

---

# North Walsham u3a Newsletter July 2026

---



I have been editing this newsletter for nearly six years and this is largest number of contributions that I've had from groups in that time. This is indicative of the current vibrancy in this, North Walsham u3a's twentieth anniversary year.

Photo: Norwich Cathedral by new member Sharon Connor

Thanks to all of you who have contributed to this month's issue. It is nice to receive everybody's contributions, particularly from those who have not previously sent articles. I am particularly pleased that so many are sending photos.

The copy deadline for next month is **Thursday July 30<sup>th</sup>**. Please send any comments or articles to me at [ralph4ed@hotmail.com](mailto:ralph4ed@hotmail.com).

## ***In this month's issue***

---

<b>General Information</b>	<b>Page</b>	<b>Group Reports</b>	<b>Page</b>
<a href="#">Thoughts from the Chair</a>	<a href="#">1</a>	<a href="#">Art Group</a>	<a href="#">4</a>
<a href="#">Announcements</a>	<a href="#">2</a>	<a href="#">Book Groups</a>	<a href="#">4</a>
<a href="#">Groups &amp; Days</a>	<a href="#">3</a>	<a href="#">Coffee Mornings</a>	<a href="#">4</a>
<a href="#">July Walks</a>	<a href="#">10</a>	<a href="#">Cryptic Crosswords</a>	<a href="#">5</a>
		<a href="#">Current Affairs</a>	<a href="#">5</a>
		<a href="#">Gardening</a>	<a href="#">5</a>
		<a href="#">History</a>	<a href="#">6</a>
		<a href="#">Jazz Appreciation</a>	<a href="#">6</a>
		<a href="#">Life Story</a>	<a href="#">7</a>
		<a href="#">Paddle Group</a>	<a href="#">7</a>
		<a href="#">Quiz Group</a>	<a href="#">8</a>
		<a href="#">Tai Chi</a>	<a href="#">9</a>
		<a href="#">10 Pin Bowling</a>	<a href="#">9</a>
		<a href="#">u3sings</a>	<a href="#">9</a>

# Thoughts From the Chair

This month has reminded me exactly what North Walsham u3a is all about – people, friendship, learning and making things happen together. Our Open Morning on 4th June was a tremendous success. We welcomed 18 new members, while 22 more people expressed an interest in trying out our groups. It was wonderful to see so many volunteers, Working Group members, Committee members and existing members giving their time to make everyone feel welcome. Thank you to everyone who helped. The following day at our monthly meeting we enjoyed an excellent talk on Healthy Living, with many of our new and prospective joined us. On both occasions there was a real buzz in the room. The sound of people chatting, laughing, sharing ideas and making new friends was fantastic and exactly what u3a is all about.

Throughout the month, our new members have been warmly welcomed into groups and have quickly become involved, bringing enthusiasm, fresh ideas and suggestions for the future. Already there is interest in having groups for cycling, backgammon and films. I'm also delighted that two new groups – Drama and Wildlife & Woodland Wanderers – are about to begin, with an exceptional level of interest already. Our Book Group has proved so popular that the group leader has now started a second Book Group to meet demand.

For me, North Walsham u3a is one long conversation. Ideas are shared, people offer feedback, members spot opportunities, and together we turn those ideas into action. That is what keeps our u3a growing and thriving.

Looking ahead, next month is a very special occasion as North Walsham u3a celebrates its 20th Anniversary. It is a wonderful milestone and a chance to acknowledge and learn about everything our members have achieved over the past two decades, while looking forward to an exciting future. Whether you have been a member for many years or have only recently joined, everyone is warmly invited to come along and be part of the event. We would love to see you there.

## **Maureen Cavanagh**

Chair,

North Walsham u3a

## **Announcements**

---

Monthly Meeting on the 3rd of July 2026 at 2.15pm at the Sacred Heart Hall. The speaker is Helen Bennett telling Tales from a Mystery Shopper. There will be refreshments after the talk and a chance to chat and find out more about groups. Come a bit earlier if it is easier to be there when it is less busy.

Alternatively, if you're new, thinking about joining, or you're an existing member and not sure which group to try, please do get in touch. I'd be very happy to help you find a group, answer your questions or simply have a chat. Just send me an email [cavanagh\\_m@yahoo.co.uk](mailto:cavanagh_m@yahoo.co.uk)

20th Anniversary on the 7th of August 2026 at the Sacred Heart Hall. Please expect emails about this and we will need to know numbers, as it will include a buffet.

# NW u3a Groups and Days

Week	Day	Morning	Afternoon
1	Monday	Coffee Morning <i>Richard Nevill</i> ♿	Jazz Appreciation <i>Jim Costello</i> ♿ Croquet <i>John Grier</i>
	Tuesday	Darts <i>Trevor Cheeseman</i> ♿	
	Wednesday		Mac Users <i>Richard Nevill</i> ♿
	Thursday		Digital Photography <i>Richard Nevill</i> Mind, Body, Spirit <i>Chrissie Kimber</i>
	Friday	Paddling Partners <i>John Harris-Hall</i>	Monthly meeting ♿
	Sunday	Sundy Lunch <i>Jazz Waspe</i>	

Week	Day	Morning	Afternoon
2	Monday	Coffee Morning <i>Richard Nevill</i> ♿	Classical Music <i>Jean Simpson</i>
	Tuesday		Quiz Group <i>Brenda Redding</i> ♿
	Wednesday		
	Thursday	Ten Pin Bowling <i>Diane Mulligan</i>	Book Group <i>Yvonne Dickinson</i> ♿ U3Sings <i>Patsy Tomlinson</i> ♿ Wine Appreciation <i>Roy Tuff</i>
	Friday	Paddling Partners <i>John Harris-Hall</i>	History <i>Brenda Tibbles</i> Life Story <i>Maureen Cavanagh</i> ♿

Week	Day	Morning	Afternoon
3	Monday	Coffee Morning <i>Richard Nevill</i> ♿	Committee Meeting
	Tuesday		Gardening <i>Steve Guratsky</i>
	Wednesday		Rock & Pop <i>Marilyn Nevill</i>
	Thursday	Current Affairs <i>Steve Guratsky</i>	Easy Bytes <i>Richard Nevill</i> ♿ Healthy Living <i>Suzanne Lakin</i> Book Group 2 <i>Yvonne Dickinson</i> ♿
	Friday	The Big Question <i>Steve Guratsky</i> Walking <i>Chrissie Kimber (please check first)</i> Paddling Partners ( <i>John Harris-Hall</i> )	Brain Games <i>Janet Head</i> ♿ Scrabble <i>Jane Harris-Hall</i> ♿ Mah Jong <i>Ralph Edwards</i> ♿

Week	Day	Morning	Afternoon
4	Monday	Coffee Morning <i>Richard Nevill</i> ♿	
	Tuesday	Walking <i>Chrissie Kimber</i>	
	Wednesday		Knit & Stitch* <i>Brenda Tibbles</i> Art <i>Stella Shanahan</i> Quiz Group <i>Brenda Redding</i> †
	Thursday	Cryptic Crosswords <i>John Harris-Hall</i> ♿	
	Friday	Family History** <i>Marilyn Nevill</i> Paddling Partners ( <i>John Harris-Hall</i> )	

\*Last Wednesday of the month

\*\*Last Friday of every other month starting September

† Last Wednesday 7.30 pm

# News from the Groups

## Art

---



We have just enjoyed a wonderful session in the cool of the theatre discussing and creating seascapes. Everyone enjoyed the relaxing atmosphere and learned something new and no paint was spilled. Special thanks to Susanne and Peter for allowing us access to their work. We saw works of art from The Armada paintings to present day. I think that the seascapes by the American artist Alexander Dzigurski had a great impact.

**Stella Shanahan**



## Book Groups

---



### Book Group One

"Written in Bone" by Professor Sue Black was this month's book. Sue Black is a forensic anthropologist who examines human bones to explore the details recorded in them. She has worked with police departments all over the world to help them decide whether an offence has been committed and then to delve into the secrets given up by the bones to assist catch perpetrators of crimes. We decided that this was not an entertaining book, but it certainly was interesting, with its mix of facts about the bones themselves and then the anecdotes about how information was used to explore the stories surrounding the circumstances. It was not to everyone's taste but scored an average of seven out of ten.

### Book Group Two

A lot of interest had been shown at the u3a Open Day event and we now have enough members to start a new group. We had a lively first meeting of this new group on June 18th. We did not have set of books to discuss but spent the time getting to know each other and our tastes in books. We have ordered "Belgravia" by Julian Fellowes which will be available to pick up next time we meet and we will be able to review it in August. In the meantime we will meet in July and talk some more about our favourite authors and books and might be able to persuade others to try something a little different

**Yvonne Dickinson**

## Coffee Mornings

---

Richard Nevill is still holding coffee mornings on Zoom every Monday between 10 and 12. If you are interested in joining the fun, get in touch with Richard via the website.

**Richard Nevill**

## Cryptic Crosswords

---



Despite the holiday season and the heatwave, we enjoyed a full turnout this month.

We began with the latest prize crossword from *The Oldie*, which kept us entertained for about 45 minutes. As always, it provided some excellent examples of the crossword setter's talent for leading solvers completely in the wrong direction before revealing the true meaning of a clue.

One particular challenge was a word that was new to many of us: **MANTISSA**.\* It took some unravelling, but we got there in the end. Those of us who also belong to the U3A *Scrabble* group are already looking forward to finding an opportunity to play "mantissa" in a future game!

### John Harris-Hall

#### Current Affairs

---

This month we had a good discussion about Europe – whether the UK should be in or out, and whether the EU would allow us back in!

On the day of the Makerfield and Aberdeen South elections, we talked about possible consequences.

We also discussed the definition of terrorism and the Trump/Iran deal.

### Ralph Edwards

#### Gardening Group

---

It's very difficult to maintain a counsel-of-perfection in a garden. Your intentions might be without limit but your body keeps slamming on the breaks. Our group members grok this only too well, so we do our best to support each other in whatever way we can. We share plants, ideas and get down and dirty when practical help is needed.



Our most recent gathering was no exception. We were given a tour of Steve Guratski's garden whilst members provided solicited ideas on the understing that:

- most of us have rather inglorious 'dumping grounds'

(Steve's was ingeniously hidden from view)

- our gardens evolve and it's best to roll with the changes

(Steve shared his adaptations for his elevated garden which has become increasingly sheltered from the wind due to his plant-bedecked fencing, walkways and stairs)

· we have favourite spots in which to sit and cogitate

(Steve's is his little lodge in the woodland garden with magnificent views)

· we might have areas that we feel stuck on so fresh perspectives can be helpful

To wit, Steve wanted us to draw up a planting plan for the area just outside his living room. So there we all were, lined up in a row, whilst Steve stood before us, armed with scaled plans, specifications, writing implements and folders. Tongue-in-cheek, a wag interjected, "You'd never believe that you were a teacher..." causing much good-natured jocularity. And so we set to, discussing ideas (see pic), whilst Steve went inside to make refreshments which turned out to be excellent and even included a diabetic cake made from a recipe that had been exchanged between several u3a members! We are now looking forward to seeing how Steve implements the most favourable suggestions arising from what has become our default collaborative approach.

## **Veronica Korczak**

### **History**

---

We are still researching crime and punishment from the late Saxon period. Last meeting we looked at the 17th and 18th century. Whipping seems to have been a new form of punishment for minor offences, including swearing and vagrancy. From the time of James I transportation to the colonies, mainly North America was used for a capitol offence. This was considered more merciful than hanging. The punishment was for 7 or 14 years, once your time was completed, you were not allowed to return to England. Vagrant children were also transported, The American War of Independence, stopped the transportation of prisoners. They were then kept on prison hulks, moored on the south coast. Mortality was very high. We will finish next meeting with the 19th and early 20th century.



## **Brenda Tibbles**

### **Jazz Appreciation**

---

The next meeting of the u3a Jazz Group will take place on Monday, 6th July at St Nicholas Hall, starting at 2.00 pm.

We are delighted to welcome local jazz trombonist David Amis, who will be presenting an entertaining and informative session on the role of the trombone in jazz. Through live musical demonstrations and selected recordings, David will explore the instrument's rich history and its contribution to the development of jazz.

It promises to be a fascinating afternoon, and we look forward to hearing David share his knowledge and passion for this wonderful instrument.

If you would like to join us please let me know.

## **Jim Costello**

jamescostello@yahoo.com



## Life Story Group

---



We were delighted to welcome two new members to the group. We shared memories and plenty of ideas for creating a Life Story book. We also took a trip down Memory Lane (with only a few detours!) as we explored a timeline of world events from the decades we've lived through. It was amazing how one photograph or headline could spark a flood of stories. If you enjoy a good chat, a few laughs and preserving your memories for future generations, why not come along? New members are always very welcome. For more information, please contact Maureen at [cavanagh\\_m@yahoo.co.uk](mailto:cavanagh_m@yahoo.co.uk)

## Maureen Cavanagh

## Paddle Group



The weather hasn't been particularly kind to us this month, and unfortunately we had to cancel two paddles. Despite that, we enjoyed some lovely outings from Marsham and around Belaugh from Wroxham. Our most recent paddle covered 8.5 miles – a little longer than usual, but thoroughly enjoyed by everyone (see the attached route photo).

The recent heatwave also led to the cancellation of our final June paddle – the first time we've ever had to cancel because it was too hot! We're now looking forward to a full programme of paddling every Friday throughout July.

We're always keen to welcome new paddlers. Please note that we do not provide equipment or formal coaching, but we're a friendly group and are always happy to help each other with loading and unloading kayaks when needed.



If you'd like to know more, please get in touch via the NW U3A website.

**John Harris-Hall.**

## Quiz Group

---



On Wednesday evening 9 of us made 2 teams at the Black Swan pub quiz. It was an enjoyable evening of 7 rounds of general knowledge, music and picture identity.

U3A team 1 did very well and came 3rd position.

U3A team 2 not quite so well, although Henry was excellent at answering in the music round..

Gill and Jenny won raffle prizes of very acceptable chocolates and wine.

The next Wednesday evening quiz is 24 June and starts at 730pm.

The Tuesday afternoon quiz has restarted and the June quiz is 16th June and starts at 230pm.

The quizzes are held in the theatre of the Black Swan pub in North Walsham and there is the choice to buy a drink to take in with you.

For both quizzes there are 2 tables for 6 people on each table booked for the rest of the year.

To book a place for either or both sessions please contact Brenda Redding or Karen Fox.

Brenda - [bredding@tiscali.co.uk](mailto:bredding@tiscali.co.uk)

Or text 07901882762( no phone calls please) There were 9 quizzers from the group at the Black Swan on Wednesday evening, making 2 teams.

It was an enjoyable evening with a variety of rounds on various topics.

The local area picture round proved to be more difficult than we thought it might be.

The music round was very good- who knew we had such " soul " knowledge.

The general knowledge round provided much discussion ( How did Boudicca die?)

To reflect the time of year and current heatwave there were rounds on midsummer and chillies.

When all the scores to the rounds had been added up u3a team 2,(only 4 participants), came in the middle of the league table, but u3a team 1 came 1st winning a free drink for each of them.

The raffle was also very successful for Brenda who won a bottle of wine

The next quiz evening is Wednesday 29 July starting at 730pm at the Black Swan pub.

If you would like to book a place for the next quiz please contact

Brenda Redding( [bredding@tiscali.co.uk](mailto:bredding@tiscali.co.uk)) or

Karen Fox

([dollydaydreams100@Hotmail.com](mailto:dollydaydreams100@Hotmail.com))

There is also a quiz on the 3rd Tuesday afternoon of the month at the same venue starting at 230pm. Next afternoon quiz is 21 July. Same contact details.

**Brenda Redding**

## Tai-Chi

---

We welcomed eight members to this month's session, including three who were trying Tai Chi for the very first time. Rachel, our instructor, adapted the form to make it smoother, more relaxed and easier to follow, which was appreciated by both new and existing members.



Tai Chi is one of those activities that isn't for everyone—but for many people it just clicks. It's gentle, enjoyable and a great way to improve balance, flexibility and wellbeing, all at your own pace.

If you've ever thought about trying Tai Chi, why not come along?

For more information, please contact Maureen at: [cavanagh\\_m@yahoo.co.uk](mailto:cavanagh_m@yahoo.co.uk) For more information, please contact Maureen at [cavanagh\\_m@yahoo.co.uk](mailto:cavanagh_m@yahoo.co.uk).

## Maureen Cavanagh

## Ten Pin Bowling

---

We spent an enjoyable morning at Strikers, Mike Tyrell showed his fellow players his skill in winning both games on his rink, but is always modest and gives praise to the other players. Frances excelled in the first game on the other rink, then Nena and Lee tied for first place in the second game.



If you would like to join to have a fun morning you will be made welcome.

The next session will be 9.7.26 at 10.00am at Strikers, the list is on the raffle table, or you can email me

[diane\\_mulligan@yahoo.co.uk](mailto:diane_mulligan@yahoo.co.uk)

## Diane Mulligan

## U3Sings

---

We had a great June session of U3Sings. After our warm up exercises the songs we sang included My Bonny Lies Over the Ocean, Banaha, Paddy On The Railway, Jonah-Man-Jazz, Gaudete, Hal-an-Tow and The Rhythm of Life.



We are a group of about 19 and only sing for fun. We have an amazing experienced music teacher who accompanies us on the piano. Come and join us in July. We meet in The Sacred Heart Church Rooms at 1.45pm on the second Thursday of the month.

## Patsy Tomlinson and Margaret Jeppesen

# June Walks 2026

---

## Walking Group Coordinator

Chrissie Kimber at [rebnikc@btinternet.com](mailto:rebnikc@btinternet.com)



## Friday 3<sup>rd</sup> July Start Time 10am start approx. 6.5 miles

Leader John Harris-Hall

Start point: All Saints, Church Ln, Edingthorpe, Bacton, North Walsham, NR28 9TN.

## Tuesday July 14<sup>th</sup> start time 9:30 approx 5.5 miles

Leader Chrissie Kimber

Ebridge Mill car park NR28 9QG

The walk includes a stop at the pop-up cafe approx. half way at Honing village hall Tea/Coffee and cake for £1. **Cash only**