
North Walsham u3a Newsletter May 2026



North Walsham u3a is going from strength to strength as we approach our 20th anniversary. Details of **three** proposed new groups on pages [2 & 3](#) of this newsletter.

Please make sure to make a note in your diary for the celebrations on June 4th

Photo: 10th Anniversary Cake by Maureen Cavanagh

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 May 28th**. Please send any comments or articles to me at ralph4ed@hotmail.com.

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Thoughts From the Chair

April has been a vibrant and productive month for our organisation. We were delighted to launch new groups, including AI and a combined Canva and Curry group, reflecting the creativity and enthusiasm within our membership. Further proposals are emerging, including a Theatre Group, Silent Meditation, and a Kombucha workshop.

We took part in the Town Council Annual Meeting for Voluntary Organisations and the North Walsham Big Bash, providing valuable opportunities to promote our u3a and strengthen connections across the wider local community.

The Big Bash which was organised by the North Walsham Community Network fed back that they welcomed approximately 350 members of the public and 47 organisations on Saturday. It was described as an excellent showcase of community spirit and collaboration. From the event, we received offers of talks, training (including those from the Red Cross), and useful information from partner organisations. This will be shared with members through meetings, emails, and an information folder.

Membership continues to grow, with 33 new members joining from September 25, including 26 new members since January. It is important that we warmly welcome new members and support their involvement across all aspects of our u3a. Thank you to everyone who contributes to making our u3a such a positive and engaging community.

Warm wishes

Maureen Cavanagh

Chair of North Walsham u3a

Announcements

- 1st of May 2026 – Friday meeting at 2.15pm in the Sacred Heart Hall. The speaker is David Worsley from the Norfolk Wildlife Trust.
- 4th of June the 20th Anniversary Open Morning for North Walsham u3a 9.30am -12.30pm at St Benet Hall, Vicarage Street, North Walsham.
- 5th of June Friday meeting at 2.15pm in the Sacred Heart Hall. The speaker is Jonathon Bevan, talking about Rescue Wooden Boats WW2
- I'm pleased to invite expressions of interest for a 3 new u3a groups:
- **Silent Meditation.**

This will be a simple, shared space for quiet reflection rather than a teaching group—no prior experience is needed, and there will be no instruction on “how to” meditate. The intention is simply to come together and enjoy a period of stillness in a supportive, relaxed setting.

The format will be:

A brief welcome on arrival

Lighting a candle to begin

30 minutes of silent meditation

Gently coming out of silence, followed by a glass of water before we continue with our day

Meetings will take place in my home, so there is no cost for venue or participation.

I am proposing to hold the group on the fourth Tuesday of each month, with the first meeting on Tuesday 23rd June at 2pm

If this sounds of interest to you, I'd love to hear from you, to give you more details and answer any questions. Chrissie Kimber rebnikc@btinternet.com

- **u3a Workshop: Kombucha & Kefir Making**

I'm delighted to offer an informal, hands-on workshop for anyone interested in making their own kombucha and/or kefir at home.

This relaxed session will run on an occasional basis, arranged whenever there is enough interest from members. Each workshop will last around one hour and will guide you through the simple process of getting started.

You'll leave the session with everything you need to begin at home, including your own starter culture.

What to bring:

For kefir: a small glass jar with a lid

For kombucha: a larger jar (approximately half a litre or bigger)

No prior experience is needed—just curiosity and enthusiasm!

If you'd like to take part, please let me know, and I'll arrange a session. One to one is possible

Contact Chrissie Kimber rebnik@btinternet.com

- **Theatre Group - Tony & Carmel Brown**

Tony and Carmel run the Walsham Drama and Singing Group. They write and direct their own plays and often incorporate some singing into shows as part of the storyline or as a finale. They would like to talk about what the Group do and would like to offer a session to discuss this. In their own words.

We would be happy to hold a meeting to introduce our group. We would be able to say how & why we started the group, our ethos etc

We could also cover subjects such as:

Performing skills & stagecraft

Line learning techniques (great for keeping the mind sharp!)

Character development

Script writing

Backstage roles

etc

With enough interest, we could make it a regular U3a group. This could include writing short skits and performing them within the group. We could also include some improv' and drama games which can be great fun.

If you are interested in this please email Maureen on cavanagh_m@yahoo.co.uk or meet them in person on the Open Morning.

NW u3a Groups and Days

Week	Day	Morning	Afternoon
1	Monday	Coffee Morning <i>Richard Nevill</i>	Jazz Appreciation <i>Jim Costello</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		
	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>
	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>
	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

News from the Groups

Book Group



We reviewed "Agatha Christie" a biography by Lucy Worsley. I think we all found it informative and were impressed with Agatha Christie's full life. What experiences she had! However, the book was very deep and for those who had not read any Christie books the frequent references to her books and plots made reading a struggle. There was also a lot of in-depth research done into her finances and the days when she went missing which made hard reading. This was a very academic look into her life with loads of information and references which left us so much more wiser about her life and motivations. It did not appeal to everyone and some struggled to finish reading the book. As usual, opinions differed widely and we marked the book 5.5, scores varying from 2 through to 8.

I do want to say that our scores are personal and we all realise that other readers may have completely different views to ours, we do not wish to put off anyone from reading any book. All books have been through a rigorous process and publishers would not publish if they did not think a book was without merit. I would always urge anyone to read for themselves and see what they think! Our scoring system is a bit of fun, for the group's benefit, so we can review our reading through the year at a glance.

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



We had a small meeting this month – our leader is away and another member was absent. Our leader had sent three crosswords, but we only managed two – a Quiptic to warm up from The Guardian which took 50 minutes followed by a fiendish Times crossword occupied took an hour of our time.

Clue of the day from the former was

'Hoodwinked airline's doctor about alcohol left in'¹(10)

From the Times it was

'Everything perfectly aligned in request for later course'² (5,3,5). Answers on the next page.

We still had time for a natter, though and we also have a vacancy if you fancy pitting your wits against the setters.

Ralph Edwards

1. Bamboozled
2. Apple Pie Order

Current Affairs

Topics discussed this month were:-

Fly tipping

Public sector housing

Why can't governments get things done?

Defence spending/welfare

Trump's 'Healer' picture

King's visit to the USA

Ralph Edwards

Gardening Group

On a dry, but windy afternoon, we held a powwow in John Tuck's substantial summerhouse – the largest of several much-loved and orderly garden structures, the smaller ones housing spotless, oiled tools and equipment.

We began by reiterating our names (a friendly thing to do when you're a large group with some relatively new members) after which John suggested that we each try to grow the tallest sunflower, using his seeds and whatever cultivation technique we fancied.

John identified a couple of tasks that could be tackled if anyone felt so inclined and said that we were welcome to pick and choose any of the seeds and plants that people had brought for sharing. We were invited to wander around the garden and to chat whilst refreshments were made.

But just before we got up to brave the chill wind and have a wander around, Steve (who is hosting the next meeting in his garden) asked us what we might be most interested in seeing. He also asked us for fresh ideas for specific areas that he is hoping to develop.

There's no doubt that whatever the plot size – be it window boxes or an acreage – something will need tweaking, but that's all part of the perpetual adventure of gardening.

Veronica Korczac





Last month's Jazz Meeting featured Tony's selection of his favourite guitarists, and it made for a wonderfully enjoyable and varied afternoon of jazz. From the very earliest electric guitar sounds of the 1920s right through to more contemporary recordings, it was a marvellous collection that everyone thoroughly enjoyed.

As Miles Davis would have celebrated his 100th birthday next month, our May meeting will be dedicated to his life and remarkable musical career. Each of us will be choosing a favourite track to play and say a few words about, so it promises to be a lovely afternoon of music and conversation.

The Jazz Group meets on the first Monday of each month at St Nicholas Hall, North Walsham (behind the church). You don't need any jazz knowledge to come along to our friendly sessions, just a love of listening to music.

Please send me an email or give me a call if you would like to join us at our next meeting on Monday 4th May starting at 2pm. A £3 donation at each meeting helps cover the cost of the hall, along with tea, coffee, and biscuits.

Jim Costello

jamescostello@yahoo.com

Paddle Group

On my first outing with the Friday kayak group, my fears about not knowing anyone, falling in and not being fit or fast enough were unfounded, everyone was friendly and helpful. We covered a beautiful 5 miles exploring Barton Turf, Broad and Neatishead, ate lunch nestled in reeds at Turkey Broad, enjoyed kingfishers, marsh harrier and grebes. The group explores different locations most Fridays. All kayakers welcome but own kayak and licence needed.



Tina Potter



We had an enjoyable April session of U3Sings and were very pleased to welcome two new members to the group. After our warm up exercises David led us through Guadete, Down By The Riverside, Rhythm of Life and Jonah Man Jazz. We had a good catch up during our coffee/tea break.

Our next session is on Thursday, 14th May at 1.45pm in The Sacred Heart Church Room, North Walsham. Come and join us for a free taster session. We welcome new members. 🎵🎵🎵🎵

Patsy Tomlinson and Margaret Jeppesen

Wine Appreciation



This month Stewart selected our Wines – a lovely South African and Australian Selection

With our Scores they were:

7.7 A Fistful of Schist, Chenin Blanc, 2025, Swartland, South Africa 12.5% £7.95 Wine Society

6.9 A Fistful of Schist, Chardonnay, 2025, Swartland, South Africa 12.5% £7.95 Wine Society

7.0 A Fistful of Schist, Shiraz, 2025, Swartland, South Africa 12.5% £7.95 Wine Society

8.1 A Fistful of Schist, Shiraz–Cinsaut–Mourvèdre, 2025, Swartland, South Africa 12.5% £7.95 Wine Society

7.8 De Bortoli Noble One Semillon, 2017, Australia 12.5% c. £15 for 375 ml Adnams

Please note: all four Swartland Wines claim 'a riot of juicy tropical and stone fruits, forged in this rugged spot where imagination and science meet'

Next month (May 14th) Tony will be choosing our Wines, and hosting us

Cheers !

Roy Tuff

May Walks 2026

Walking Group Coordinator

Chrissie Kimber at rebnikc@btinternet.com

Tuesday 12th May Start Time 10am start approx. 4.25 miles

Walk leader Trevor Cheesman

Start point is in Tunstead at **NR12 8AH**. Roadside parking near the Horse and Groom (which has closed). Light lunches in Wroxham Barns. The walk is virtually flat with 2 stiles, which will not accommodate large dogs but are fine for small dogs. Distance is 4.3 miles and includes one stretch of approx.. 300yds on quiet lane.



Tuesday May 19th start time 9:30 approx 5.5 miles

Leader Lindy

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**