

SEPTEMBER 2023

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

HEADLINE NEWS

SUCCESSFUL FIRST CHARITY COFFEE MORNING

£706.31

RAISED FOR THE NORFOLK KNITTERS AND STITCHERS

The day was an outstanding success. Over 110 members attended the coffee morning and were joined by 10 Members of The Norfolk Knitters and Stitchers who came from all parts of the county. Some 60 members were at the afternoon open meeting and cleared the Tombola, and enjoyed the cake with their tea afterwards. On behalf of Vivienne (cakes) and Stuart (Tombola) I would like to thank everyone who made cakes and donated prizes.

And I would like to thank all of you who supported the event to make it so successful.

Well done everyone.

John Dollimore



Viv Dollimore (right) presenting the cheque to Linda Brown

1. Notes from the Chair (John Dollimore)

Wymondham u3a Open Day

Just a reminder that we take over Central Hall on Saturday 21st October to display our offerings to both existing members and new ones. Even better would be for members to bring a friend who is not a member. For existing members it is a chance to see all the diverse groups we organise and for new members a chance to see why they may want to join us.

The 2024 Social Programme will be launched at the show.

An appeal.

Do you come to our spring, Summer, or Christmas lunches?

This year's lunches may be the last if we cannot replace Jennifer Attwell as 'head chef.' The role is the organisation and management of the kitchen to produce the main course. Currently the desserts are prepared in a different kitchen with a different team. After 10 years, it would be sad to see them go, but if we do not get new volunteers, that is what will happen.

If you would like to find out more, please contact John Dollimore.

2. Editors Notes (John Peat)

This month continues with usual mixture of information, appeals, and Notice Boards to keep you all informed of what you need to know, (pages 1-4) and reports on maybe what you would like to know (pages 5-7).

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 and I will see if I can fit it in.

As of now we need your help with:

Central Hall WiFi

Do you have your phone logged into Central Hall's wifi when you attend coffee mornings?

This is an issue at coffee mornings when the officers and committee can't always access wifi for the necessary online systems for management tasks. This could well be because lots of people have logged into it on their phones using the Central Hall password, and even next time they come in the wifi logs them back on automatically. Central Hall are looking into resolving this. In the meantime could you please check, and if necessary, can you log out of it when you are no longer using it please.

Audio Equipment at Central Hall – Can you help?

We are still looking for help with the Central Hall audio equipment, as we need cover for when Georgette is not available. Georgette can give instruction on its use, and we have written an idiot's guide on how to set it up. Any offers? Please see Georgette or email her Georgette@ValeMail.uk

3. **Membership** (Jo Sinclair)

Welcome to the following new members:

Colin Butcher
Margaret Neilson
Oliver Frankl
Christopher & Felicity Whitley
Kevin Stuart

It is with sadness that we have to report the passing of two of our members.

Paul Findlay.

Paul was a member of our u3a committee and became Vice Chair in 2017. Our condolences are sent to his wife Marje and their family. We understand that the funeral is early in September and is for family only .

Irene Says.

Her funeral is at Breckland Crematorium on September 1st at 2pm

4. **Groups** (Stuart Crowther)

If you wish to discuss anything related to Groups and activities then please contact me by email at: stuartgcrowther@aol.com

4.1. Line Dancing



An Introduction To Line Dancing Workshop

This one hour Workshop will introduce novice dancers to basic line dancing terms and steps, and will also include learning a couple of Absolute Beginner dances.

Date: Tuesday 24th October:

Time: 11.00am to 12.00pm

Venue: North Wymondham Community Centre, NR18 0HH:

Cost: £1.00

To book your place please contact: gaynorbarnes@tiscali.co.uk

LIFE LONG LEARNING

NOTICE BOARD

(Alan Browne)

A reminder for the first two courses in the Autumn programme (see below).

Stand and Deliver - Highwaymen vs the Georgian judicial system. 10 – 3.30 on 15th September

Norfolk's Industrial Past. A short course: Friday mornings 10-12 from 22nd September to 13th October

Please register for one or both by email: courses@wymondhamu3a.org.uk

These follow on from our Spring programme when 109 members took part.

Why Lifelong Learning?

We have all learned things outside of formal education such as how to manage our finances and make a success of our personal lives. We have acquired skills at work and in our leisure time. Most of us have acquired parenting skills.

But there comes a point in one's life when learning becomes optional. Acquiring a new skill or learning about something outside our "comfort zone" can help improve and maintain our mental well-being. You are less likely to be bored and life becomes more interesting. Lifelong learning is also a great way to make new friends.

Our u3a offers us all sorts of opportunities for learning through our interest groups, monthly talks, social and recreational activities. The series of short courses is offered to you to complement what you are already doing. I hope you find them interesting and stimulating.

Future Courses

An improvisation workshop: A day course on 24th November.

Cost £10 per member, £12 for non-members.

Venue: Central Hall, Tiffey Room

Ignorance is bliss or is it? A morning seminar on 15th January.

Cost £5 per member, £6 for non-members.

Venue: Central Hall, Tiffey Room

Giant Molecules - the stuff of life: A short course on 6 Tuesday mornings, 23rd January to 27th February.

Cost still to be confirmed.

Venue: expected to be Wymondham Library

The Development of the English Language: A short course on Monday mornings 10-12 from 1

9th February to 18th March. Cost still to be confirmed .

Venue: North Wymondham Community Centre.

Special Interest Day: The engineering problems and solutions of future energy generation.

Friday March 8th. Cost to be confirmed.

Venue: Central Hall

Expressions of interest in any of the above please to courses@wymondhamu3a.org.uk

**NOTICE BOARD
DATES FOR YOUR DIARY**

**Thursday 7th Sept Wymondham Central Hall
At 2.00 p.m. Monthly Talks**

**The RSPCA
Leanne Neave**

60
years
locally



200
years
nationally

This talk looks at the history of the RSPCA, busting a few myths. Advice is given on how you can help with injured or orphaned animals , and how you can support your local branch.

Free for members - £2 for non-members
For more information about Wymondham u3a
www.u3asites.org.uk/Wymondham

COFFEE MORNINGS

**Thursdays
September**

Thursday 7th & 21st 9.00 - 12.00
Thursday 14th & 28th 9.00 - 11.00

October

Thursday Oct 5th & 19th 9.00 - 12.00
Thursday Oct 12th & 26th 9.00 - 11.00



Sundays

Sunday 10th September 10.00—12.30
Sunday 8th October 10.00—12.30

**Successful First Charity Coffee Morning
Thursday August 3rd.**

An outstanding success.
As a result of all of your efforts a total of

£706.31

was raised for the
Norfolk Knitters and Stitchers

**Information will be published here on the next
Charity Coffee Morning**

MONTHLY TALK (OCTOBER)

Thursday October 5th, 2.00 pm

That Rings a Bell

(The History of the Town Crier by Mike Wabe)

Learn about the rationale, the messages, liveries, and evolution of the role.

NEXT CURRY NIGHT

WEDNESDAY 15TH NOVEMBER 7p.m.

ROSE OF INDIA (ATTLEBOROUGH)

If you wish to go please contact John Dollimore

HOLIDAYS



The 2024 Social Programme
of holidays and coach trips
will be launched at the
Wymondham u3a Open Day
on Saturday 21st October
at Wymondham Central Hall

COACH TRIPS

N.B.

There are still seats
available on the
coaches for the
October, November and
December trips



Friday 29th September, **Kew Gardens**, £45

Friday 6th October, **Gooderstone Water Gardens**, £35
(Balance required by end of September)

Friday 24th November: **Springfields Outlet Centre,
Spalding**, £15
(Balance required by end of September)

Thursday 14th December, **Thursford Christmas
Spectacular**, £61
(Balance required by end of September)

6. Activity Reports

6.1. Monthly talk, August 2023:

Alistair Bielby from Footsure

(Georgette Vale)

What is the difference between a chiropodist and a podiatrist? Well Chiro means hands and Pod is foot, so originally, they dealt with both hands and feet. Nowadays the professional training in podiatry is at degree level but state registration only started for them in 1997. Make sure your practitioner is registered with the HSPC.

Alistair explained that it is not easy being a foot. We constantly abuse our feet, but we do not usually give them much thought until they hurt. There is always a surge in referrals in the autumn when people start cramming their feet into shoes after a summer of wearing sandals.

The foot has twenty-six bones thirty-three joints, 107 ligaments, and nineteen muscles. The nerves and the blood vessels serving the feet have the furthest to travel from the brain and the heart. There is a lot that can go wrong.

We saw some (admittedly rather gruesome) pictures. Ramshorn nails growing so far back they hit the knuckles. Ingrown toenails are more commonly found in teenage boys. Calluses are just thickening of the skin – the body's protection response but one which has gone a bit far. Be wary of self-purchased corn plasters – they are just a felt donut with some acid in them. However, corns are all different and so you may not get the right size nor have the right amount of acid for your needs. Verrucae were much feared in our childhoods, but they are actually pretty harmless so best ignored unless they get painful. Bunions too are often best left alone if mild and we saw some examples of where the cure was worse than the original problem – but do get professional advice if they hurt.

Alistair's specialism is in how diabetes affects the feet as it puts an extra strain on the system. He told us about the three **F's** – Blood **Flow** can be restricted; **Feeling** can also be affected and the other F – **inFection**. He gave an example of where the nerve signals got mixed up and the person didn't mind the cat scratching but felt pain when the cat rubbed up against him. We saw a gangrenous little toe we saw how small wounds become ulcerated and become big problems.

The palms of the hand and the soles of the feet are the only parts of the body that have no hair – and therefore no oil glands. We lubricate those areas by sweating. Your feet sweat one egg cup full every day which is fine if it can evaporate. Your feet do not smell – it is the bacteria that thrives on the skin that is shed and moisture that cannot evaporate. The solution is to vary your footwear and give each pair a rest for a day or two.

We looked at different types of shoes and what to look for – do they bend and flex the way your foot does? do they give the right support? The stitching will not stretch so do not have it where it will hurt. We saw how insoles are made to correct issues which would lead to bad posture.

We learnt about how to develop our sense of proprioception. That means knowing where any part of your body is at any time. Try sitting with your feet up which is good for the circulation anyway – then write the letters of the alphabet by tracing them in the air with your foot. That strengthens the nerve signals which in turn should be good for falls prevention. Like everything else – that is not the whole story – but no harm in trying.

6.2. Town Team Visit to Beccles

Our guide was Barry Darsch who has written quite a few books on the history of Beccles. He was also the town mayor until recently and a trustee of the museum.

We learnt about the town signs with Queen Elizabeth 1 presenting the town charter to John Baas the Port Reeve in 1584 (although there is no actual evidence that she ever came to Beccles or that he ever met her, but it makes a good story.)

We also learnt about why the charter was granted. Most of Beccles land was owned by the monks at Bury St Edmunds. After the dissolution, William Rede, a prominent merchant, fraudulently claimed he had been granted the land by King Henry V111. This caused a bit of unrest, so the people surrendered the town to Elizabeth, and the charter was to sort the matter out once and for all.



Tour Guide Barry with our group

Another fraud was committed in Victorian times by William Moore – a highly successful printer and quite a rich man – but who managed to spend more than even he possessed. A bittersweet story as he was a good employer to many of the town. Clowes printers (on the site where Tesco is now) survived the involvement of William Moore and became well known for printing the Beatrix Potter books.

We visited the newly installed information centre by Beccles Quay on the river Waveney which forms the border between Norfolk and Suffolk. We then headed back to the church where the Reverend Edmund Nelson married Catherine Suckling – 9 years before Horatio was born. The Suffolk Poet George Crabbe also got married there.



Beccles Quay

O

New Information Centre



Of course, we saw the bell tower with the clocks only on the three sides which face Suffolk – because they “wont give the time of day to the people of Norfolk.” That is not actually true, and we were made very welcome.

The afternoon was spent at the museum. The house was formerly that of Sir John Lemau who was Lord Mayor of London in 1616. They have a great little display of the prehistoric causeway across the marshes discovered in 2006, a lovely model of the town as it was in the 1840s and my favourite exhibit is a straw embroidery – yes, small pieces of straw cut and sewn on a bit like beads and they really shine like gold. It was practiced in the 19th century and samples are now rare especially outside Russia.

6.3. Norfolk Broads Dining Trip (John Peat)

Forty-two members set off from Wymondham Central Hall at 09.30 and head towards Horning, arriving at 10.15 leaving half an hour to spare before boarding our vessel for the day, Southern Comfort. She is a double-deck paddle boat, purpose built for the Broads with a capacity of one hundred people.

The cruise started at 11.00 as we headed towards Ranworth along the River Bure. This route took us past Cockshoot Nature Reserve that is part of the Bure Marshes National Reserve and managed by Norfolk Wildlife Trust.



As we cruised along the river we met The Albion which is a 125yr old traditional Norfolk Wherry. It was actually built in Suffolk at Lowestoft by William Brighton for Bungay Maltsters W.D & A.E. Walker to be used on the River Waveney.

Known as a "black-sailed trader," she is one of only two remaining commercial Wherries built specifically for the Broads, from over three hundred of these craft at their peak.

To head towards Ranworth Broad, we turned into Ranworth Dyke. As Ranworth Broad does not allow access being a wildlife haven, we turned around in what is actually Malthouse Broad. Here we saw a Great Crested Grebe with two offspring hitching a ride on her back, and several other bird species.

While we had our planned lunch we headed back up Ranworth Dyke and then on the River Bure again, upstream towards South Walsham Broad, via Fleet Dyke. Along this route we passed St. Benet's Abbey. The Abbey lies close to the meeting place of the rivers Bure and Ant. This was the only Norfolk monastery founded in the Anglo-Saxon period which continued in use throughout the Middle Ages. It is the only monastery in England which was not closed down by Henry VIII, and the Bishop of Norwich is still the Abbot.

We returned to the River Bure and headed back to Horning to complete our three-hour cruise. On the way back we passed The Albion again, many water birds, including Egrets and Herons, and a brief glimpse of a Marsh Harrier against the skyline.

Another excellent August lunch trip on the broads, and with a Heron to greet us on our return to Horning.



I am told that this was the tenth consecutive year that Wymondham u3a has been on a Broads Cruise, and the tenth consecutive year that there has been good weather for it. As a relatively new member it was my third consecutive Broads trip. Since I joined Wymondham u3a I have been on visits and coach holidays with generally good weather, with one major exception, and that was at Beth Catto's Garden when it was "extremely damp". What was different about this visit? It was the only one that I have been on that Vivienne Dollimore did not attend. She seems to have a way with the weather.

However, as we all set off on holiday to Northern Ireland in early September I think her weather skills will be more severely tested. It is a green and pleasant land for a reason!!!!!!!!!!!!