

## APRIL/MAY 2026

‘Self-help educational and leisure activities organised for and by older people’

### Editor’s Notes (John Peat)

Welcome to our April/May Newsletter. This is not an error, as I am on holiday at the end of April so will not be able to create and publish. Please try not to be too disappointed! It is still the same layout but some information, such as Coffee Morning dates and Open Meetings go through to June in this issue.

So don’t be too eager to delete your copy.

### KEY POINTS OF INTEREST

Committee Messages	Membership Renewals DEADLINE
u3a Travel	Latest Updates on trips and holiday availabilities.
Membership	Updates
Groups	Potential new groups and a message to Group Leaders
Education Activities	Access to the Third Age Trust national learning events
Notice Board 1	VOLUNTEERS REQUIRED; Wymondham Arts Week and our u3a.
Notice Board 2	Dates for Your Diary
Notice Board 3	Holidays and Coach trips details with 2026 dates, destinations, and itineraries.
Activity Reports	There are no activity reports in this issue.

### 1. Committee Messages

#### 1.1 Chair’s Report (Georgette Vale)

Hello to All Wymondham u3a members.

This is my first report since the elections at the AGM, but let us not get into the debate about whether the official title should be Chair or Chairman. Chairwoman sounds awkward, Chairperson is silly, so the debate is should I take the male title or a piece of furniture. Anything will do!

On the 31st of March I will be attending the memorial service for our first Chaiman Barrie Sullivan who took the chair of the newly formed Wymondham u3a 25 years ago. I knew him well. When Tony and I moved to Wymondham in 1997 we worked full time, but we did attend the evening meetings and weekend outings of WyNG (Wymondham Nature Group) which was led by Barrie and Frances. Barrie was so enthusiastic and knowledgeable about wildlife, nature, and also geology, aviation, opera and much more. He was a polymath.

During the Millennium, my husband Tony was a volunteer with North Wymondham Community Centre, very close to where we live, and he had heard about the u3a movement. I remember thinking “When I get to retire, that’s what I will do.” Tony thought it would be a good thing for the town and to get NWCC used effectively. He got together a working party which included Barrie and look where that has all led to now!

Barrie was very keen on learning new things and helping others to improve their knowledge as well. I intend to continue in that vein. I do remember in the 60s and 70s helping out at “the old folks club” where they went to be looked after. That is definitely not what u3a is all about.

## 1.2. Charity Coffee Morning

Our next charity Coffee Morning will be on Thursday May 7th in aid of Nelson's Journey. Nelson's Journey supports children and young people in Norfolk who've experienced the death of a significant person. Since 1997, Nelson's Journey has helped thousands of bereaved children and young people in the county.

Our own Thursday Coffee Morning Knit and Natter Group were asked by The Nelson's Journey Charity to create Easter Egg chicks for their Easter Egg Hunt held on Sunday March 29th.



As usual we would appreciate the donations of Tombola prizes, cakes, and Jams/preserves.

At this point we should pass on our thanks to Stuart and Elaine Crowther for what they have contributed to running the Tombola and raising significant funds for the chosen charities

Our thanks also go to Carole O'Grady and Heather Moulton who have agreed to take over the running of the Tombola which will take place as usual during the Charity Coffee mornings along with the Produce and Cake stalls.

### Donations

For the next Charity Coffee Morning donations can be made at Thursday coffee mornings throughout April. A Tombola helper will be present to receive your donations with many thanks.

If you wish to arrange donation drops at other times, please contact Carole at [REDACTED]

## 1.3. Membership Renewals LAST REMINDER

This is your last Newsletter reminder about your membership renewal and the payment options available and confirming a renewal fee of £10 (£15 if you want to receive the TAMS Magazine) covering April 1st, 2026, to March 31st, 2027.

Your current membership ENDS MARCH 31ST 2026. If your name is Grace, you have a further 30 days in April. Please do not leave it to the last minute to ease the load on the membership team.

Also, please let us know if you cannot renew your membership, rather than let it run out.

Remember that if you DO NOT RENEW by the end of April, you will lose access to ALL WYMONDHAM u3a activities

HERE ARE THE PAYMENT OPTIONS.

Payment Options

- a) By **Bank Transfer** using your membership number and surname.  
Bank Details    Sort Code: 60-24-52 and Account Number: 14670011
- b) By **Credit/Debit Card or cash** at Wymondham Central Hall during any Thursday coffee mornings (from 9am to 12noon and until 11am on the 2nd and 4th Thursday each month)  
N.B. Although NOT PREFERRED, we can still accept payment by cheque, payable to Wymondham u3a. HOWEVER, you would be helping us minimise our costs by using a cash or debit/credit card arrangement as the bank charges us for each cheque we bank!
- c) By using the online system, which is part of our u3a membership administration system.  
Through this you can create a personal membership account and manage your own personal details should they change. This account will also allow you to renew on-line.

We look forward to seeing that you have renewed your membership!

#### 1.4. Silver Anniversary Celebrations

In 2026 it is Wymondham u3a's 25th anniversary and there will be a garden party in the Summer to celebrate this.

### **The 25th Anniversary of founding of Wymondham u3a Garden Party**

Sunday 26th July 2026 at Shackles Farm, Westcarr Road, Attleborough NR17 1AN

Tickets will be £20 each.

Music by the Dell Boys

## **2. U3a Travel Updates (see Notice Board 3)**

### 2.1. Coach Trips (Kerry Ingram-Smith)

The April and May Coffee Morning Attendance when I can accept bookings/payments for any of the trips.

**April:** 2nd, 16th & 30th

**May:** 7th & 28th

a £10 deposit payable at the Thursday coffee mornings at Wymondham Central Hall secures a booking.

Payment can be made by cash or card. Places can be reserved in advance by email to [outings@wymondhamu3a.org.uk](mailto:outings@wymondhamu3a.org.uk)

Next Three coach trips

Belton House

The start of the summer coach trips is around the corner, visiting Belton House on April 24th. April. There are some spaces still available if you'd like to join us.

Holt and Stody Lodge on May 22nd.

The trip to Holt and Stody Lodge Gardens in May is almost full, with just 6 places available.

Shuttleworth Collection on June 26th.

There are 6 hangars housing vintage planes, vehicles, bikes and buses. Outside, the 9-acre Swiss Garden has plants, structures, statues, ponds and resident peacocks! There's a cafe and shop too, with a free drink voucher included.

### 2.2. Holidays (John Dollimore) See also Notice Board 3

Current 2026 Holiday Status.

There are still rooms available for Devon/Somerset in July, Durham in October and Scotland in November.

There is the possibility of singles, doubles and twins available for all three holidays, but we have to ask the hotel if there are any further enquiries.

## **NEW Contact Arrangements for 2026 holidays**

Any members interested in holidays for 2026 should speak to John Dollimore before the AGM on Thursday 5th March 2026.

After that time, he will only be at coffee mornings for the first one every month, contact will be by email the rest of the time to [jbd.u3a@gmail.com](mailto:jbd.u3a@gmail.com)

Payment will be direct to Cairngorm Travel.

### **3. Membership** (Linda Armour)

#### 3.1. New members

There have not been many new members in March, but currently there are 7 waiting to join in April that have completed the application form and paid.

The March and April new members will formally be welcomed in the next Newsletter at the end of May.

### **DON'T FORGET TO RENEW YOUR MEMBERSHIP**

### **4. Groups** (Christine Thornton)

Hello all,

I have now taken over the role of Groups Coordinator from Stuart, and I must say an enormous "thank you" to him for all his help, advice and support.

I look forward to meeting lots more members, current and new, and being able to share information on our many and varied groups.

#### 4.1. Bus Surfing

There has been a good response (40+) for this new group. Details are currently being finalised.

#### 4.2. Bowling

Discussions are ongoing on the offer from Dell Bowling Club for a U3A group to use their facilities if there is a demand for it from our members.

#### 4.3. Group leaders

if you are at a Coffee Morning please come and say 'Hello'. It will be helpful to know 'who's who'. I will always appreciate any additional information or updates on your group. I hope to be at most Thursday Coffee Mornings, so come and have a chat.

All queries on these, and any other matters regarding Groups, please contact Chris Thornton by email at [groups@wymondhamu3a.org.uk](mailto:groups@wymondhamu3a.org.uk)

#### 4.4. Wymondham u3a Bridge Group (Affiliated to the EBU no 541896) John Dollimore

##### **Bridge Lessons.**

##### a) Improvers

The next 12-week course for improvers starts at 10am on Tuesday 14th April,

##### b) Improving beginners

Starts on Tuesday April 14th at 12.15

##### c) Beginners

There will be no new beginners course this time as there is not sufficient demand

The cost of courses is £48

Contact details

If you wish to anything about the Bridge classes, then please John Dollimore ([jbd.u3a@gmail.com](mailto:jbd.u3a@gmail.com))

#### 4.5. English Country Dancing Taster Session

The English Country Dancing group are hosting a Taster Session which will be held on Tuesday 21st April, 11.00am to 12.30pm at the North Wymondham Community Centre, NR18 0HH. Cost £2.00

English Country Dancing has a long history and rich tradition. It's a form of social dancing in organized sets, such as long lines or circles, which was very popular from the Elizabethan era through the Regency era and remains so today.

The Taster session is open to all U3A members, any anyone thinking of joining the U3A, and is aimed at absolute beginners. You don't need to bring a partner as there will always be someone to dance with. At the session participants will learn some easy beginner dances and basic terms while being introduced to the wonderful benefits English Country Dancing has to offer!

Fun, laughter and a warm welcome await you!

To sign up, please email the Assistant Group Leader, Gaynor at: [gaynorbarnes@tiscali.co.uk](mailto:gaynorbarnes@tiscali.co.uk)

## **5. Learning Activities**

### 5.1. Third Age Trust Courses on-line

If you wish to find out more about this, then please follow the instructions below.

Click on the link below

<https://www.u3a.org.uk/what-we-do/events/educational-events>

You can then view what is on offer and register your interest.

### 5.2. Personal Safety

#### a) Courses

The Committee continue to investigate other suitable topics for future presentations. If you have any ideas based on your own personal experiences that you feel should be shared, then please contact me (John Peat) at [newsletter@wymondhamu3a.org.uk](mailto:newsletter@wymondhamu3a.org.uk)

## **NOTICE BOARD 1: VACANCIES**

To be able to maintain our current successful activities would you be willing to replace and/or enhance our existing team of volunteers.

Our current opportunities are as follows

### **CHARITY COFFEE MORNINGS TEAM**

#### **Enhanced Team**

We are always looking to recruit additional volunteers to the existing successful team that looks after the cakes, produce, and Tombola tables that raise so much money on the day.

#### **CURRY EVENINGS ORGANISER**

It is with regret that due to dwindling numbers attending the curry evenings Margaret Batchelor has decided that she will no longer be organising them.

It is not a formal group, and the advertising of these evenings has been through this Newsletter in the past.

If anyone else who loves a curry is prepared to take on this activity, then please contact Margaret Batchelor directly for advice and guidance.

#### **Margaret Batchelor,**

Telephone [REDACTED] or leave a message,

## Arts Week in Wymondham

Wymondham u3a members are participating in an arts related Week in Wymondham entitled “Art at the Heart of Wymondham” from April 18th to April 25th.

Our contribution will take the form of some exhibits and a” performance morning” on **Saturday, 18<sup>th</sup> April from 10.30 to 12.30.** at Wymondham central Hall in the Tiffey Room. This will give us an opportunity to highlight many if not all our u3a activities which are related to the Arts.

It is planned that we shall have contributions on Art, Music, Poetry, Creative Writing and Drama. We hope to recruit others very soon. For the planned programme of events, see poster on Notice Board 2.

So please make a note in your diary to support your u3a in this exciting endeavour.

For further details please contact Alan Browne by email at [REDACTED]

### NOTICE BOARD 2: DATES FOR YOUR DIARY

TALKS AND SPEAKERS 2026		
2nd July	Art with music	Paul Lillie
6th August	Bookbinding	Jonathan Stanley
3rd September	TBA	
1st October	How to be a Roman Empress	Ralph Jackman
5th November	TBA	
3rd December	TBA	

**COFFEE MORNINGS**

**Thursdays**

April 2nd, 16th, 23rd, 30th	09.00 – 12.00
April 9th	09.00 – 11.00
May 7th, 21st, 28th,	09.00 – 12.00
May 14th	09.00 – 11.00
June 4th, 18th	09.00 – 12.00
June 11th, 25th	09.00 – 11.00

**Sundays**

Every Sunday in the Tiffey Room  
10.00 —12.00

**CURRY EVENINGS  
(END OF AN ERA?)**

It is with regret that due to dwindling numbers attending the curry evenings Margaret Batchelor has decided that she will no longer be organising them.

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If anyone else who loves a curry is prepared to take on this activity, then please contact Margaret Batchelor directly for advice and guidance.

**Margaret Batchelor,**  
Telephon [REDACTED] or leave a message,



**Supporting Wymondham Arts Week**

**OPEN MORNING**  
18th April 10.00 to 1.00  
**TIFFEY ROOM**

**PAINTING EXHIBITION PHOTOGRAPHIC DISPLAY**

**10.30 INTRODUCTION**

<b>10.50 POETRY READING</b> 	<b>10.40 HANDBELLS</b> 
<b>11.10 SINGING</b> 	<b>11.25 COUNTRY DANCING</b> 
<b>11.40 CREATIVE WRITING</b> 	<b>12.00 PLAY READING</b> 

**12.35 FINISH**

COME AND SEE HOW YOUR U3a SUPPORTS THE ARTS

**U3A SAILING TASTER SESSION 7<sup>TH</sup> APRIL.**

A.M 10.00 to 1230 P.M. 13.30 TO 16.00  
COST: £25/session £50.00/day.

At Nancy Oldfield Trust sailing on Barton Broad in keel boats with an instructor.  
These sessions are for complete beginners or sailors with limited experience  
Book a place now and receive more information by texting your membership number start message with Taster 07923 600152 limited spaces available



**U3A SAILING GROUP**

Wymondham u3a sailing group starts on 24<sup>th</sup> April then weekly every Thursday morning 10.00 to 12.30 at £25.00 /session  
We welcome new members who have some experience  
Join by texting your membership number to 07923 600152 start your message Join.

Thursday 2<sup>nd</sup> April 2026

At 2.00 p.m.

Wymondham Central Hall Monthly Talks



## St Paul's Cathedral

An Unusual Guide

Gary Powell



Gary is a qualified St Paul's guide; his talk covers many interesting aspects of the cathedral not normally highlighted on a tour. The building itself is a magnificent structure that will take your breath away should you visit, but Gary's talk highlights the people that have passed through – or indeed ended life's journey here – over the last three hundred years.

Free for members

£2 for non-members (Cash only please)

For more information about Wymondham u3a

[www.u3asites.org.uk/Wymondham](http://www.u3asites.org.uk/Wymondham)

Thursday 30<sup>th</sup> April 2026

At 2.00 p.m.

Wymondham Central Hall Monthly Talks Extra



## Detection Deception

David Jefferies



David's book *Tell Me More*, shares the skills and techniques behind statement analysis, body language, microexpressions, and investigative interviewing, making them accessible to everyone, whether in business or socially.

What are those cues and indicators that reveal deception and uncover the truth? Find out about this and much more



Free for members

£2 for non-members (Cash only please)

For more information about Wymondham u3a

[wymondhamu3a.org.uk](http://wymondhamu3a.org.uk)

Thursday 7<sup>th</sup> May 2026

At 2.00 p.m.

Wymondham Central Hall Monthly Talks



## All About That Uke

A short history of the ukulele

Pete Arnold



Those who saw Pete give us the Origins of Modern American Music know this will be a fascinating talk as well as an amusing and virtuoso performance.



Pete is a founder of Ukeholics Anonymous

Free for members

£2 for non-members (Cash only please)

For more information about Wymondham u3a

[wymondhamu3a.org.uk](http://wymondhamu3a.org.uk)

Thursday 4<sup>th</sup> June 2026

At 2.00 p.m.

Wymondham Central Hall Monthly Talks



## Herbs for Health and Wellbeing

Paula Stone

Meadowsweet Holistic Health

Find out about the history of herbal use and learn how wildflowers/herbs/weeds can be beneficial as food and medicine



Free for members

£2 for non-members (Cash only please)

For more information about Wymondham u3a

[wymondhamu3a.org.uk](http://wymondhamu3a.org.uk)

# NOTICE BOARD 3: HOLIDAYS AND COACH TRIPS

## HOLIDAYS 2026 (John Dollimore)

### NEW Contact Arrangements for 2026 holidays

Any members interested in holidays for 2026 should speak to John Dollimore before the AGM on Thursday 5th March 2026.

After that time, he will only be at coffee mornings for the first one every month, contact will be by email the rest of the time to [jbd.u3a@gmail.com](mailto:jbd.u3a@gmail.com)



### Wine Tour To France Sunday 10<sup>th</sup> May to Thursday 14<sup>th</sup> May 2026

Staying at Mercure Troyes Centre AM

Proposed Itinerary

Sunday 10th	Travel to Troyes	Monday 11th	Visit Vineyard
Tuesday 12th	Visit Vineyard, have time in Troyes	Wednesday 13th	Visit Vineyard
Thursday 14th	Return to Wymondham		

### Somerset/Devon Holiday Sunday 12<sup>th</sup> July to Friday 17<sup>th</sup> July 2026

Staying at The Wessex Hotel, Street

There are still rooms, that can be booked but whether single, double, or twin depends on availability.

Proposed Itinerary

Sunday 12th	Travel to Street	Monday 13th	Cruise the Avon Gorge
Tuesday 14th	Visit Fleet Air Arm Museum,	Wednesday 15th	Visit Longleat
Thursday 16th	Travel on West Somerset Railway		
Friday 17th	Return to Wymondham		

### Durham Holiday Sunday 11<sup>th</sup> October to Thursday 15<sup>th</sup> October 2026

Staying at The Redworth Hall Hotel, Newton Aycliffe

There are still rooms that can be booked, but whether single, double, or twin depends on availability.

Proposed Itinerary

Sunday 11th	Travel to Hotel	Monday 12th	Day in Durham
Tuesday 13th	Visit Beamish Museum	Wednesday 14th	Visit Bowes Museum
Thursday 15th	Return to Wymondham		

## **NEW: Scotland Holiday** Tuesday 10th November to Saturday 14<sup>th</sup> November

Staying in The Duke of Gordon at Kingussie

John and Vivienne Dollimore are very pleased to be able to offer their final organised holiday, '**Scotland in November**' at the outstanding price of £375 per person.

There are still rooms, that can be booked but whether single, double, or twin depends on availability.

A deposit of £50 per person with a cheque payable to Cairngorm Travel should be given to John Dollimore at the first coffee morning after you have booked. If this is not possible, please tell me when booking.

### Proposed Itinerary

Tuesday 10th	Travel to Scotland
Wednesday 11th	Cairngorm Funicular Railway and The Rothiemurchus Estate
Thursday 12th	Inverness Castle Experience and Cairngorm Brewery tasting (at hotel)
Friday 13th	Red Deer Centre and Dewars Whisky Distillery
Saturday 14th	Our last journey home

## **COACH TRIPS 2026** (Kerry Ingram-Smith)

Friday 24th April	Belton House & gardens	£40
<b>CANCELLED BY BELTON HOUSE</b>		
Friday 22nd May	Stody Lodge & Holt	£30
Friday 26th June	Shuttleworth collection	£30
Friday 24th July	RHS Sandringham flower show	£50
Friday 28th August	Norfolk Broads boat trip	£45
Friday 18th September	Wimpole Hall & gardens	£35



A £10 deposit secures your place on the coach.

I look forward to meeting you on our trips in 2026.

### **Contact Details**

For expressions of interest and paying deposits please contact Kerry as below.

At Central Hall coffee mornings, normally on the 1st and 3rd Thursday of the month (09.00-12.00) OR by email at [outings@wymondhamu3a.org.uk](mailto:outings@wymondhamu3a.org.uk)

## **6. Activity Reports**