

Lowestoft u3a Newsletter



Registered Charity 1001662

March 2026

Another short mat bowls group



The welcome return of Family History



A second Art for All group



New group

SOLO



Each edition we would like to throw a spotlight on a different group and find out what they have been doing since our previous edition.

This time our spotlight falls on the Walking groups and their winter walks



Meet our new
chairperson
Christine Mills

This is your newsletter

Do you like the layout or think there is something missing that would improve it. Maybe you have a favourite recipe you would like to share or you would like your group put in the 'spotlight'.

If you would like to contribute in any way contact us, by email at newsletter@u3a-lowestoft.org.uk or just speak to us, we're really approachable.



Two

New Pilates groups have arrived!

Remembering

Many of our members will be saddened to hear that Ron Hemp has passed away. Ron was a long-standing member of Lowestoft u3a, having joined in 1992. For many years he organised trips abroad for members, and in recognition of this contribution he was made an honorary member.

Although he had not attended group meetings in recent years, Ron remained a familiar presence through his regular contributions to our Newsletter. His beautiful paintings — and the occasional article about his travels — will be remembered by many. Even if you did not know Ron personally, you will almost certainly have seen his artwork. He raised thousands of pounds for various charities, including the James Paget Hospital, through the sale of his artwork. Ron's creativity, generosity, and long association with Lowestoft u3a will be fondly remembered

We were very sorry to hear of the recent passing of Mel Canham, one of our earliest and most dedicated members. Mel joined Lowestoft u3a in 1991 and contributed greatly over the years. Many will remember him for leading the German group until it closed during the pandemic, as well as for his long-standing involvement in the Music Appreciation group. His funeral was held at St. Peter's Church, Gunton. Mel will be fondly remembered by all who knew him.

Many of you will remember former member Mona Ward, who recently passed away at the age of 94. She was part of Lowestoft u3a for many years and especially enjoyed taking part in the organised trips. Mona was laid to rest in Lowestoft Cemetery, and donations in lieu of flowers were given to the East Anglian Air Ambulance.

Delwyn Long was already leading a busy and active life—full of clubs, groups, and fundraising for Macmillan—when she joined Lowestoft u3a two years ago. She quickly became a familiar face, taking part in the Walking, Social History, and Talking Books groups, and was a regular at our monthly meetings.. Delwyn especially enjoyed the talk on Norwich Museum and the celebratory afternoon tea last summer . She always brought her enthusiasm and kindness to every gathering. Sadly, Delwyn passed away in January age 89. She will be deeply missed by all who knew her.

Audrey Secret was another long-standing U3A member, joining around 1990. The friendships she made became an important part of her life. She was an active member of the Singing, Craft and Keyboard groups—later going on to lead the Keyboard group. She joined the Music Appreciation group when it met in South Lowestoft and continued attending after the group moved to St Margaret's Church, supported by members who kindly offered her lifts. Audrey always looked forward to her meetings and was able to attend until very recently, when her health deteriorated and it became too difficult for her to continue. She will always be remembered with great affection by all who knew her.

The charity that Audrey supported, along with some lovely photos and memories, can be found on the webpage created in her memory.
: <https://audreysecret.muchloved.com/>

Chairs Report



Welcome to my first ever Chair Report, and hopefully many more to come. I would like to thank the outgoing Chair, Ray Willett, for the time and commitment he has given to Lowestoft u3a and is still continuing to do so.

I would also like to welcome to the Committee, Jeanne Sole as Vice Chair and Julie Walker as Treasurer.

Our Newsletter Editor, Viv Loney, after many years at the helm, has decided that she is going to step down from the role. The Committee would like to thank her for the dedication she has shown in producing our Newsletter. I am pleased to advise that Brenda Slight has agreed to take over the role of Newsletter Editor, and I think you will agree Brenda has done an amazing job on her first edition.

The Committee is seeking a Vice Treasurer; if you feel you are able to assist Julie, then please contact either myself or our Secretary, Muriel.

I am sure you will agree that 2025 saw a year of growth for Lowestoft u3a. More members and more groups. The Committee has worked very hard and aims to work along those lines for 2026. I would like to thank our Group Leaders for contributing to a very successful 2025. We also had two excellent social events last year, one celebrating the 80th Anniversary of the end of WWII and a Christmas Breakfast. We will hold two social events this year.

The first is a Summer BBQ at Parkhill Hotel, Oulton, NR32 5DQ on Wednesday 10 June, 1.00pm for 1.30pm until 5.00pm. There will be a raffle, quiz and entertainment. Tickets are £15 and the event is open to members, family and friends, adults only.

As mentioned, we have some new groups. Solo, Family History, a 2nd Short Mat Bowls Group, and 2 Pilates Groups. We do have some other groups in the pipeline. More news on these groups will follow. We are always looking for ideas for new groups. If you have any proposals for a group and think you could also run a group please contact our Groups Co-Ordinator, Paul. It's very easy to run a group and the Committee will always be on hand to assist. Of course, you can share the running of a group with another person.

2026 promises to be an exciting year, so come along and join in. The Committee look forward to seeing you.

Christine Mills



What's in a name?

Why SOLO they said? Why not MOTO (Members on their Own) like Beccles? And even, what does it stand for? If it is to be SOLO, then why not SOLOS as there will (hopefully) be more than one? Could it be a play on my name?

To me MOTO and SOLOS smacks a bit too much of "Billy-no-Mates" which unfortunately is how many of our potential members feel anyway and which it is our aim to change. Much as I will admit I quite like the connection to my name (not egotistical at all!) it was definitely not intentional.

The fact is, SOLO is not WHAT we are but HOW we are.

Would-be pilots have to fly SOLO, there are SOLO yacht races. The first SOLO flight across the Atlantic, SOLO round the world sea voyages and in fact anything accomplished single-handedly or SOLO is an accomplishment to be proud of and acclaimed.

Think of a baby's first steps, the first cycle ride without help, the first time swimming without the aid of armbands or a float, the first drive alone after passing your test - all of these are celebrated.

We, at SOLO, celebrate coping with life on our own and doing it well!

That's why we are SOLO!*

* I was tempted to keep the exclamation mark as well but apparently that is a very 'Boomer Generation' thing to do and which younger readers may find aggressive!



Since our initial get together in August last year and our first 'proper' meeting in September we have gathered more than 30 members under our SOLO umbrella. Not everyone can attend the monthly meetings at Colville House due to other commitments but we do not turn anyone away as long as they are SOLO. Normally our meeting ranges from 12 – 20 people. In addition we have an informal get together once a month at The Wherry which usually concludes with some staying on for a meal – and very jolly occasions they are too!

We make full use of WhatsApp for keeping in touch with everyone in the group and enabling social events to be arranged. I stress that these events are not arranged centrally but individually and have included:

- a visit to the Art Exhibition in the park last year followed by coffee in the café
- visits to The Marina Theatre and The Seagull Theatre for a variety of performances
- meals out locally either before or after theatre visits
- Tunes on the Terrace at The Wherry
- a selection of Fun Lunches at the Wherry already booked for this year.

The common denominator in all the things we do is FUN! Anyone who attended the Christmas Breakfast will confirm that we SOLO-ists like to laugh a lot and long may we continue to do so.



Jeanne Sole

What's Cooking ?

Leek and Mackerel Pasta



If you have a tried and tested recipe that you would like to share with our members. Just send it in and we'll do our very best to fit it in.

- * Serves 2
- 150g pasta
- 2 leeks, thinly sliced
- 350g cheese sauce
- 1 tsp dill or chives
- 2tsp Dijon mustard
- 1 tin of mackerel, drained
- Italian grated hard cheese

- * Preheat oven to 150c.
- Cook pasta in saucepan of boiling water until tender.
- Add leeks to the saucepan last three minutes of cooking.
- Drain pasta and leeks, add mackerel, mustard and dill (or chives).
- Gently stir in cheese sauce.
- Place in ovenproof dish, sprinkle top with Italian grated hard cheese, bake for 15 mins until golden brown.
- serve and enjoy!

Chris

It's time for our Tea Break Quiz!

Take a moment, top up your tea, and get your thinking caps on —
Nothing too serious, just a bit of fun but no Googling!

1. A 'parliament' refers to a group of which animals?
2. Who lived at 52 Festive Rd?
3. Who is the patron saint of 'lost things'?
4. Who designed 'The Angel of the North'?
5. Can you remember the name of the Cockerel that visited Lowestoft last year?
6. What year did Benjamin Britten die?
7. 'Boz' was whose pseudonym?
8. Who was the 'politician' daughter of Vera Brittain?
9. What was the name of Long John Silver's parrot?
10. Which musical features the song 'You'll Never Walk Alone'?

Sudoku

	8				6	1	3	
	6		4		1			7
1			8		3			
	3		6				8	1
2					7			4
		6		2				3
			5	6		4		
	7						1	5
8		4		1				2

Group Schedule

Monday			
Writers Group ***	10.00 - 11.30	Colville House	2nd & 4th Mondays
Scrabble	10.00 - 12.00	St Marks Church O.B	2nd & 4th Mondays
Social History	10.00 - 12.00	Colville House	3rd Monday
Art for All	13.30 - 15.30 group 1 13.30 - 15.30 group 2	Colville House	1st & 3rd Mondays 2nd & 4th Mondays
Bookworms	14.00 - 15.30	Colville House	2nd Monday
Table Tennis	14.00 - 16.00	United Reform Church	Weekly
Computer Clinic	14.00 - 16.00	Colville House	1st & 3rd Mondays
Tuesday			
Walking Group 2 ***	10.15 - 12.00	See website	2nd & 4th Tuesday
Country Dance	10.00 - 12.00	St Marks Church O.B	1st & 3rd Tuesdays
Spanish	10.30 - 12.00	On-Line	Weekly
Lunch Group ***	12.00 - 14.00	Various	1st Tuesday
Bridge	13.00 - 15.30	Colville House	Weekly
Canasta	14.00 - 17.00	Colville House	Alternate Tuesdays
Family History	14.00 - 16.00	Colville House	2nd Tuesday
Wednesday			
Short Mat Bowls ***	13.15 - 15.30	Colville House	Weekly
Mixed Craft ***	13.30 - 15.30	Colville House	Weekly
Talking Books	10.00 - 12.00	The Coach House	1st Wednesday
Monthly Meeting	10.00 - 12.00	Avenue Hall	Last Wednesday (not Jul ,Aug & Dec)
Jigsaw Swap	10.10-10.30	Avenue Hall	Last Wednesday Oct-Marc
Pilates	13.15 - 14.15 group 1 14.30 - 15.30 group 2	Oulton Community Centre	Weekly £5 per session
Thursday			
French Improvers	10.00 - 12.00	Colville House	Weekly
Music Appreciation	10.00 - 12.00	St Margret's small hall	Weekly
Walking Group 1 ***	10.15 - 12.00	Various (see website)	2nd & 4th Thursdays
Quiz Group	14.00 - 16.00	Colville House	2nd Thursday
Whist Group	14.00-16.00	Colville House	1 st Thursday

Continued


Group Schedule continued

<u>Friday</u>			
Art Appreciation	10.30 - 12.00	Colville House	2nd & 4th Fridays
Rummikub	13.15 - 15.30	Colville House	Weekly
Bridge	13.30 - 15.30	Colville House	Weekly
Solo	14.00 - 16.00	Colville House	2nd Friday
Short Mat Bowls	13.15 - 15.30	Colville House	Weekly
<u>Saturday</u>			
Coffee Morning	10.30 - 12.00	Kensington Garden Cafe	1st Saturday
*** indicates group full Waiting list available			



Pilates will be £5.00 per session .

Most other groups are either £2.50 per session or a voluntary contribution of £1.00 when applicable. See each individual group's website page for details



Groups Co-Ordinator - Paul Payne
 email : groups@u3a-lowestoft.org.uk
 Phone 07767431565
 Website : <https://lowestoft.u3asite.uk>



Do you know what this is for?

Help Needed



MANY HANDS MAKE LIGHT WORK IF YOU JOIN RUG

RUG is the acronym for our newly set up REALLY USEFUL GROUP.

As you are aware Lowestoft u3a promote ourselves at various events throughout the year. We also hold social events. We are looking for members who do not want a regular commitment but would be prepared to pitch in and lend a hand as and when required at our events.

It would help Lowestoft u3a enormously to have a pool of members to call upon to lend a hand when needed. No specific skills are required. The only criteria we ask for joining RUG are a friendly manner and a willingness to be helpful, and those two attributes apply to everyone in Lowestoft u3a.

If you are interested in joining RUG, then please contact:

Lynne, Publicity Officer – publicity@u3a-lowestoft.org.uk
 Christine, Chair – chair@u3a@lowestoft.org.uk



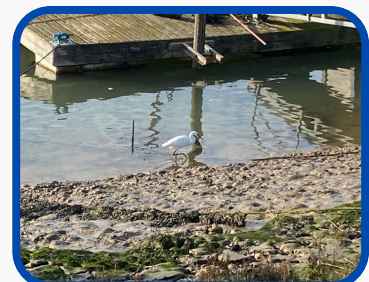


Southwold to Reydon

Back in November Group 1 Walkers enjoyed a truly memorable walk starting at Southwold Harbour and heading towards Reydon along the public footpath beside the River Blyth. Despite the time of year the walk felt more like early spring, with warm sunshine and a vibrant colour all around us.



We followed a peaceful country footpath bordered by gorse bushes ablaze with bright yellow flowers- a surprising and cheerful sight for November. Along the route, we paused to read several informative boards, learning more about the local wildlife, the area's historic sea defences and an interesting Footpath project run by Southwold and Freshwater Angling Preservation Society



As we approached the Old Hall Cafe we passed fields dotted with forgotten pumpkins- those that hadn't quite made it to Halloween celebrations. The cafe was a welcome stop, and we enjoyed sitting outside in the sunshine, taking in the beautiful views across the surrounding countryside.

On our return to Southwold Harbour we discovered further information about local wildlife, including the impressive Marsh Harrier. Walking along the high raised path between the River Blyth and open fields, we were accompanied - at a distance - by a herd of curious cows moving in a long trailing line within their own field. Our raised position cast a striking elongated shadow across the grassland below. And did we spot any wildlife we'd been reading about? We were delighted to get a close view of a Little Egret, providing a perfect end to a thoroughly enjoyable walk.



A wonderful reminder that even late autumn can deliver sunshine, colour and memorable moments when explored on foot.



Walking Around Lowestoft



This walk by Group 1 was quite different from our usual countryside rambles through fields, muddy paths, and riverbanks. Instead, we followed a more urban trail through the heart of Lowestoft — no muddy boots today! Despite the change of scenery, it was a fascinating route celebrating local nature, history, and even climate innovation. We began in Normanston Park and made our way toward the town's newest landmark, the Gull Wing Bridge — a rolling bascule bridge spanning Lake Lothing and currently the largest of its kind in the world. Just before crossing, we discovered a beautiful mural of a Norfolk Hawker dragonfly. It's part of the Suffolk Wildlife Trust's Wild Mural Trail, a series of eight murals painted by street artist ATM, celebrating the wildlife of Carlton Marshes and the many species that call it home. These murals are dotted around Lowestoft and the Oulton Broad Area.





Walking Around Lowestoft



BRITTEN AS A BOY
Benjamin Britten was born in Lowestoft on 22nd November 1913. He became one of the leading composers of the 20th century. This statue of him as the tender age when his talent was recognised and encouraged will inspire generations of Lowestoft children to follow their dreams.
"What bliss is home!"
By Norman Dean, 1974 aged 11

Heading toward Kirkley on the North Sea side of the bridge, we enjoyed a great view of the old original Lowestoft bridge to our left. As we entered Kirkley we passed the site of a 17th–18th century windmill known as South Mill, which once stood at the edge of Lowestoft’s South End Common. Walking through the heart of Kirkley along London Road South, a brightly coloured community garden caught our eye. From there we continued to the seafront, where the offshore artificial nesting structures — fondly known as “Kittiwake hotels” — were clearly visible. Along the promenade, flags fluttered in honour of those who had fought so valiantly for our country. Just before our refreshment stop at The Thatch Restaurant & Coffee House, we came across Lowestoft’s latest historical statue: a 12-foot bronze figure of Benjamin Britten as a boy, gazing out to the sea that inspired his music in his hometown. After a well-earned break, we retraced our steps back to the Gull Wing Bridge, this time taking the Oulton Broad side. We passed the Suffolk County Council offices to our left, where a patch of wasteland was filled with new wheelie bins ready to be delivered to residents as an additional fourth recycling bin. Then, just as we stepped off the bridge, a peculiar rocket-like tower came into view. This turned out to be a pilot carbon-capture project, using pioneering technology to extract carbon dioxide directly from the atmosphere for storage — a glimpse into the future of climate solutions. We completed the walk back at Normanston Park, where we had begun. All in all, a fantastic walk, rich with local interest — from history and wildlife to cutting-edge innovation.





Christmas Breakfast 2025

A very successful Christmas Breakfast event was held on 10 December at the Coach House in Carlton Colville for our members, friends and families. The Coach House did us proud with a full English breakfast, unlimited tea/coffee/fruit juices, and if you were still hungry, you could have a pastry or two. Of course, vegetarians and those with dietary requirements were also very well catered for.

The Hedley Suite was decorated to perfection for the Christmas season and every table had a beautiful centre decoration. Christmas music was playing in the background to completely set the mood and put everyone in the Christmas festive spirit.

The lucky ticket draw was won by Margaret Nunley. Margaret won tickets for two for a Sunday carvery at Avenue Hall. A table top quiz put together by Steve Prentice was a bit different from the norm, in that members had to guess the well known saying from a sketch. Lynne Bergin's table game was again a popular hit. What can she come up with next year?

The morning ended with a raffle with lots of prizes.

All in all, it was a very pleasant morning which everyone thoroughly enjoyed.



Christmas Breakfast 2025





The demise of the 'Post Box' toppers?



The postbox toppers created by the mixed craft group now seem a distant memory to many of us.

The 17 toppers caused quite a stir around the Lowestoft area when they appeared to celebrate National u3a Week.

How things have changed in the postbox world since then!

Across the country, new solar panels have transformed the traditional round postbox into a combined parcel and letter receiving vessel.

Unfortunately, this also means that nothing can be placed on top of the box where the solar panel is fitted.



The u3a postbox creators had plans for Christmas 2025 to place a few festive toppers at a couple of the major supermarkets, and another had even been requested by the Post Office themselves for their sorting office. Then the dreaded black cling-film wrap started to appear on postboxes in the area. Which one would be next? Nobody knew. Not even the Post Office could tell us the full list of targeted boxes, though sadly they did confirm that the box outside the sorting office would become a solar-panel postbox before Christmas. That was one topper crossed off the list. By November, Tesco's postbox—which had so proudly displayed the honey bees in September—was also covered in black cling film. What did the postbox creators do, you may ask? They used their initiative and asked Tesco if their festive postbox topper could be displayed inside the supermarket instead. And so, this tale finally has a happy ending. Christmas 2025 saw two beautiful postbox toppers in the area: one inside Tesco, and the other placed on the indoor postbox at Morrisons, where no sun would ever touch a solar panel. So while Lowestoft will probably never again see 17 of its postboxes decorated so proudly by Lowestoft u3a, maybe—just maybe—a few will receive that special, privileged upgrade once in a while in 2026

(meanwhile in Kirkley.....)



Christmas Tree Festival



Last December, the first ever Kirkley Tree Festival brought a real sense of festive community spirit to St Peter and St John Church in Pakefield. Lowestoft u3a were proud to be invited to take part alongside other local organisations. Members of our mixed craft group decorated three Christmas trees, using a wide range of much loved craft techniques to create bright, cheerful handmade decorations. Displayed throughout the festive season, the trees were enjoyed by visitors of all ages and added to the welcoming atmosphere of the church.

The group also helped spread festive cheer beyond the festival itself by providing boxes of extra decorations for children to take home, encouraging creativity and helping families add a handmade touch to their own Christmas celebrations.



Lily Siggins
Art for All

Fraud and Scams

Members of the Social History Group who also belong to SOLO felt their February talk on 'Fraud and Scams' would be useful for both groups, so they invited SOLO to join them.

Senior Personal Bankers Sue Harris and Katy Callow from NatWest led an eye-opening session about how scammers try to win our trust and steal money. They reminded us that scams take many forms, all designed to catch us off guard. Sue and Katy shared common signs to look out for and encouraged everyone to take a moment to **PAUSE** and think.

POSITIONING – “Your details have been compromised.”

AUTHORITY – Claiming to be from your bank or a trusted company.

URGENCY – “Act now or your money may be at risk.”

SCARCITY – Limited-time offers or hard-to-get items.

EMOTION – Threats or pressure designed to cause fear.

It's always okay to say **No**. The session sparked plenty of questions and personal stories, helping everyone feel more informed. A very helpful morning – and a reminder to **PAUSE** if something feels wrong.



Quiz Answers

1. Owls
2. Mr. Benn
3. St Anthony
4. Antony Gormley
5. Cornelius
6. 4th December 1976
7. Charles Dickens
8. Shirley Williams
9. Captain Flint
10. Carousel

4	8	5	2	7	6	1	3	9
9	6	3	4	5	1	8	2	7
1	2	7	8	9	3	5	4	6
7	3	9	6	4	5	2	8	1
2	1	8	9	3	7	6	5	4
5	4	6	1	2	8	7	9	3
3	9	1	5	6	2	4	7	8
6	7	2	3	8	4	9	1	5
8	5	4	7	1	9	3	6	2

If you enjoy quizzes don't wait for our next edition! There is a monthly quiz at Colville House on the 3rd Thursday of the month starts at 2pm. Why not come along and give it a try?

Our Local Beach-nesting Birds

The beach between Pakefield and Kessingland, below Heathlands and The Hollies Holiday Parks, has been home to a colony of Little Terns most summers for many years. Sadly, the number of Little Terns at the site has decreased significantly since 2021 but over the same time Avocet numbers have increased gradually, from a single nesting pair in 2021 to 15 pairs in 2025! Ringed Plover numbers have remained constant, at around 12-15 pairs each year, while Oystercatchers have increased slightly.

The birds' favoured area, which includes a small lagoon, is directly between the sea and the steps down from the above-mentioned holiday parks, so they would have very little chance of raising their chicks if the RSPB didn't put up fencing every year to protect them, as well as signs giving information to the public. The fence is put up primarily to protect the Little Tern, which is an endangered species, but the other beach-nesting birds also benefit from it.

However, the fence alone isn't enough – there are so many other things which can prevent the birds' breeding success. Dogs off the lead, kites, drones and even kite-surfers are all seen by the birds as potential predators, causing them to fly up from their nests to chase them off, leaving their eggs or chicks unprotected and therefore vulnerable to real predators, such as crows, gulls, kestrels and hobbies. Also, because space is limited at the lagoon, some of the adult Avocets escort their chicks away in search of better feeding, and this can lead to them getting separated. Last summer, one tiny Avocet chick was rescued from the sea by a local man who was fishing from the beach at Kessingland. Acting on advice from a member of Wildlife Wise, he brought it home, dried it off and then took it all the way to East Winch Wildlife Centre (near King's Lynn). What a hero! The chick was looked after at East Winch until it had fledged and was ready to be released.



Photos: Thank you to William Searle for avocet chick, and Karen Ledgerton for the remainder

Our Local Beach-nesting Birds, continued

Volunteer wardens on site can help keep disturbances to a minimum, by talking to beach-users about the birds, encouraging them to give the birds the space they need, and asking dog-walkers to keep their dogs on a lead in the area. Sadly, though, there are not enough of us to be there all day every day during the breeding season.

Despite the odds being stacked against them, the 15 pairs of Avocets last year are thought to have raised a total of 26 chicks, and 6 pairs of Little Terns raised 8 young. The Ringed Plovers were also successful, but the Oystercatchers were less so, with only 1 fledgling from 2 pairs.

If you have time on your hands and enjoy being out in nature and talking to people, why not consider joining our team of volunteers? Don't worry if you can't tell a Ringed Plover from a Little Tern - full training will be given, and you will be supported at first by an experienced volunteer, who will show you the ropes. The season runs from May to August.

If you would like more information, feel free to contact me: muriel.knowles53@gmail.com.

Alternatively, you can contact Fin Duncan,
RSPB Community and Volunteering Officer: fin.duncan@rspb.org.uk.

Muriel Knowles



Well Being Event

The 4th Annual One Stop Health & Wellbeing Event was held at the Water Lane Leisure Centre in Lowestoft on Tuesday, 20 January. This free community event ran from 10:00am to 4:00pm and featured over 60 stallholders from the NHS, community organisations, and voluntary groups



Highlights of the day included:

- Medical Services: On-site blood pressure checks, pre-booked vaccinations, and NHS health checks
- Support & Advice: Information on financial wellbeing, mental health, and physical activity.
- Interactive Sessions: Free chair exercise sessions and Good Boost taster sessions.

We were delighted to be invited to take part by the event organisers. It provided a wonderful opportunity to promote the wide range of activities we offer and to highlight the many wellbeing benefits of u3a membership. We received a great deal of interest from attendees keen to learn more about what we do, and we hope this will lead to new memberships in the coming months. Thank you to all our members who popped in to say hello, and especially to our RUG volunteers who helped to staff our stall throughout the day. We very much hope to be invited back to take part in next year's event.

Pilates Group Sessions

Our long-awaited Pilates Group started on 4 February, and we have not just one group but two Pilates groups. Both groups meet on a Wednesday afternoon at :

Oulton Community Centre.

You can choose from

1.15pm to 2.15pm or

2.30pm to 3.30pm.



Payment was initially a block of 4 sessions for £20 but after listening to our members, the Committee decided that it would be preferable to operate a £5 pay-as-you-go system for each session.

Your first session is a taster session to see if Pilates is for you; this first session is free.

We have spaces available in both groups and you do not have to have any knowledge of Pilates; all abilities are catered for. No equipment is required as our qualified instructed Jasmin supplies it all. You only need to bring yourself. It's a fun class which will improve your strength, balance and mobility. If you are interested in joining, then please contact our Groups Co-Ordinator, Paul.








The Team is always trying to improve the groups and events they offer.

Do you like any of these ideas?
Is there something you would like to suggest or help with?

WE ARE LISTENING!



Monthly Speakers Meetings

	<p>March 25th 2026</p> <p>Back by Popular Demand! Retired Forensic Scientist Mary Newton will be returning to give us another one of her Forensic Science talks, Rape Part 1 with part 2 following on 24th June</p>
	<p>April 29th 2026</p> <p>Steven Fordham , the Watchkeeper for National Coast Watch Institution Gorleston will be giving us a fascinating talk on the very important job of this organisation</p>
	<p>May 27th 2026</p> <p>Guest speaker Charlotte McMorran-Stock from Redwings Horse Sanctuary will give us an insight into the work that they do</p>
	<p>June 24th 2026</p> <p>We welcome back Mary Newton from our March meeting to conclude her story Rape part 2</p>
	<p>September 30th 2026</p> <p>Tracy Mackness an inspiring woman who overcame a troubled past, including prison to build the successful, award-winning Giggly Pig Company</p>
	<p>28th October 2026</p> <p>AGM and a talk on archery with Willy Rackham</p>
	<p>25th November 2026</p> <p>A Christmas Carol : fun, festive entertainment with Mike Wabe</p>

Committee Contacts

Committee Contacts		
Chair	Christine Mills	chair@u3a-lowestoft.org.uk
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