

Groups

Art Group
Book Group
Brain Games
Classical Music
Computing
Coffee Mornings on Zoom
Croquet
Cryptic Crosswords
Current Affairs
Darts
Digital Photography
Drama
Family History
Gardening
Healthy Living
History
Jazz Appreciation

Kefir/Kambucha Making
Knit & Stitch
Life Story
Mac Users
Mah Jong
Meditation
Mind, Body, Spirit
Paddle Group
Quiz Group
Rock & Pop
Scrabble
Sunday Lunch
Tai Chi
Ten Pin Bowling
The Big Question
U3Sings
Walking
Wine Appreciation

If you are interested in any of these groups or would like to start another one, please get in touch via our website contact page, or talk to any member of the committee at a monthly general meeting.

Groups correct in August 2026

u3a North Walsham

Learn,
Laugh,
Live

September 2026 – August 2027



www.northwalshamu3a.org

Monthly general meetings are a chance for members to get together and enjoy a chat and some refreshments. Most have a guest speaker or live music but we also have regular quizzes, a summer tea party and our AGM. They start at 2.15 p.m. on the first Friday of each month. Our usual venue is the hall at Sacred Heart Church, North Walsham

2026

September 4th **Alan Gray**
The Creation of a Garden – East Ruston Old Vicarage Gardens

October 2nd **Lucy Shires**
The North Norfolk District Councillor
Responsibilities as a Councillor for North Walsham

November 6th **Annual General Meeting**
Come and meet the committee and help set the agenda for the coming year. This event is for members only

December 4th **Chris Bales** (Norfolk Police)
Cybercrime

2027

January 1st **No Meeting**

February 5th **Steve Gaskin** (former Scotland Yard DCI)
How to spot a psychopath

March 5th **Pete Goodrum** (local writer & broadcaster)
Author and broadcaster, speaking on positive ageing

April 2nd **Michael Giddings** (Heritage Volunteer)
The history of Dragon Hall, Norwich

May 7th **Philip Caine** (Crime Author)
Barrow to Baghdad and Back Again

June 4th **James Brittain** (Clinical Hypnotherapist)
Why we get stuck and how to break free

July 2nd **TBA**
All activities subject to change