



# DEREHAM

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## GROUP NEWS

### NEW AGE KURLING



After being unexpectedly confined to home since August, I am really pleased to announce the U3A New Age Kurling group restarts Friday 21st November at 10.30am at Watton Sports Centre Dereham Road IP25 6EZ. All equipment provided, just bring yourself and £3 for 2 hours of fun and gentle exercise. No experience needed and friendly players are always happy to show you the ropes. It's not rocket science and it's a great way to get your steps up and enjoy a laugh. After Kurling, there is a lovely bar within the Sports Centre to buy hot or cold drinks. Every 3rd Friday of the month 10.30 til 1230 so please come and join us but be warned, you may get addicted. Please contact Valerie from the New Age Kurling entry on the Groups page so I can put you on the list. Sign up from the Website, Groups Page, New Age Kurling.

### NOVEMBER MEETING MARKET STREET

#### November 13th

Don't forget at our November Meeting we are holding a Market Street in the entrance and foyer. There will be plenty of time to browse as the stalls will be available before and after **our main speaker, who is Adrian O'Dell, a Polish airman's WW2 escape, retraced by his son, 80 years on.** This month we will open the doors at 1pm to allow extra browsing time.

## FROM THE CHAIR – Pauline Lowe

Thank you to last month's speaker, Sarah Doig - The A-Z of Curious Norfolk. Unfortunately, I was unable to make the meeting, but the feedback was excellent and I'm sorry I missed it.

As we move into Autumn, this lovely season, I'm delighted to welcome you to this month's edition of our U3A newsletter.

It's always encouraging to see how active and engaged our community continues to be. Whether you're enjoying your regular interest groups, trying something new, or simply staying connected through our monthly meetings, your enthusiasm is what keeps our U3A thriving.

This month brings some Group News, be sure to check the updates.

I'd also like to extend a warm welcome to our new members - we're so pleased to have you with us. U3A is built on shared learning, friendship, and curiosity, and we hope you quickly feel at home.

Thank you to all our group leaders and volunteers - your time and dedication are what make everything possible.

## HOLD THE DATE – CHRISTMAS.....

Our Christmas Meeting this year, December 11<sup>th</sup>, will be table style again allowing members to socialise as well as enjoy our Christmas Entertainment, Terence Blacker (not to be missed). Please watch out for emails regarding this event as we are limited to 160 members due to fire regulations, so it is important to get your name down when the time comes. Hearing from me real soon.....

## ON-LINE ACTIVITIES – Val Akehurst

Just in case you didn't know how many online activities and opportunities to join zoom events the U3A organisation has to offer, key in U3A online events on Google or any search engine and it's a real Aladdin's cave. As I couldn't leave home for several weeks and I was going ever so slightly crazy, I would be googling for hours because there's only so much daytime TV one can take and was so pleased I found the U3A online content. I've listened to Ian Gillan of Deep Purple, heard interesting stuff on Positive Aging, found out some really helpful tips on solving Cryptic Crosswords and fantastic writer Sara Grant telling us all the tips of the trade on Editing your creative writing. I tried several logic puzzle pages together with Maths puzzle pages and have realised I should have paid so much more attention at school.....

**JUST TO ADD, MOST OF THESE COURSES CAN BE FOUND IN THE REGIONAL NEWSLETTER THAT IS SENT ROUND TO ALL MEMBERS AND POSTED ON OUR WEBSITE - Pauline**



## DISCUSSION GROUP ONE - MONDAYS

We are the Discussion Group One held on Monday's, and we do just that!! We talk! And we laugh and sometimes argue, but it's all very light-hearted. The idea is to meet others to exchange opinions and be prepared to talk. All sorts of subjects get an airing from issues affecting Dereham, like bus and transport services, and beyond, religion, politics, health and hospitals, finance, immigration, well, no holds barred. Of course, we do know that we're not going to solve anything, but that doesn't stop us trying. Anyway, it's fun. Currently we meet on the first Monday of each month at Ruth's home, each of us armed with a subject. Ruth supplies tea and biscuits when we just can't talk any more.

## Monthly Meetings

Each month a speaker is booked to give a presentation which we hope you enjoy. A range of topics are searched, that will be interesting, thought provoking and enjoyable U3a is Live Learn Laugh. If a member has a particular subject that they would be interested in...

Please make contact with your suggestion

**Trish - 07938 143710**

### Upcoming events;

**DECEMBER 11TH** - Terence Blacker - Singer/Song writer - Christmas Show

**JANUARY 8TH** - Be Scam Aware P C Roger BENTON -Dereham Police Station

**FEBRUARY 12TH**- Heritage Craft - A Paulus

**MARCH 12TH** - Renewals / Groups Day

**APRIL 9TH** - Mary Newton A retired Principle Forensic Scientist -*Rape short word long sentence. Part 2*

**MAY 14TH** - Norfolk Accident Rescue Service

**JUNE 11TH** - Paul Isherwood A Storyteller - *Child Gambler Wins Life Back*

## CHRISTMAS TREE FESTIVAL, ST NICHOLAS CHURCH - Nov 23<sup>rd</sup> – 30<sup>th</sup> 2025

We have been asked if we would like to decorate a tree for the above on behalf of the u3a Dereham. We have taken up the challenge and have enrolled committee members and the Men's Shed who are actively on the case!!!! Please visit and look out for our contribution.

## JOLLY DAYS OUT



Contact: Trudy Gust/Jan Hayes-Griffin. Email: [jollydaysout@gmail.com](mailto:jollydaysout@gmail.com)

## International Bomber Command Centre & Lincoln - 8<sup>th</sup> Oct



The International Bomber Command Memorial is impressive, even from a distance, as it is positioned on a promontory opposite Lincoln Cathedral and can be seen from miles around.

The group arrived in plenty of time to have a coffee, before it was time to meet our guides. The guides had both served in the RAF, so were able to relate anecdotes about people mentioned on the memorial stones, which line both sides of the path leading up to the monument. We were given free time to look round the monument and members of the group were delighted to find the names of people they knew on the large metal screens that have thousands of names etched upon them. The group made their way back to the reception hall where they had time to look round a small exhibition before heading back to the coach. Aircraft enthusiasts were delighted to have a grandstand view of the Red Arrows training. The coach then dropped us near Lincoln Cathedral, where we had plenty of time to have lunch and look round the city or visit the cathedral.

There are still a few places available for Bletchley Park on Tuesday 4<sup>th</sup> November, but Cromer Christmas Show on Wednesday 10<sup>th</sup> December is now sold out, but names can be put on a waiting list if you are happy to hold the date for a last-minute call.

In the next couple of months, we will begin to plan next year's outings - watch this space!

Links can be found on the [outings page of the Dereham U3a Website](#).