Lowestoft u3a Newsletter

u3a learn laugh live Lowestoft

Registered Charity 1001662

Autumn 2026

New! Cooking Group

New! Badminton Group

New! Spanish for Beginners

Holiday Writing Competition

Norwich Castle Visit

u3a York Festival

Lily's Kitchen

New! Yoga-Chi

u3a Week 19-27 September.

Spotlight Social History

Solo Celebrate 1st year



Message from the Chair

Air Ambulance Big Quiz



Remembering

We would like to take a moment to acknowledge and remember the members whose passing we have been informed of since our last newsletter was printed. Their presence enriched our community, they will be warmly remembered and sadly missed.

Rhoda Harrison

Rhoda was a long-term member of our u3a family and a staunch member of the Canasta Group for several years. She was a cheerful player, though she often insisted she had forgotten how to play. That remark was certainly not borne out by her success. She always seemed to have luck with the cards she was dealt and played intuitively. She clearly enjoyed the company, the challenge of the cards, and especially the tea and homemade cakes. Rhoda was always grateful for assistance and support from others in the group.
A lovely, charming lady who will be missed.

Verity Seago

It is with great sadness that we share the news of the death of Verity who passed away on 5th August following a heart attack.
Many of you will remember her fondly.
She was a dedicated member who served on the committee as Treasurer.
The u3a was well represented at her funeral service, held at The Gunton Woodland Burial Park, where members gathered to pay their respects and celebrate her life.
She will be greatly missed.

John Logan

John was a fairly new member to our group, joining in July 2025.
He joined primarily to learn to play Bridge and, unfortunately, he didn't attend many sessions before he became unwell.
He will be missed.

Dorothy 'Dot' Davis

Prior to joining the Canasta Group, Dot had been a member of the Line Dancing Group.
She was an ever present member of the Canasta Group, until the onset of dementia. A really able player and a good partner too. Dot valued the company of others and sadly has already been missed.

Message from the Chair

Welcome to the October edition of Lowestoft u3a Newsletter. I hope you all had a great summer and enjoyed the lovely sunshine, although at times it was just a bit too hot.

A lot has happened since my last report. We now have quite a few new groups: Cookery, Knit & Natter, Spanish for Complete Beginners, Badminton, Board Games and Yoga Chi. Please contact our Groups Co-Ordinator, Paul Payne, if you would like to join any of these groups. And, as always, if you have any suggestions for a new group, we would be very pleased to hear from you.

Some more good news, we now have an Excursion Organiser, Jane Dudley. Jane will be putting together a programme of outings for next year and if you have any ideas, she would very much like to hear from you. Please forward all suggestions to the Chair, chair@u3a-lowestoft.org.uk. More about Jane features in this Newsletter.

We had lots of entries for our Short Story Competition, and I can announce that the winner is Ros Lyons, who will receive a book token. Well, done Ros. The winning story is featured in this edition of our Newsletter. Ruth Clackett was runner up. Thank you to all those all took part. A special thanks to Irene Sergent and Trevor Shurmer, who took the time to judge the entries.

After many years running our Walking Group 1, Bridget Holmes-Newbery, has decided to step down from the Group Leader role. The Committee would very much like to thank Bridget for all her hard work and devotion over the years in running this very successful group. She will be missed.

We are looking for someone to run a new Strollers Group. This group is for those a bit less active but would like to take part in short walks. Of course, there is always a coffee and slice of cake at the end of the walk.

If you think you would like to run Walking Group 1 or a Strollers Group, please contact Paul, our Groups Co-Ordinator.

We say farewell to Karen Taylor, the Committee's Minutes Secretary. Karen has been our Minutes Secretary for many years but has decided that it's time to resign from the role. We welcome our new Minutes Secretary, Lindsay Hanger and our new Vice Treasurer, Stephanie Skwarka to the Committee.

Finally, I would like to wish everyone on behalf of the Committee, a very Happy Christmas and a Prosperous New Year. And, to a successful Lowestoft u3a 2027.



Chris

Christine Mills
Chair

chair@u3a-lowestoft.org.uk

Lily's Kitchen

CHICKEN WITH HONEY AND MUSTARD SAUCE



For a Single Portion

1 breast of chicken
4ozs plain flour
Salt and pepper
1 tablespoon cooking oil and 2 ozs. butter
250ml white wine
(or 250ml water and 2tbls lemon juice)
125ml double cream
1 tsp wholegrain mustard
2 tablespoon honey
1 chicken stock cube

1. Season flour with salt and pepper and coat chicken breast.
2. Fry in oil and butter, brown on both sides, skin side first.
3. Add wine, or water and lemon juice, and chicken stock. Bring to the boil, cover with a lid and simmer for 20 minutes.
4. Remove chicken from pan and keep hot.
5. Reduce liquid till just covering pan, add cream, mustard and honey and gently cook for 5 minutes.
6. Taste - you may like more honey or lemon juice.

Serve with fresh veg or rice.

Quiz Time

Sudoku

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

Quick Quiz

Something fishy here!

1. Don't get a loan from this fish
2. Type of tie from the 60's/70's
3. Is this clue a red one?
4. Troy Tempest's vehicle
5. St Peter's fish
6. Tintin's fishy companion
7. Swashbuckling fish
8. 'Old fashioned' party game
9. Set a sprat to catch this ?
10. Are you struggling ? Can't decide?
11. Essential footwear for Starlight Express?

The Annual Open Day













A Wonderful Success!

Our Annual Open Day was held at St Margaret's Church Hall, Hollingsworth Road on Wednesday 8th July, from 10.30am to 12.00pm. Many of our Groups were represented, showcasing examples and displays of their work. The event was extremely well supported by current members and an impressive number of visitors.

We are delighted to share that the day resulted in a boost of approximately 30 new members joining us.

Well done, everyone — and thank you for all your hard work.

And a very warm WELCOME to our new members



Trip to Africa Alive





Lowestoft u3a had been invited by the DWP (Dept of Works & Pensions) to an event at Africa Alive, for the over 50s living in the Lowestoft and Leiston areas. It was an introduction to the zoo's turtledove breeding programme and to enjoy a day at the zoo. The event was free and was aimed at supporting mental health, wellbeing and preventing isolation in the elderly.

A group of around 20 members from Lowestoft u3a attended on Thursday, 3 September. It was a lovely day. The weather was perfect. We were made very welcome by Africa Alive and the representative from the DWP. After an introductory talk, we were taken to Waders' Lake in the hope of seeing turtledoves. Of course, with a crowd of people chatting away, we did not see any, just a couple of ducks on the lake. We were then left to our own devices to wander around the zoo.

We more or less had Africa Alive to ourselves as the school summer holidays are now over and it was very empty. And, the animals did not disappoint. We saw the new lions, three young brothers, who had been playing with cardboard boxes. Bat eared foxes running after food and a serval jumping for his food. The two cheetahs were sunbathing right next to the fence and the rhinos were rolling in the mud. I'm sure David Attenborough couldn't have asked for more.

Everyone thoroughly enjoyed themselves and we came away with lovely memories of a wonderful day out at the zoo.



Christine Mills
3 September 2026

Art for All









A selection of work by just a few of our members, using a variety of media.
They were inspired by the theme 'Our Pets'.



Earlier this year, we welcomed Jan Lacey to one of our meetings. she demonstrated a range of watercolour techniques she finds particularly effective.
Jan especially enjoys painting flowers and shared many helpful insights into working with watercolours. Her top tip was simple but essential: , 'Always use good-quality paper'.





Lily Siggins







Summer with the Soloists



August was a busy month for the SOLO group, with members taking full advantage of the sunshine. The first excursion was a cruise up the river to North Cove with the intention of calling at The Three Horseshoes pub for lunch but, not surprisingly ,the moorings were full and we had to divert to the Waveney River centre, where a very pleasant afternoon was spent on the terrace in the sunshine.

We had a well attended coffee morning in the shady and quirky courtyard of Café 142, which hopefully will be repeated. Definitely the highlight of the month was a trip on the Big Dog ferry up to Geldeston. We started the day with breakfast at the Kings Head in Beccles before taking a leisurely stroll to the ferry. Unfortunately as we boarded the ferry the long awaited rain arrived with a vengeance, meaning that our journey up the river was under a canopy of umbrellas but this didn't dampen spirits, nor did it detract from the wonderful scenery and crystal clear waters. On arrival at Geldeston we sheltered in the very welcoming Locks Inn for a really good, entertaining afternoon before catching the ferry back to Beccles. Luckily this time the journey was accompanied by beautiful sunshine.

The informal monthly meet up for a game of musical chairs at the Wherry Hotel was as always very well attended . Another highlight was a Sunday afternoon visit to the Blues Bar in Lowestoft to see the Maisy Joe band. Space was limited but we still managed to dance - laughter and dancing is a combination that's difficult to beat. Every Sunday in August there was entertainment at the bandstand in Everitt Park where some of us met up with our camping chairs and sat in the shade of a tree listening to the music. SOLO members also enjoyed a visit to the seafaring heritage event in Lowestoft and last but not least Pizzas at the Flying Dutchman which looks like becoming a regular event.



The rain didn't dampen our enjoyment!

David Scholey

SOLO



HAPPY BIRTHDAY



When we first suggested starting a group for Solos, we were told it wasn't needed, that the coffee mornings and the (oversubscribed) lunch group would serve the same purpose.
We went ahead anyway , and a year later,
it's become one of the largest and most active groups.
We have learned that people who aren't solo, however supportive they try to be, can't fully understand the day-to-day realities and feelings that come with being on your own,
and we hope it will be a long time before they do.



Lily made us a delicious cake for our celebration Which was soon devoured



The WhatsApp community and the social side of Solo have supported so many people, some who have been bereaved for years, others only a few weeks. Being able to post a message in our private WhatsApp group to see if someone else is at a loose end, or would like to go to the cinema, theatre, or simply out for a drink, has genuinely been a lifeline.
Many members have thanked our leader for helping them through their darker days, and it's clear that Solo has become far more than just a group - it's a source of connection, comfort, and friendship.



To my fellow Soloists: thank you for your understanding, your kindness, your friendship, and the good humour we've shared over the past year.
You've helped make this group what it is.

Happy first birthday to us all.











u3a Week 19-27 September.



Some of our committee members spent a busy Saturday morning at Pakefield Table Top Sale promoting Lowestoft u3a and all the wonderful things that we do.



Welcome to New Excursion Organiser

Hello everyone,

For those who may not know me, I'm delighted to introduce myself as your Excursion Organiser for Lowestoft u3a.

I'm looking forward to putting together a varied programme of outings and excursions that I hope will appeal to as many of you as possible. My aim is to combine interesting destinations with good company, making our trips enjoyable, relaxed and, wherever possible, affordable.

I'd like to include a mixture of cultural, historical and scenic visits—perhaps stately homes and gardens, museums, theatres, exhibitions, historic towns and villages, and other places that are well worth discovering. I'm also keen to hear your suggestions, so please let me know if there is somewhere you would particularly like us to visit.

I hope our excursions will be more than simply days out. They are an opportunity to explore somewhere new, learn something interesting, meet other members and, of course, enjoy ourselves along the way.

I'll do my best to organise trips carefully, taking into account travel arrangements, costs, accessibility and the amount of time available at each destination.

I'm very much looking forward to getting to know more of you and to sharing some memorable days out together. And, going even further forward, the possibility of short breaks in the UK or even further afield

Thank you, and I hope you'll join me on our next adventure!

Warm wishes

Jane Dudley

Committee News

u3a Week – Supporting the East Anglian Air Ambulance Big Quiz

As part of U3A Week, we're delighted to support the East Anglian Air Ambulance (EAAA) in their fundraising efforts. They've invited us to take part in their Big Quiz, and have kindly provided all the questions.

The Solo Group have offered to host the quiz during their allotted time at Colville House on Friday 13th November at 2:00 pm. You're warmly invited to come along — either on your own or with friends. Just £3 per person. There's no need to form a team in advance, as teams will be arranged on arrival.

Refreshments will be available, and all money raised will be donated directly to the EAAA Big Quiz Fund, to help support their lifesaving work.

Come for the fun, stay for the cause - and help make a difference!



Win one of our u3a gift vouchers in the raffle on the day



THANK YOU

We would like to thank Karen Taylor for the help and support she has given the committee as minutes secretary over the past few years.

It has really been appreciated



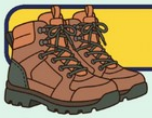
IMPORTANT

Annual Renewals

will be due soon so please note:

When contacting Martin, our Membership Secretary, by post please use his new postal address.

u3a Membership
c/o Colville House, School Road,
Lowestoft NR33 9NB



Ramblers Walkers



Thank You

On behalf of the U3a Walking Groups we want to say a few words about Bridget Holmes-Newbery as she is stepping down from running the Walking Groups after many years as our esteemed leader. Bridget has found so many varied walks in all weathers and always has a welcoming smile as she ticks us off her list before setting off.

So popular had they become that about 18 months ago she had to find someone to lead a second group and luckily John Sayer came forward. Bridget and John often recce walks together so they put in the miles on our behalf twice over!

Bridget finds lovely, often quirky, places for our refreshment after a walk and what started as a cuppa and a piece of cake has moved on to full lunch whilst enjoying good conversations around the tables.



Bridget, we thank you for all your hard work,
enthusiasm and guidance.
May your walking boots not lie dormant.

Sue Trott

Ramblers -highlights





Framlingham castle - March





Snowdrops -
Corton woods in February











Blythburgh walk in July
a group photo outside the
Holy Trinity Church



Walberswick and
Southwold harbour walk
October 2025



Reedham circular walk
September Reedham Ferry,





The tea shed in beautiful autumn
sunshine & Walberswick village centre.

Ramblers -highlights

Leaving nothing but footprints





Model Yacht regattas







A Marsh Harrier

Southwold
Wooden sculpture trail .
Bright but cold day in
February



Sanderling

The timbers used for the carvings came from a locally sourced Nelson Oak tree (named after Admiral Lord Nelson) and a Wellingtonia Tree (Giant Redwood) struck by lightning which required felling, both sustainably sourced from a private Estate in Norfolk.



Walking Groups Update

As many of you will know, our walking groups are going through a period of change. Bridget is stepping down as Group Leader after many years of sterling work, and we need someone willing to step into the role of Group Leader for Walking Group 1.

Over recent months, Bridget and John have been working closely together to research and organise walks, each then leading their respective groups. John currently has a list of around 20 walks within a 15mile radius of Lowestoft, including routes around Bungay. Experience has shown that walks requiring travel beyond 15 miles are not well supported. Unfortunately, unless someone volunteers to lead Group 1, we will only be able to run one walking group. If Group 1 has to close, John will contact its members directly: some may be invited to join the regular Group 2 walks (to keep numbers at around 16), while others may be offered places on a reserve list. Group 2 will continue to meet on the second and fourth Tuesday of each month.

If you would like more detailed information about what is involved in leading a group, please contact John at johnwsayer@live.co.uk or on 07359 308278.

A New Idea: The Strollers Group

It has been suggested that we start a separate "Strollers" group - ideal for members who enjoy fresh air and company but find the current walking groups a little too demanding. The idea is simple: gentle strolls, a sociable pace, and tea and cake at the finish. One example could be meeting at one end of Lowestoft seafront, strolling along the prom, and finishing at Kensington Gardens Café, East Point Pavilion, or any other favourite spot.

Should you need help, John has offered about 10 suitable planned strolls. If you've been frustrated at not being able to join the Walking Group, this is a real opportunity.

To make the group more collaborative, we could also set up a WhatsApp group so members can suggest meeting points, stroll routes, and refreshment stops.

As with our other groups, there would be no set charge - donations would be voluntary, and occasional BACS payments would avoid placing responsibility on any one individual.

Can You Help?

Contact Paul, our Groups Co-Ordinator.
email: groups@u3a-lowestoft.org.uk tel: 07767 431565

New Groups & Venues



The new Jasmin Wellness Studio at Broadland Holiday Village is proving a great hit with the Yoga-Chi and Pilates groups – the former meets at 1:45 every Tuesday and the latter at 1:30 on Wednesdays. Come and see for yourself, no equipment required

Over the summer Paul, our (Groups Co-ordinator), has been extremely busy on our behalf finding new venues and setting up new groups.
Some of the groups were immediately over subscribed, others have been slower to take off.
Why not give some of the new groups a try? There is a wide selection to choose from.

New Groups need new members. Give them a try!

Games Group - first Friday of the month
Knit and Natter - first Tuesday of the month
Spanish for Beginners - twice a month
Badminton - every other week
Cooking - monthly
Yoga -Chi - weekly

Please support these new groups and the committee's endeavours .
And remember : before attending check with Paul for spaces, dates and venue.

Paul is endeavouring to secure the use of Broadlands Swimming Pool and Sauna for our members

u3a Week

19-27 September.

EAST ANGLIAN AIR AMBULANCE MEMORIAL SERVICE



Earlier this year the EAAA decided to hold a Memorial Service in Norwich Cathedral to remember the people they tried to save but were unable to. As part of this they wanted to have something to give to the families attending to commemorate the event and they decided on hand-made flowers.

My daughter is a volunteer for the EAAA and, knowing of our Mixed Craft Group, asked me if they might like to get involved. When asked, they all thought it was a lovely idea and set to knitting with enthusiasm.

The Memorial Service was held on Thursday 24 September with 200 seats reserved. I attended, representing the Mixed Craft Group.

The flowers were very well received and by the time the service began almost everyone in the congregation was wearing one. One mother, hearing that I was involved in the supply of the flowers, told me that hers was going in her son's memory box.

It was an incredibly moving service during which we heard from some of the families and one of the doctors and saw photos which had been sent in by families. The music was inspiring and the lighting of candles extremely poignant.

It was a privilege to be there.

Jeanne Sole

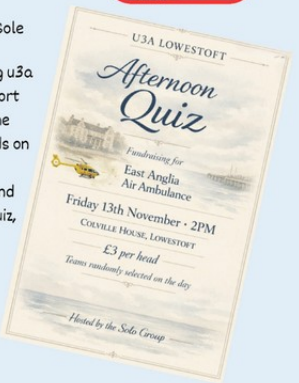


When we realised the service was taking place during u3a Week, we felt it was the perfect opportunity to support the EAAA. With that in mind, we've decided to rally the troops and hold an Afternoon Quiz to help raise funds on their behalf.

We really hope we can count on everyone to join us and show their support. If you're unable to attend the Quiz, please feel free to donate.

Every contribution will make a difference.

PLEASE HELP IF YOU CAN.



u3a Festival 26 York



The 2026 u3a Festival was a lively mix of learning, laughter and unexpected adventure, showcasing the best of u3a spirit - curiosity, camaraderie and good humour. The week began with travel hiccups: delays on the Ely to Peterborough line caused a missed connection, but a friendly fellow traveller heading to Doncaster made the onward journey to York far more pleasant. Arriving on campus brought its own challenges, from missing maps to a keycard that refused to cooperate, and a corridor hidden behind a door marked Flat 1. Eventually, with staff help, my room was found - and soon I was helping another attendee, Isabel, find hers

The first evening set the tone: friendly faces, shared discoveries and the comforting presence of a bar. I met Marion, who guided me to registration, and together we solved the mystery of missing wristbands. "Bolshie with a smile always works!" With wristbands secured, Marion and Isabel and I settled into a relaxed evening and agreed to meet for breakfast.



Wednesday began with a fascinating AI talk followed by a brave attempt at Rusty Voices, where singing in four-part rounds without word sheets proved a challenge. Lunch by the lake offered a peaceful interlude before an excellent Bayeux Tapestry talk. Later we met Izzy, fresh from the Jorvik Centre, and enjoyed coffee, ukulele-backed folk songs, and Wind Down and Sing. The evening brought jazz, ceilidh dancing, football, dinner and a bottle of wine - plus a successful quest to secure Marion a working kettle through 'gentle diplomacy' (Bolshie ... etc!)







Thursday started with a hunt for the AI practical session, which wasn't printed in the programme. A steward tracked it down, and presenters congratulated attendees for finding the right room. The session was a highlight, demonstrating transcription, personalised responses and hands-on experimentation. I even installed Gemini on my phone.
"I AM IMPRESSED."
The day continued with Singing for Fun, an energetic Silver Shimmy workshop, and a superb Rembrandt talk. Wine Appreciation, initially 'a bit stuffy', soon became enjoyable. The evening brought more music, dancing and a delightful moment when I was taught a line dance routine by dance leaders and in return I promised to perform my favourite dance the next day.
Friday began early with room vacating and luggage storage. Meet the Board involved yet another room mix-up but offered interesting insights into u3a's marketing strategy. Dancing for Fun delivered an eclectic mix: Military Two Step, Veleta, Gay Gordons, Dashing White Sergeant, Riverdance, Rumba, Zorba the Greek and Tai Chi to music. Ballroom dancers provided elegant demonstrations while others rehydrated. My festival concluded with joyful line dancing, including the promised exhibition of my favourite dance — to the surprise of participants who seemed to assume I was part of the presenting team. Three hours of dancing made for an energetic finale.
The journey home brought more delays, crowds and a last-minute platform change, but also one final friendly encounter with another attendee. The festival delivered everything I hoped for: learning, laughter, new friendships and plenty of dancing. And yes - I would do it again.

Jeanne Sole



Our Short Story Competition,

How to Make Your Dreams Come True

The sea, blue and inviting, caressed the golden sands. Palm trees swayed to the rhythm of the waves. A smiling sun-tanned waiter in his crisp white apron bent over to deliver...

"Mind what you're doing", a grumpy Derek exclaimed as Grace awoke and rolled over narrowly missing knocking into her husband's hand which was clutching a cup of tea.

"Oh, I was having such a lovely dream. I was on holiday...in Jamaica," Grace sighed and tossed her auburn curls.

"Working at that Travel Agency has addled your brain. It's bad enough that you spend every waking moment drooling over brochures and now you're thinking about exotic holidays in your sleep."

Derek, a stolid, middle aged, bricklayer, actually enjoyed fantasising about holidays too. His ideal getaway would be a fishing trip with his brother-in-law, Dave. They would rent a cabin in Scotland by a loch teeming with fat salmon. He imagined a cosy pub nearby where they could down a few beers and swap stories with the locals. A holiday with his wife at some pleasant seaside resort could be acceptable but "What about my mother?" Grace had said indignantly when he had suggested it. Derek didn't mind his mother-in-law, Margery, but not on holiday. She couldn't help being stone deaf, forgetful and given to repeating stories about her youth, which were not even of the misspent variety.

Grace showered, brushed her hair vigorously, dressed, carefully applied her make up and left for work. The agency had high standards for appearance. When she arrived at the office her younger colleague, Tasha, was already ensconced in the premier suite in discussion with a well-dressed, middle-aged couple. "How about a cruise?" she enthused flipping over the pages of a brochure and pointing with her long, manicured nail, at a picture of a beaming pair, champagne glasses in hands reclining on loungers looking out to sea.

Mr Wright-Jones sat uneasily. He smoothed his greying hair then glanced at his wife before regretfully declining. "My wife doesn't like water." Although rather faded now Mrs Wright-Jones would have been a beauty in her youth.

"A train tour of Switzerland then." Tasha suggested brightly and Mr Wright-Jones perked up "What do you think Kitty?"

Mrs Wright-Jones erupted "I want to go somewhere sunny and warm where you can push me about..." She folded her arms and gave Mr Wright-Jones a defiant look. Grace noticed Mrs Wright-Jones' wheelchair.

"Kitty, Kitty you know what the doctor said, nothing too strenuous. I really can't..."

"You mean you won't. You don't want to go away with me at all, do you, because of this... thing." Mrs Wright-Jones gave the wheelchair a slap, flushed and shed hot tears.

"Now my dear," said Mr Wright-Jones wearily, gently stroking his wife's hand, you know that's not true.

It would be different if our Dolly could come with us... We need...someone," he ends rather hopelessly.

continued

How to Make Your Dreams Come True .....contd.

Grace sprung to life. "I don't mean to interfere but I couldn't help overhearing." Tasha glared at Grace for breaking the cardinal rule about not interfering with each other's clients. She needed the commission from this sale, badly...but Grace wanted something too.

"What you need is an assistant to accompany you. Someone who could push the wheelchair, make all the arrangements so that you both had a good time." Grace beamed at them. Holding hands tightly Mr and Mrs Wright-Jones responded by nodding their heads thoughtfully.

So that's how it was that Grace came to enjoy the delights of Jamacia. Derek went fishing not to Scotland but to quite an acceptable alternative and Margery visited her other daughter. Tasha planned revenge.

Ros Lyons

Looking for Gifts? Birthday or Christmas.



Looking for a thoughtful present or a way to thank someone for their kindness? A membership to Lowestoft u3a is a gift that goes far beyond the moment. It opens the door to new friendships, new skills, and new experiences , from creative groups and learning opportunities to social events and shared interests.

It's perfect for anyone who enjoys staying active, curious, and connected.

Instead of giving something that's used once and forgotten, you're offering a whole year of community, discovery, and enjoyment.

A truly meaningful gift that shows you care about their wellbeing, their interests, and their happiness

Available for just £18- complete in a gift package, from Lynne at our monthly speaker meetings , local community events or message her on publicity@u3a-lowestoft.org.uk

Rape, a short word, long sentence

Over the past year, Carol, our Social Secretary, has arranged a wide variety of speakers who have both educated and entertained us. The speaker who impressed me the most is one who has visited us before, Mary Newton, a retired forensic scientist.

For most of her 40 year career in London, she was the UK's forensic rape Lead Trainer and advisor, giving her exceptional expertise in this field.

Mary returned to speak on her specialist subject under the title "Rape, a short word, long sentence". She started by outlining her significant roles in the early development of the first DNA database and in designing test kits used to recover DNA evidence from crime scenes.

Her presentation described how the Forensic Science Team supports police investigations and the crucial part forensic evidence plays in securing convictions. She addressed the many challenges involved in rape investigations and explained why specific forensic tests are conducted, and how the kits she designed make things easier for all concerned. She told us about her involvement in improving the way interviews with victims are conducted, ensuring a more respectful and supportive process. Finally, she explained that rape is a crime affecting all genders and ages, often leaving victims to endure trauma that can last a lifetime

Throughout her talk, she drew on several major cases she has worked on to illustrate the complexity and importance of forensic science in these investigations.

Although dealing with an extremely sensitive subject, Mary spoke with honesty, tact, and sensitivity, and at times introduced gentle humour.

To all those who were present I would like to ask ...

"Would you like a cup of tea?"





Quiz Answers

Sudoku

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

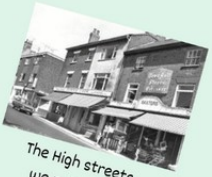
Quick Quiz

Something fishy here!

1. Shark
2. Kipper (tie)
3. Herring
4. Stingray (60's puppet show)
5. John Dory
6. (Capt) Haddock
7. Swordfish
8. Sardines
9. Mackerel
10. Flounder (ing)
11. Skate (s)

Social History Group

People often ask us,
"What do you do in Social History?"
It's surprisingly hard to explain in a single sentence. Our interests are wide-ranging, our discussions lively, and our members span around twenty years in age, bringing different memories, experiences, and perspectives to every session.
So rather than trying to define it neatly, we thought we'd share a few examples of the topics we've explored over the past year.
We are a thriving, friendly group who enjoy investigating social themes, sharing personal recollections, and discovering how everyday life has changed over time. Whether we're talking about school dinners, the rise and fall of the saucy postcard, or the history of voting, every session is enriched by the stories and insights our members bring.



The High streets we remember



Advertising through the ages



Christmas TV past & present



Changing money





The rise & fall of plastic



Lowestoft-Kindertransport



We awarded blue plaques to people of Lowestoft



Donald McGill

Social History - Visit Norwich Castle





A Tale of Two Tapestries

He came, William, in 1066
Buoyed up by tenuous claims of blood line and noble promises
And Papal backing.
We came in 2026
Buoyed up by bus passes, promises of coffee and gift shops
And U3A backing.
He came, William, to conquer and subdue, to kill his rival, Harold and rule.
To demolish homes
And build a castle, a royal palace, on a mound in Anglo Saxon Northwic,
Wooden at first, then limestone from Caen in Normandy.
We came to learn and wonder, to feel the ancient stones
The stories, the lives past.
The Norman Bishop of Bayeux commisioned the tapestry,
Embroidered by Kentish women taking many years
Which has crossed the sea once more.
The friends of Norwich Museum commissioned another tapestry,
Embroidered by local volunteers, taking many years
Which stays where it was made.
The Bayeux tapestry depicts the invasion
Of 1066.
The Norwich tapestry depicts the revolt
Of Hereward the Wake and, later, the Three Earls
Of 1075,
The last rebellion against the last conqueror
Of England.
Come to Norwich castle in 2026
For the galleries of art and natural history, archaeology, collections and displays.
But mostly, come for the history of a royal palace reborn,
A slice of mediaeval life
In England.









Irene Sergent



Social History - Visit Norwich Castle

Norwich Castle's medieval keep reopened to the public on 7 August 2025, following a major £27.5 million redevelopment known as the Royal Palace Reborn project. The Social History Group enjoyed a fascinating and very informative tour of the newly renovated keep, led by Emily, our knowledgeable guide from the Castle Museum.





Developed in partnership with the British Museum, the permanent Gallery of Medieval Life explores three key aspects of medieval society: workers, the nobility and the Church. The gallery contains more than 900 treasures, including over 50 objects on long-term loan from the British Museum, giving visitors a wonderful insight into what life was like during the medieval period.







We are perhaps used to seeing Norman interiors, such as Norwich Cathedral, presented as plain stone buildings. Surviving furniture from the early medieval period has also often lost its original decorative paintwork. However, the Norman, or Romanesque, style was actually colourful, elaborate and ornate. The Normans certainly weren't afraid of a bit of bling!

Walls would have been painted with elaborate patterns, while furniture was brightly coloured and sometimes gilded. Doors featured decorative ironwork scrolls, and colourful banners and tapestries would have hung from the walls. What we experienced inside the Royal Palace reflected this Norman love of decoration and demonstrated the high status of the castle and its occupants





Every element of the recreated palace has been carefully researched and expertly crafted, helping to provide visitors with as authentic an experience of a Norman royal palace as possible. It really brought the history of the castle to life and gave us a much better understanding of how impressive and colourful these interiors would originally have been.







Another exciting part of the redevelopment is that the castle keep's battlements have been made accessible to the public for the first time in more than nine centuries. Our group took the opportunity to enjoy the breathtaking views across Norwich in all four directions. From the battlements we could see Norwich City Hall and the Market Place, Norwich Cathedral and the railway station with its distinctive domed roof. Looking down from above also gave us a completely different perspective of the city's shopping areas.









It was a fascinating visit, combining history, archaeology and spectacular views, and Emily's informative tour helped us to appreciate just how much research and work has gone into bringing Norwich Castle's medieval past back to life.

Lynne Bergin

Mixed Craft









Our Introduction to decoupage

This month Lynne and Sue introduced us to a craft that was new to most of us, but which proved to be really enjoyable.















Over the last few months we have also made baskets from used greetings cards and made material necklaces



We were introduced to 'book folding' where we converted unwanted paperbacks into candles, and many of us tried 'needle felting' for the first time,











How the u3a Boosts Brain Health as We Age



Being a member of the u3a psychology group through Interest Groups Online (IGO) since the pandemic, I have learnt first-hand the benefits of lifelong learning. A recent piece shared via IGO psychology emphasises how staying socially and cognitively active protects the ageing brain. "It is a powerful reminder that keeping our minds sharp directly fosters better physical health and psychological wellbeing."

Learning is often seen as a priority for young people, who need to develop the skills required to thrive in a changing world. Yet learning remains just as valuable in later life. It can help people adapt to changes in health, housing, technology and personal circumstances, while supporting confidence, independence and wellbeing.

Evidence suggests that cognitively stimulating activities, such as learning to use a new app, studying a language, exploring local history or developing a creative skill – may help older adults maintain their mental abilities and remain independent for longer.

This is where u3a plays an important role by providing opportunities for people who are no longer in full-time work to learn together, share their knowledge and pursue their interests in a welcoming and supportive environment. Through local interest groups, talks, workshops and online activities, members can discover new subjects while building friendships and remaining actively involved in their communities. However, opportunities for learning in later life are not always easy to find or affordable. Adults may need to take the initiative, seek out local groups and challenge the outdated assumption that education belongs mainly to the young. The u3a helps remove these barriers by offering accessible, member-led learning in which everyone can contribute as both a learner and a teacher.

An associate professor of psychology has questioned the societal expectation that adults should not learn as intensively as children. They compare adulthood without regular intellectual challenge to one long "summer slide". Research suggests that when older adults learn several new skills in a supportive setting, they can improve both their cognitive abilities and their confidence as learners. The u3a movement puts this principle into practice. It demonstrates that learning has no age limit and does not have to take place in a traditional classroom. By bringing people together to learn for enjoyment, u3a supports curiosity, connection and personal growth – helping members continue to develop throughout later life.

This shows that being part of u3a, whether you meet online or in person, is truly wonderful for your health and wellbeing. It is a fantastic way to stay connected, keep learning and boost your everyday happiness alongside a supportive community.
There is a large selection of groups on IGO to choose from

https://www.u3a.org.uk/interest-groups-online
or via our u3a web site

Carol Craven

Should you wish to join IGO there is an annual fee for 2026/27 of £12 .50 (with a reduced rate later in the year). This is in addition to your normal u3a membership



News. Views & Thank- Yous

Bridget's hung up her leader's hat,
Her boots have earned a rest.
Now we seek a walking star
To guide us on our quest.
If you can stride and smile and chat,
And find good cake spots too,
Then step right up our merry band
Would love to follow you!
Contact
John at johnwsayer@live.co.uk
or on 07359 308278.

A HUGE thank you to Lily Siggins for the amazing cake she made Solo for their Birthday Celebrations

WHY?

WHAT?

WHEN?

STROLLERS LEADER
Cheerful and willing,
to guide our gentle walks (not hikes).
No rushing, no sweating, no speed-record goals —
Just someone happy to shepherd the happy souls.
A wander, a chat, a seaside view...
And cake at the end — yes, that's your cue.
If you can point vaguely in the right direction,
Congratulations — you're our top selection.
contact Paul : groups@u3a-lowestoft.org.uk

contact:
newsletter@u3a-lowestoft.org.uk

This space is just for
you to share your thoughts ,
to make suggestions.
Have an idea?
Tell everyone what it is here ! They may agree.
Need help starting a group?
Post a wanted ad on here.
Thank someone for their kindness
or something else.
THIS IS YOUR PLACE

If you have a question ask it here!

kind words & bright ideas

WE CAN DO IT

THANK YOU!

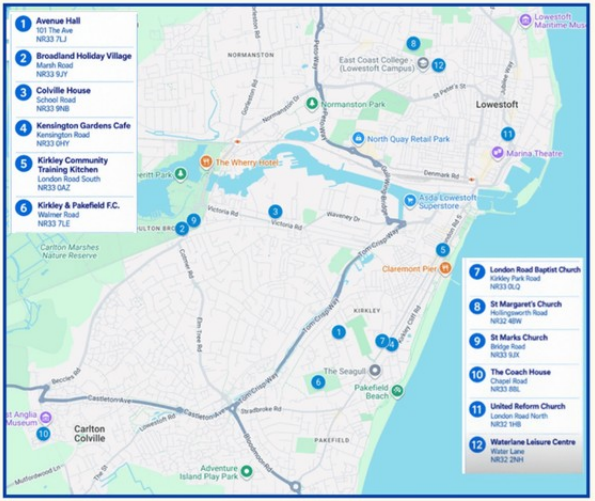
newsletter@u3a-lowestoft.org.uk

Groups Schedule

Monday					
Writers Group	*		10.00 - 11.30	Colville House	2nd & 4th Mondays
Scrabble			10.00 - 12.00	St Marks Church OB	2nd & 4th Mondays
Social History			10.00 - 12.00	Colville House	3rd Monday
Art for All -group 1			13.30 - 15.30	Colville House	1st & 3rd Mondays
Art for All -group 2			13.30 - 15.30	Colville House	2nd & 4th Mondays
Bookworms			14.00 - 15.30	Colville House	2nd Monday
Table Tennis			14.00 - 16.00	United Reformed Church	Weekly
Computer Clinic			14.00 - 16.00	Colville House	1st & 3rd Mondays
Tuesdays					
Walking Group 2	***	V	10.15 - 12.00	See website	2nd & 4th Tuesday
Knit & Natter			10.00 - 12.00	Football Club Walmer Road	10th Nov; 15th Dec - **then check website**
Country Dancing			10.00 - 12.00	St Marks Church O.B.	1st & 3rd Tuesdays
Spanish for Beginners			10.00 - 12.00	Football Club Walmer Road	Alternate Tuesdays – **check website**
Spanish			10.30 - 12.00	Online	Weekly
Yoga-Chi		£5	13.45 - 14.45	Broadland Holiday Village	Weekly
Lunch Group	***	V	12.00 - 14.00	Various	1st Tuesday
Bridge			13.00 - 15.30	Colville House	Weekly
Canasta			14.00 - 17.00	Colville House	Alternate Tuesdays – **check website**
Family History			14.00 - 16.00	Baptist Church	2nd Tuesday
Wednesday					
Short Mat Bowls	***		13.15 - 15.30	Colville House	Weekly
Mixed Craft			13.30 - 15.30	Colville House	Weekly
Talking About Books		V	10.00 - 12.00	The Coach House	1st Wednesday
Monthly Meeting			10.00 - 12.00	Avenue Hall	Last Wednesday
Jigsaw Library			10.00 - 10.30	Avenue Hall	October to March @ Monthly Meeting
Pilates		£5	13.30 - 14.30	Broadland Holiday Village	Weekly
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	***	V	10.15 - 12.00	Various (see website)	2nd & 4th Thursdays
Whist Drive			14.00-16.00	Colville House	1st Thursday
Quiz Group			14.00 - 16.00	Colville House	3rd Thursday
Friday					
Badminton			10.00 - 12.00	Sports Centre Water Lane	Fortnightly
Art Appreciation			10.30 - 12.00	Colville House	2nd & 4th Fridays
Cookery	***	£3+	10.00 - 12.00	Kirkley Community Centre	2nd Friday check website
Games			12.30-15.30	Colville House	1st Friday
Rummikub			13.00 - 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

Groups Schedule contd.

Saturday					
Coffee morning			v	10.30 - 12.00	Kensington Gardens Cafe	1st Saturday
Other Groups					
Cinema					East Coast Cinema	By arrangement
Digital Gardening					Online Group	By members newsletter
Swimming					Broadland Holiday Village	to be confirmed
Sauna					Broadland Holiday Village	to be confirmed
*** Indicates group full -waiting list available				* Limited space at present		
V- Voluntary Contribution			Cookery - £3 + ingredients		All fees are £2.50 unless indicated	



Before attending a new group
PLEASE
Check the time, date and venue on our web site
and availability with Paul

Monthly Meetings 2027

27 JANUARY 2027



MIKE DAVISON – ADNAMS
TALK ON WINE

24 FEBRUARY 2027



ARTIFICIAL INTELLIGENCE OVERVIEW
Ian Hawker – member of East Suffolk u3a

31 MARCH 2027



FRAUDS AND SCAMS – SUFFOLK POLICE
Chris Smy, Police Sergeant, Suffolk County Policing Command, Suffolk Constabulary

28 APRIL 2027



GARY POWELL – ST PAUL'S CATHEDRAL
AN UNUSUAL GUIDE

27 MAY 2027



CHRIS BAILEY
TALK ON LIFE AS AN AUCTIONEER
Chris has been a regular on Homes Under the Hammer and will do a mock auction for us.

30 JUNE 2027



TREVOR AND PAMELA SHURMER
THE LIFE OF GEORGE ORWELL

29 SEPTEMBER 2027



MARY SMITH
A SCHOOLGIRLS WAR

27 OCTOBER 2027 – AGM



JAYNE BIGGS
HEART TO HEART – DEFIBRILLATORS

24 NOVEMBER 2027



STEPHEN POULTER
A TOUR OF SUPERNATURAL SUFFOLK – PART 1

Contact Details

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