the plethora of trees regenerated after the storm of 1987. There were so many follies and temples (including the Icehouse). We also enjoyed the lakes and their waterfowl. The jackdaws were very friendly, and I was told there is a badger sett.

Of course, all that is visible and open to the public is a tiny amount of the world leading research and conservation that goes on under the name of the Royal Botanic Gardens at Kew.

It has to be said that the journey home was rather long, partly due to heavy amounts of traffic on the chosen route, and an "unexpected detour." Nevertheless, we were warm and comfortable and had time to reminisce about the great day out.



### 6.3. Gooderstone Water Park and Oxburgh Hall (John Peat)

Within seven miles to the Southwest of Swaffham are the two little tourist and visitor Norfolk gems of Gooderstone Water Gardens and Oxburgh Hall and on Friday October 6<sup>th</sup> we visited both of them.

We set off, first to Gooderstone Water Gardens, arriving there about 10.30. The facilities had been opened up earlier than usual ready for our arrival so the first visit was to the café for morning coffee, The Water Gardens were created in 6.5 acres of land that had become too wet for grazing cattle. In 1970 the farmer at the time, Billy Knights aged seventy, was discussing with his family what the area could be used for. A throwaway line from one of his sons suggesting the creation of a water garden was quickly drawn up on old wallpaper and work began. When Billy died aged ninety-three, the gardens had been open for twenty years. In April 2002 Billy's daughter Coral began the restoration after the gardens had been closed for five years and had become derelict, and they re-opened again to the public in June 2003. Although this information is published on several websites some of us were given this information first hand by Coral herself as we met her while walking around the site.



The gardens today are a peaceful haven of ponds, waterways, nature trails, a bird hide, wildlife, linked together by footpaths and bridges. After walking the site it was back to the café for a light lunch before boarding the coach and travelling the two miles to Oxburgh Hall.

Despite its moated and fortified creation Oxburgh Hall was completed in 1482 as a family home for Sir Edmund Bedingfield and the family have lived here continuously ever since. It has survived civil war, several periods of near dereliction and threatened demolition in the 20<sup>th</sup> century, before finally passing into National trust ownership in 1952.



The Bedingfields suffered many highs and lows over the years from their links with Royalty to Catholic persecution. The family history is told through portraits and artefacts throughout the house. There is still evidence of the priest hole and the Oxburgh hangings. These are the needlework creations of Mary, Queen of Scots, and Bess of Hardwick while Mary was imprisoned in the custody of the Earl of Shrewsbury.

Outside the grounds of the two-hundred-acre estate contain formal gardens, productive walled gardens, display glasshouses and a French parterre. Away from the property there are woods, parkland, and chalk-stream habitats.

Recently a £6m restoration as been completed, including the roof and gatehouse. The manor house has had 14,000 new roof tiles, twenty-seven chimneys and fourteen dormer windows replaced after an investigation as a result of the collapse of a dormer window in 2016.

Our visit completed, we left Oxburgh at 16.00 hrs and arrived back in Wymondham just before five o' clock. An excellent day out visiting two local tourist attractions.

So, if you are in the Swaffham area, or just fancy a pleasant local day out, both of these places are well worth a visit in their own right.

#### 6.4. Sunday Lunch Group(s) ( Alan Provis)

On Wednesday 27th September the two groups combined, and a total of twenty members attended an afternoon tea at Park Farm Hotel in Hethersett. Everyone enjoyed the tiers of sandwiches and cakes that the hotel provided and also, of course, the congenial company.

The idea for the group was originated by Pam Yeomans in February 2022. Its aim, to give people living on their own the opportunity of having a Sunday lunch with others instead of staying at home by themselves. Sundays can be a tricky day of the week, as friends and family can be occupied with other activities that don't necessarily include you.

The first lunch was booked on the first Sunday in February 2022 at the Queen's Head in Hethersett and wondered how many people would and all six people booked attended. By May there were twelve wanting to join her group, and, by September there were too many people interested for venues to be able to manage at one sitting. A second group was started for the second Sunday of the month, with Tricia Delahunty alongside to help.

Then, in November 2022, I, started to re-attend u3a, hoping to join a singles Sunday lunch group; but there was a waiting list. It was suggested that I begin a second group. A meeting was called in the Tiffey Room at Central Hall with eight people showing interest. An inaugural lunch was booked at The Stag, Breckland Lodge, for January 2023 with twelve people attending this successful event. To date there are twentyeight members in group two, and group one has nearly forty. Lunches are held within a ten-mile radius of Wymondham, visiting pubs and hotels to enjoy good food and equally good company.

The Sunday Lunch Groups have become victims of our own success and have been wanting a third volunteer to start another group. Thankfully, Diane Gibbins has come to the rescue, and she will be forming her new group shortly. We are very grateful to Diane as it means that new, single members can join a group immediately, without having to wait. Diane's Sunday lunch will be on the fourth Sunday in the month.

It was recently suggested that we might try to expand activities to during the week once a month, getting the two groups together of these occasions. Pam's thoughts were that although some people have active social lives, others, who have recently experienced break ups or bereavement and who were trying to start again with steps towards a new, normal life for themselves may possibly feel more confident doing this amongst other single people. These extra activities began a few months ago with an afternoon trip to Peter Beales' Rose Gardens in Attleborough and included an afternoon cup of tea and cake, followed by afternoon tea on Wednesday 27th September at Park Farm Hotel, Hethersett. It proved, again, to be a success and another meeting will hopefully take place next year in the Spring/Summer.

Two activities are planned for November, for interested members to try Carpet Bowls at Central Hall, Wymondham, and a trip to The Sainsbury Centre at the UEA in Norwich. A Christmas lunch is planned at The Crown, Great Ellingham on 3rd December for all the groups and with the OPEN DAY coming soon there may be even more members to consider. In February next year we will put on our overthinking caps on again to arrange other events and ideas from members, providing they are feasible, will be very welcome.

Overall, a very successful initiative

## **SPEAKERS FOR 2024**

4 <sup>th</sup> Jan 2024	Charlie Haylock: The History of Spoken English
1 <sup>st</sup> Feb 2024	John Osborne: Circled in the Radio Times:
7 <sup>th</sup> Mar 2024	AGM
4 <sup>th</sup> Apr 2024	Julia Burton: The Pantanal
2 May 2024	Nicholas Chapman CBE: The Commonwealth War Graves Commission
6 <sup>th</sup> Jun 2024	Mike Bowen: Did you jive in 55?
4 <sup>th</sup> Jul 2024	Lois Willoughby-Easter: Women in Policing the 1970s
1 <sup>st</sup> Aug 2024	Tanya Harrington: Self Portraiture
5 <sup>th</sup> Sep 2024	Coop: Tax, Care and Toyboys
3 <sup>rd</sup> Oct 2024	Alan Bloom: A Thinker and Doer: Jamie Blake ( Bressingham)
7 <sup>th</sup> Nov 2024	TBC
5 <sup>th</sup> Dec 2024	Janet Dann: Christmas Words

## **SOCIAL EVENTS 2024**

### **Spring Lunch**

Friday 17<sup>th</sup> May 2024

Wymondham Central Hall 12.30 for 1pm

£15

### **Chairman's Garden Party**

Saturday 20<sup>th</sup> July 2024

Shackles Farm, Westcarr Rd, Attleborough NR17 1AN

11.30am, for 12noon

£20

### **Christmas Lunch**

Friday 13<sup>th</sup> December 2024

Wymondham Central Hall 12.30 for 1pm

£15



# HOLIDAYS 2024

Any members wishing to book a holiday should see John Dollimore

[jbd.u3a@gmail.com](mailto:jbd.u3a@gmail.com)

07513 036198

## NORTHUMBERLAND

Sunday 24<sup>th</sup> March to Friday 29<sup>th</sup>  
March 2024

The White Swan, Alnwick.

£580 per person

Proposed Itinerary

Sunday 24 <sup>th</sup>	Travel to Alnwick
Monday 25 <sup>th</sup>	Bamburgh Castle
Tuesday 26 <sup>th</sup>	Free day in Newcastle
Wednesday 27 <sup>th</sup>	Alnwick Castle and Gardens
Thursday 28 <sup>th</sup>	Cragside
Friday 29 <sup>th</sup>	Return to Wymondham



## HOLLAND

Sunday 5<sup>th</sup> May to Thursday 9<sup>th</sup>  
May 2024

Hotel Avifauna, Alphen aan den Rijn.

£550 per person

Proposed Itinerary

Sunday 5 <sup>th</sup>	Travel to Hull for overnight Ferry
Monday 6 <sup>th</sup>	Keukenhof
Tuesday 7 <sup>th</sup>	Visit Zaanse Schans



# PORTSMOUTH

Monday 17<sup>th</sup> June to Thursday 20<sup>th</sup>  
June 2024

Chilford Manor Hotel, Chilford, Hampshire.

£400 per person



## Proposed Itinerary

Monday 17 <sup>th</sup>	Travel to Chilford
Tuesday 18 <sup>th</sup>	Visit Portsmouth Historic Dockyard
Wednesday 19 <sup>th</sup>	Visit Portsmouth Historic Dockyard
Thursday 20 <sup>th</sup>	Return to Wymondham

# THE LAKE DISTRICT

Monday 16<sup>th</sup> September to Friday 20<sup>th</sup>  
September 2024

Crown and Mitre Hotel, Carlisle.

£500 per person

## Proposed Itinerary

Monday 16 <sup>th</sup>	Travel to Carlisle
Tuesday 17 <sup>th</sup>	Settle to Carlisle Railway
Wednesday 18 <sup>th</sup>	Boat ride on Lake Windermere
Thursday 18 <sup>th</sup>	The Pencil Museum, Sizergh Castle
Friday 20 <sup>th</sup>	Return to Wymondham

# Coach Trips in 2024



Sunday 17 <sup>th</sup> March	Thriplow	£25
Friday 26 <sup>th</sup> April	Neatishead	£25
Monday 20 <sup>th</sup> May	Burghley House	£35
Friday 28 <sup>th</sup> June	River Deben	£35
Friday 26 <sup>th</sup> July	Audley End House	£35
Friday 30 <sup>th</sup> August	Norfolk Broads	£45
Friday 27 <sup>th</sup> September	Melford Hall	£25
Friday 25 <sup>th</sup> October	RAF Duxford	£40
Friday 29 <sup>th</sup> November	Springfields	£15

Any members wishing to go on the above trips should see John Dollimore.

A £10 deposit secures your seat on the coach.

All balances should be paid in the month before travel.

If you cancel, refunds are at the discretion of the Committee.