
North Walsham u3a Newsletter April 2026



Look closely at the photo – you will spot an insect.

If you look closely at this newsletter you will spot that we have a couple of new contributors this month, and our new groups are thriving.

North Walsham u3a has been going for 20 years please feel free to join in the preparations – contact Stece Guratsky for details. Many hands make light work.

Photo: Just Another Twig by Carol Skipper

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 April 23rd**. Please send any comments or articles to me at ralph4ed@hotmail.com.

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Thoughts From the Chair

As we move into April and notice those wonderfully longer evenings (which, of course, give us more time to forget what we went outside to do), it really does feel like our u3a is in full swing. Preparations for our 20-year anniversary are gathering pace, and there's a pleasant sense that something special is on the horizon. After two decades of learning, laughing, and occasionally wondering why we joined quite so many groups, it seems only right that we mark the occasion with a bit of celebration.

Alongside the anniversary plans, it's great to see new groups bedding down so well. All our group leaders deserve a special thank-you for the time, energy, and good humour they bring to making these activities happen.

It's also very encouraging to see our membership continuing to grow. Since the 1st of September 2025 we have welcomed 27 new members to our u3a. Either word is spreading about how enjoyable it is to learn something new in good company—or members are working hard on publicity. Either way, it's wonderful to see fresh faces joining in and bringing new ideas and enthusiasm.

What continues to impress me most is the willingness of members to step forward with ideas, enthusiasm, and the occasional gentle nudge that says, "Go on then, we'll give it a try." That spirit is exactly what keeps our u3a lively after twenty years.

So as the days stretch out and spring gets properly underway, it's a good moment to reflect on how much is happening across the organisation. Whether you're learning something new, sharing a long-held skill, or simply enjoying the company, you are part of what makes the u3a thrive.

Here's to a busy and cheerful April—and to acknowledging twenty years of curiosity, companionship, and proving that retirement is simply a chance to become even more interesting.

Maureen

Announcements

- No monthly meeting on the 3rd of April as Good Friday a bank holiday
- Next monthly meeting on the 1st of May at 2.15pm is David Worsley Norfolk Wildlife Trust
- Big Bash 1.30-4pm on Saturday the 18th of April 2026 at the North Walsham Community Centre, free community event, showcases local groups, organisations, refreshments and community stalls. North Walsham u3a will have a table so please consider popping along. U3a members, who have volunteered to set up and be at the u3a table, will need to come earlier and will be advised of the time, separately.
- Call Me John Reflex Theatre at Aylsham Town Hall on Thursday the 30th of April at 2.30pm - Cost £10 – discount may be available depending on numbers. Other dates in different venues including Sheringham on the 9th of May. Contact - Maureen cavanagh_m@yahoo.co.uk
- 20th Anniversary Open Morning on the 4th of June 9.30-12.30 in St Benets Hall.

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>
	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 of the month 7.30 pm

News from the Groups

Art Group



We all enjoyed a fun session exploring the morals, messages and spirituality within Aboriginal art. We listened to two Dreamtime stories contemplating some of the messages within them. There were images of cave, rock, desert, wood and body art shown. We then made our own messages on a postcard. It was a lovely meeting. Huge thanks to Andrew for all his work with the slideshow.

Stella Shanahan

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



The Cryptic Crossword Group held one of its occasional lunchtime meetings at *Shambles* (NW) in March.

After a lovely lunch and, as usual, lots of conversation, we tackled a prize “Genius crossword” from *The Oldie* magazine. This was our first attempt at a prize crossword and we took about 15 minutes. Encouraged by this, we agreed that we might try another current *Oldie* crossword—and perhaps even submit individual entries in the hope of winning one of the modest prizes on offer.

We didn’t vote on a CoD* this time, but here are a couple of the clues:

Condition to be rejected in kitchen cabinet (4)¹

Broke, alas, and ruined with no money (10)²

Our conversation included, *inter alia*: the origins of Morris dancing; why are unicycles called unicycles?; early Australian art; the stresses of modern grandparenting and multi-generational living.

If you would like to join this very lively and friendly group, please contact me via the web.

*Clue of The Day

¹Acne

²Unsalaries

John Harris-Hall

Current Affairs

Topics discussed this month were:-

Regional Mayors having a tax base

Energy costs

Meningitis hype

Bank holidays

US/Israel Iran war

Ralph Edwards



History

We have just started a new subject, crime and punishment, from the late Anglo Saxon era to the last century. The year 1000 until 1900.

Life was harsh and so was the system of punishment. The Stocks and Gibbet were the common implements. It was a surprise to find that there were no prisons in the Saxon times. The whole village was responsible for keeping order. Justice was dealt with by blood money, different offences against a person had a set price. One example was a severed foot cost 50 shillings. Being guilty of murder was dealt in different ways throughout the country. Guilty in Wakefield you were hanged, in Halifax your head would be cut off.

Next meeting we will continue up to the Tudor period.

Brenda Tibbles

Tai Chi

We have had our second session of tai chi this month and again members enjoyed learning new ways of thinking and moving in a relaxed way. This session, Rachel the teacher helped us to think about achieving better balance, whilst gently exercising.



Members may worry if they have health conditions that may prevent them doing tai chi, however Rachel has a Health Questionnaire that is very useful, and if you want to learn more, please do not hesitate to contact the Group leader Maureen Cavanagh by email on cavanagh_m@yahoo.co.uk

The next session is on Thursday the at 4.10pm on the 23rd of April 2026 in St Benets Hall North Walsham

Maureen Cavanagh

Ten-Pin Bowling



We had a great time with our usual good natured friendly rivalry. There were quite a few strikes achieved, it is great to see the delighted smile appear on the “ strikers” face!

Carol and Sheelagh came for the first time and they assured me they want to come again, that is good. Unfortunately it will be the Easter school holidays next month we are not allowed to play then, so the next date will be May 14th at 10.00am the cost will be £12.00 for 2 hrs including tea or coffee half time. The list will be on the raffle table or email me diane_mulligan@yahoo.co.uk if you wish to come.

Diane Mulligan.

U3Sings



We all enjoyed our March session of U3Sings. David, our brilliant pianist and retired music teacher, took us through several pieces of music including Down By The Riverside and Jonah–Man Jazz which is a popular 1966 “pop cantata” composed by Michael Hurd. It retells the biblical story of Jonah and the Whale is is great fun to sing. 🎵 🎵 🎵

Our next session will be on Thursday, 9th April at 1.45pm in The Sacred Heart Church Room, North Walsham. Come and join us for a first free taster session.

Patsy Tomlinson and Margaret Jeppesen

Wine Appreciation



This month David selected our Wines – a lovely French Selection

With our Scores they were:

- 7.4 Cremant de Bourgogne Brut 12% £14 Sainsbury’s
- 7.6 Muscadet Champteloup 11.5% £11.25 Waitrose
- 7.8 Pouilly Fume Les Clos de Matin 12% £15 Waitrose
- 7.8 Les Nivieres – Saumur 12% £9 Waitrose
- 8.6 La Madone – Vielle Vignes – Fleurie 13% £19.99

Next month (April 9th) Stewart will be choosing our Wines, and Roy and Eva will be hosting us

Cheers !

Roy Tuff

April Walks 2026

Walking Group Coordinator

Chrissie Kimber at rebnikc@btinternet.com



Friday April 10th Start Time 10am start approx. 4 miles

Leader Steve Guratsky

Starting and finishing at the Goat Inn near Skeyton (NR10 5DH). The route is via Scottow Ponds and Swanton Abbott.

There's an optional lunch afterwards at the pub. I'll take food orders and phone them through before we start the walk. We can park at the pub. If people can share cars, that will help to avoid us taking over too much of the car park.

Dogs are welcome on the walk and at the pub but there may be livestock on the route; if there are, dogs will need to be on leads for those parts. We may also have to cross some stiles.

Tuesday April 21st start time 9:30 approx 5.5 miles

Leader Liz Dawson

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