



**u3a**  
learn, laugh, live

## FROM THE CHAIR – Pauline Lowe

May's speaker was excellent, Lucy from NARS, members had so many questions for her afterwards that it was clear the talk was a great success. The feedback from members was overwhelmingly positive, and everyone thoroughly enjoyed the presentation and learning more about the wonderful work they do.

The total amount raised was an amazing £463.45. Their chairman is going to send a thank you letter and certificate. A big thank you to all who attended and for your generosity towards such a great cause.

## GROUP NEWS 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.

### **Moving forward we will be charging £5.00 entrance fee**

Our next talk is as follows:  
June 26<sup>th</sup> - Kate Griffin - Marianne North.

## LOCAL HISTORY

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

17th June Norwich at Work:

People and Industries through the years - Sarah Doight.

The full programme for 2026 can be accessed via website, groups, local history for by clicking on this [LINK](#).

# DEREHAM

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## JOLLY DAYS OUT



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

**New outings are now available to book!**



We have just managed to squeeze in a few words and photos from our latest outing to the **Colchester Living History Festival on Monday 25th May**, which was amazing but extremely hot! A very small group enjoyed a day out with a difference that promised a lot and certainly delivered. Never have I experienced a civil war re-enactment and, whilst I appreciate that not everybody is convinced of the historical accuracy of such events, it was a fantastic experience!

### **Belvoir Castle Flower and Garden Show - Saturday 11th July**

Nestled in the breathtaking grounds of Belvoir Castle, the 2026 Flower and Garden Show is shaping up to be our biggest and most exciting event yet! Perfect for garden enthusiasts and anyone seeking a magical day out in nature, this unmissable event is packed with inspiration and beauty. Gardening experts Adam Frost, David Domoney, Paula Routledge and Karen Gimson will be giving talks and demonstrations.

Cost per person: £59 - a £10 deposit will secure your place, with the balance payable at the beginning of June (a reminder will be sent). Ticket price includes entry to the castle and gardens, as well as the garden and flower show. Sign up for your place [here](#).

Picking up from Cherry Tree car park Dereham at 08.00

Picking up from Swaffham Market Place bus stop by the Old Grammar School at 08.30 Timings: Journey time from Dereham approximately 1 hour, 30 minutes, subject to traffic

### **Southwold and Bungay - Thursday 6<sup>th</sup> August**

An outing to the seaside, and a visit to the historic market town of Bungay in the afternoon. Free time to explore both of these lovely towns.

With its sandy beach and beach hut-lined promenade, Southwold offers a wonderful a thriving market town atmosphere with plentiful greens, a 31 metre tall working lighthouse and pier that stretches 190 metres into the sea. If a walk is what you enjoy, the 4-5-mile round trip walk to Walberswick via the foot ferry or bridge is a delight! On our return journey we will travel to Bungay where the natural beauty of the surrounding area has a tranquil, beautiful landscape - a scene that has changed little in the last 150 years, often described as "the jewel in Waveney's crown". Bungay has been a focus of this part of the Suffolk countryside since the Anglo-Saxons called the area home, where the River Waveney has been the lifeblood of the town over the centuries.

Cost per person: £25 - £10 deposit will secure your place, with the balance payable at the beginning of July (a reminder will be sent).

Sign up for your place [here](#). Picking up from Cherry Tree car park Dereham at 08.00. Picking up from Swaffham Market Place bus stop by the Old Grammar School at 08.30. Approximate journey time from Dereham: 1 hour, 30 mins.



## GROUP NEWS SUNDAY LUNCH GROUP 2 – Jenny Atterwell

Sunday lunch group 2 enjoyed its first outing to the George Hotel in Dereham. Going by all the chatter round the table members seemed to be getting to know each other. The food and service were excellent, and we look forward to getting together again.



## SHORT WALKS -

### Jenny Atterwell

The short walks group enjoyed a beautiful walk starting from East Bilney lakes car park, eventually passing by East Bilney church and back to the start. Tasty refreshments were enjoyed in the cafe by the fishing lakes, a very picturesque setting.



## MONTHLY MTGS – MEMORIAL HALL

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

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

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

## JOLLY DAYS OUT



### The Historic Dockyard Chatham and Call the Midwife Tour - Wednesday 9<sup>th</sup> September

The story of Chatham Dockyard and its people can be discovered in the immersive exhibition galleries, such as Command of the Oceans and The Ropery. Explore three historic warships to learn about warship construction, refit and repair and examine important objects related to the Dockyard and the wider maritime world from the collections of Royal Museums Greenwich and Imperial War Museums. Access to all galleries and ships is included in your admission ticket.

If you're a fan of Call the Midwife and you've been wondering where the series is filmed, put yourself in the picture and explore where the real drama happens with Call the Midwife Official Location Tour.

Walk in the footsteps of Nurse Trixie Franklin, Sister Julienne and Dr Turner and explore where the real drama happens. You will be guided through the Historic Dockyard by your very own costumed Midwife, armed with a photograph book a tales of their 'sisters', before being allowed to explore the sets, costumes and pro in the all-new, exclusive gallery.

Included in the ticket price is a tour of the dockyard on our coach, and an option to go on the Call the Midwife official location tour.

Cost per person, including the Call the Midwife tour: £58.00

Cost per person, without the Call the Midwife tour: £53.50

Sign up for your place [here](#).

Picking up from Cherry Tree car park Dereham at 08.00

Picking up from Swaffham Market Place bus stop by the Old Grammar School at 08.30. Approximate journey time from Dereham: 2 hours, 30 minutes.

### Henry Moore Museum & American Military Cemetery - Wednesday 7<sup>th</sup> October

With over 70 acres of gardens and rolling fields, see Moore's world-famous monumental sculptures as he intended, against the landscape he shaped. Preserved as Moore would have used them in his lifetime, six studios reveal the artist's processes of drawing, etching and model making.

In the afternoon we will visit the Cambridge American Cemetery which sits on a quiet hillside. It is the only military cemetery in the United Kingdom that commemorates American servicemen and civilian volunteers who died in World War II and is a place of stillness and reflection. Some three million Americans came to the British Isles to prepare, train, and fight for freedom in Europe and beyond. More than 3800 of those Americans are buried here.

Cost per person: £49 - a £10 deposit will secure your place, with the balance payable at the beginning of September (a reminder will be sent).

Expected timings:

Picking up from Cherry Tree car park Dereham at 08.45

Picking up from Swaffham Market Place bus stop by the Old Grammar School at 09.15

Journey time from Dereham approximately 1 hour, 50 minutes, subject to traffic

Our preference is for you to complete forms on the [Outings page](#) of the Dereham U3a website to book. The system will send a confirmation email of your booking but payments will not be acknowledged. If you book but payment isn't received, you will be contacted. If you aren't able to complete the application online, either email [jollydaysout@gmail.com](mailto:jollydaysout@gmail.com), or call Trudy on 07748 991522.