



DEREHAM

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GROUP NEWS

Mahjong

New Convenor: Gill Baker
Ina Nelson has stood down, a big thank you to Ina for all her hard work and efforts supporting the Mahjong group. Gill Baker has very kindly offered to take on the convenor role. This group meets every Friday afternoon at Toftwood Social Club. Contact the group via the website link for more information.

BE SCAM AWARE

Some helpful pointers given at the above meeting:

- Dial 159 - this will connect you via a safe way to your banks scam & fraud department.
- Check QR codes to see if anything has been stuck over the top, on leaflets or restaurant tables etc.
- Do not use free wi-fi connections to make any transactions or to give personal info.
- If offered use Two step verification.
- Be cautious with emails or texts that seem unusual. Always check the sender's email address, as unsafe sources often have mistakes, and most legal authorities do not use mobile phones to send text messages.
- Trading Standards Norwich and Norfolk have helpful leaflets on this subject.

MEMORIAL HALL – Monthly Meetings

**PLEASE NOTE THE 2 FRONT
ROWS IN THE HALL ARE TO SEAT
THE LESS ABLE BODIED.**

FROM THE CHAIR – Pauline Lowe

Group Renewals Day – Now Open to the Public!

U3A Dereham is delighted to announce that our **Group Renewals Day** is now open not only to existing members, but also to **anyone in the community interested in joining us.**

This is the perfect opportunity to explore the wide range of groups on offer, meet group convenors, ask questions, and find out what U3A Dereham is all about. Whether your interests lie in learning, creativity, discussion, activity, or simply enjoying good company, there's something for everyone.

Current members can renew their membership and discover new groups, while visitors are very welcome to come along, browse, and see how easy and enjoyable it is to get involved.

No pressure, no exams – just friendly faces, shared interests, and lifelong learning for pleasure.

We look forward to welcoming both familiar faces and new ones on the day.

BUS PASS GROUP– Sharon Wilson



Five of us headed out from Dereham to King's Lynn, via Hunstanton and a great day it was too. Our bus to Fakenham was on time, but unfortunately, it broke down. This set us back a little, but where our timings were adequately spaced, we still had time for coffee before we left for Hunstanton. This was 1.5 hours on a Coastliner bus, which we whiled away chatting and laughing. We had a nice lunch in Hunstanton and a stroll along the Prom to the first high point before heading off to Kings Lynn, where we caught the bus back to Dereham. The weather was pretty kind to us, bearing in mind this is January. Folks are free to spend as much or as little time as they wish and to travel onwards independently etc. We are very grateful

For the Curious - 2026

These varied talks are held in Trinity Methodist Church Hall in Theatre Street and are open to all. The meetings start at 2.00pm, last about an hour and are followed by refreshments. They are always on the last Friday of the month.

In the New year we will be charging £5.00 entrance fee

Our next talk is as follows:

March 27th - Helen Lunnon - Facing the King: royal portraiture from William the conqueror to Richard III.

Local History Group 2026

We meet the third Wednesday afternoon of the month, 2.00 PM at the Baptist Church in Dereham. Doors open at 1.30 PM.

Join us for cup of tea, coffee and biscuits after the meeting.

Cost for the afternoon £5.00.

Our next speaker is:

18th Mar Kings Lynn Museum - Meet at 1.45 at the museum. The museum is next to the bus station.

The visit will include a talk on The Sea Henge.

Full programme for 2026 can be accessed via our website, groups, local history for by clicking on this **LINK**.

Some friendly requests:

- Please consider helping with serving tea and coffee after our meeting.
- Should 1 or 2 be interested in helping with planning the programme for 2027/ 8, please let Lynette or Margaret know by contacting via their groups page. They would love to hear from you, and it will help greatly to ensure the group continues.

Thank you all for your ongoing support.

MONTHLY MTGS MEMORIAL HALL

Doors open 1:30pm, speaker commences at 2pm

- **MARCH 12TH** - Renewals / Groups Day
- **APRIL 9TH** - Mary Newton A retired Principle Forensic Scientist - *Rape short word long sentence.*

JOLLY DAYS OUT



Contact: Trudy Gust/Jan Hayes-Griffin. Email: jollydaysout@gmail.com

The Jolly Days Out programme is organised in conjunction with Swaffham U3A. Last year trips included Kentwell Hall, Bletchley Park, International Bomber Command Museum in Lincoln, Watatunga Wildlife Park and Cromer Pier Christmas show.

With some outings filling quickly, and excellent feedback from our day trippers, why not book yourself and U3a friends on a trip this year? Enjoy a comfortable coach trip with pick-up points in Swaffham and Dereham and relax knowing you don't need to worry about parking and the drive home. A £10 deposit is taken on booking and costs are calculated based on 30 people joining the outing. The more places taken, the cheaper it will be, so the sum requested when the balance becomes due (usually 6 weeks before the outing) may be less than that originally stated - a bonus!

Our first outing will be to the Imperial War Museum Duxford. From the early days of flight, through to the dramatic days of the Second World War and the technological advances of the Cold War, IWM Duxford played a central role in some of the most significant periods of 20th-century history. Three historic rooms at IWM Duxford have been transformed into brand-new displays, reflecting how they would have appeared during the Second World War.

Inside every hangar and exhibition, you'll discover iconic aircraft, see historic objects from the collections and uncover hundreds of personal stories of the many lives impacted by conflict.

The outing will take place on Wednesday 11th March and the price person is £45. Included will be a limited number of places for a private talk to our group. If this is something you would be interested in, don't delay - sign up quickly! Our preference is for you to complete the form on the Dereham U3a website or, if you are reading this online, [click this link](#). If you aren't able to complete the form online, either email jollydaysout@gmail.com, or call Trudy on 07748 991522.

The programme for 2026 is still being finalised for dates, times and prices, but here are the outings being considered:

April - Stamford and Burghley House

May - Audley End House and Saffron Walden

25th May Sealed Knot Event Alresford Hall Essex

June - A trip on the Victory sailing barge Ipswich

Saturday 11th July - Belvoir Castle Flower Festival and Garden Show

July - Southwold and optional Tosier Chocolate House and Tasting Rooms tour

Thursday 6th August - Newmarket Stud Museum and afternoon at the races

September - Waddesdon Manor Aylesbury **or** Call the Midwife Tour at the Historic Dockyard Chatham

October - Henry Moore Museum Hertfordshire and Lavenham Suffolk

Thursday 19th November - Ely Christmas market

December - Thursford Christmas Show **or** Great Yarmouth Hippodrome

Trudy and Jan are finalising details over the next couple of weeks and bookings will be available shortly after via the website

Ideas for trips are always welcome, but we restrict the distance to no more than a two-and-a-half-hour drive.