

AUGUST 2026

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

Editor’s Notes (John Peat)

Welcome to our August Newsletter. We are two-thirds of the way through 2026 and still plenty going on to fill the Newsletter pages.

Now I know you probably would not read the activity reports in section 6. But sometimes they do contain some gems when preparing them, plus in this case, an amazing coincidence.

Section 6.2. When I was using the MS WORD editing tool for a visit report, it wanted to change the village of Forngett to FORNIMATE. That would have been a very interesting postal address.

Section 6.3. There is an amazing coincidence relating to the u3a 25th anniversary Garden party, the Dell Boys band, and a charity.

KEY POINTS TO NOTE

Committee Messages	PARA. 1.4. Update: Evacuation for u3a events at Central Hall,
u3a Travel	Latest news on trips and holiday availabilities
Membership	New members.
Groups	Groups’ membership reminder FOR YOUR SAFETY
Learning Activities	Tech. Coaches, First Aid and Driving for Older People
Notice Board 1	More Volunteers required.
Notice Board 2	Dates for Your Diary

PLEASE NOTE COFFEE MORNING TIMES FOR THURSDAYS IN AUGUST.

Notice Board 3	Remaining Holidays and Coach trips updates for 2026
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Activity Reports	The usual mixture including one of life’s coincidences in 6.3.
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1. Committee Messages

1.1. Chair’s Report (Georgette Vale)

Greetings from Islay. For those who don’t know the island in the Inner Hebrides – it is pronounced Eye-La. You can see from the picture how beautiful it is. This is just one of the views from the house.

It is an Islay View (pronounced I love you!)

I am sorry to have missed the **Garden Party**. I hope it all went well and my thanks go to John and Vivienne Dollimore for hosting this, and all the others over the years.



1.1.1 Coffee morning

Thursday 20th August -10.30 to 12.00

The Community Tech Coaches, Janine and Dawn, will be at our coffee morning to deal with any forms of technology; phones, laptops and tablets. (See 5.1.)

Thursday 17th Sept

On the 17th September we will have a visit from the **u3a East of England Rep, Ruth Freedman**, who covers our area. She is new in post and on a fact-finding mission of what is needed.

Thursday 1st October

The original planned visit by **our MP Ben Goldsborough** has been re-arranged for Thursday October 1st. This is due to a three-line whip to parliament on the original date, meaning he has to be there.

Editors Note. I have heard that some people are prepared to pay for such things as a three-line whip!!!! It does sound quite painful.

1.1.2. Charity Coffee Morning(s)

There are two remaining Charity Coffee Mornings in 2026. On August 6th we will be supporting the Hemsby Lifeboat (see more details below), and on November 5th, it will be Guide Dogs for the Blind.

I am working on getting a representative from the organisations we raise money for to come to those coffee mornings when possible.

August 6th. Hemsby Lifeboat

Our 6 August Charity Coffee Morning will be in aid of Hemsby Lifeboat, and we will have someone coming to tell us about that. I am working on getting a representative from the organisations we raise money for to come to those coffee mornings when possible.

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

Any donations for these causes can be made at Thursday coffee mornings. 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] or 07592998468

1.1.3. Notice Boards

We have revamped the **u3a notice boards** in Central Hall. Opposite the toilets we have all the talks that we will be having. Thanks to Sue Pickman for keeping that up to date and to Jan Healey and Mary Roots for coming up with such a varied programme.

Opposite that noticeboard (between the toilet doors!) is our other noticeboard on which we will be keeping up to date with all sorts of bits of information, including the long and short coffee morning dates, short courses etc. There is nothing on there that is not in the newsletter, but if you are in the hall and want to check something, nip down, and have a look. It might also encourage other users of the hall to see what they are missing by not being a member of u3a.

1.1.4. Silent Auction

It is not too late to put in your bid for the **Silent Auction for the Elvis Portrait**, but do get in quick as the deadline will be the **Charity Coffee Morning on the 6th August**. That will be in aid of the Hemsby Lifeboat. See you there.

1.1.5. Volunteer of the Year Award:

Sue Heal has won South Norfolk Volunteer of the Year Award.

(Sponsored by Entangled Bank Events)

Sue is pictured receiving her award

Many of you will know Sue when we have our charity coffee mornings in aid of MND (Motor Neurone Disease) or for selling her cards. It was stated that "She has shown extraordinary dedication supporting people affected by Motor Neurone Disease for over a decade. She provides



one-to-one support, leads local initiatives and works closely with services to improve support for families. Her efforts have helped create stronger partnerships across health and social care, ensuring people receive the help they need more quickly. Her compassion and commitment make her an exceptional volunteer." Well done Sue, from all of us at Wymondham u3a

1.2. Fire safety procedures at WCH Reminder and Update (John Peat)

We continue to review our fire safety procedures especially for Coffee Mornings and Open Meetings. We are working closely with Wymondham Central Hall and professional Fire Teams. The current information each of you needs to know is as follows.

N.B. UPDATE: The Storeroom is NO LONGER considered a fire escape route

Room Exits: locations in each room / area, exit routes depending on source of the fire.

- a) Main Hall: Two exits directly out of the building with one (furthest from the stage) having a ramp. There are two exits leading to the Foyer Area.
- b) Foyer: Exit directly through the Main Entrance or main Kitchen.
- c) Tiffey Room: main exit is out through the Tiffey Room external door. Main Hall exits can be accessed.
- d) Becketts Room: Exit either through Tiffey Room, or Main Hall
- e) Main Kitchen: Rear door exit to outside world.
- f) Cavick Kitchenette: Exits either through Tiffey Room, or Main Hall

Level Exits

There are level exits in the Main Hall (non-Stage end), Foyer Main Entrance, and Kitchen. These can also be accessed from the Becketts Room, Cavick Room, and Tiffey Room.

Stepped Exits.

The stepped Exits are the main Hall (stage end) and the Storeroom.

Personal Abilities

You now know which exits are suitable for YOU.

If you still feel that you may need help leaving the building, then pair yourself up with a Buddy to help you.

Assembly Point

The Assembly Point from all exits is beyond the back of The Library, avoiding the main area of the car park.

Fire Marshalls

Fire Marshals will be sweeping the building (including toilets) to make sure everyone is out.

As the Fire Evacuation process is developed and tested, any updates will be notified to you.

2. U3a Travel Updates (see Notice Board 3)

2.1. Coach Day Trips 2026 (Kerry Ingram-Smith)

September sees our final coach trip of the summer to Wimpole Hall in Cambridgeshire. It's an impressive 17th century Hall, with parkland, beautiful, cultivated gardens and a working farm.

There are just a handful of places left on the coach, the cost to National Trust members is £15 and non-National Trust members is £35.

For those who have already secured a place on the trip, your balance is payable by the end of August please.

I shall be at the Thursday coffee mornings at Central Hall on **6th & 20th August** to take your payment which can be by cash or card.

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

2.2.1. Current 2026 Holiday Status

Durham Sunday 11th October to Thursday 16th October

I have just been given four extra single occupancy rooms costing £700 each

If you have asked about single rooms before, or are interested now, please contact me.

There are several Twin-, or Double-bedded rooms available at £560 per person

2.2.2. Holiday 2027

See the bulbs in Keukenhof

There has been no interest in the Dutch Bulb mini cruise and therefore it will not go ahead.

John Dollimore will only be at the FIRST coffee mornings every month, contact will be by email the rest of the time to [REDACTED]

Payment(s) will be direct to Cairngorm Travel.

3. Membership (Linda Armour)

3.1. New members

Please give a Wymondham u3a welcome to our ten new members this last month:

Diana Scales, Marian Binks, Jessica McGilvray, Jenny Walpole, Gary Moeser, Mary Moeser, Steve Upton, Mary Little, Jon Little, Arthur Gray

I hope you are all enjoying your membership.

4. Groups (Christine Thornton)

4.1. The Carpet Bowls group still has vacancies and would welcome new members.

If you are interested, please contact the group leaders, Kevin and Sandra Stone, direct by email at [REDACTED]

4.2. We now have a list of groups on a tablet for members to browse at Coffee Mornings, as well as a printed list, and do look at the categorised lists on the website which are proving particularly useful when selecting groups to join.

4.3. u3a Members REMINDER

Members of u3a SHOULD NOT ATTEND Group activities WITHOUT JOINING THAT GROUP (apart from a taster session)

This is important because:

any group member is covered by u3a insurance for your particular activity.

Wymondham u3a can manage attendance numbers in a hired facility to meet Fire Regulations

4.4. As always, if anyone has a suggestion for a new group, and, oreven better, is willing to be the Group Leader/Organiser, please let me know. I can then canvass the entire membership and see whether there is enough interest to make setting up the group viable.

Any queries on Groups related matters, please contact Chris Thornton by email at groups@wymondhamu3a.org.uk

4.4. Bridge Group

4.4.1. Bridge Lessons

Bridge Lessons will start again on Tuesday 22nd September.

Improvers will be in the morning at 10am and beginners will be at 12.15pm

The cost will be £72, which is £6 a session for the 12 weeks

If you wish to join these classes, please contact John Dollimore, even if you have put your name forward already. ([REDACTED])

4.4.2. Competition on Sunday 6th September at 1pm. National Handicapped Pairs Competition
We shall be holding a heat of this tournament again this year. Last year Lin Brett and Pam Yeomans won the event The cost of entry is £6 per person
12 tables will be in the Tiffey Room, and more than 12 tables will be in the main hall.
Entries are now being taken [REDACTED].

4.5. As always, if anyone has a suggestion for a new group, and - even better - is willing to be the Group Leader/Organiser, please let me know. I can then canvass the entire membership and see whether there is enough interest to make setting up the group viable.

Any queries on Groups related matters, please contact Chris Thornton by email
at groups@wymondhamu3a.org.uk

5. Learning Activities

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

5.1. The Community Tech Coaches

Janine and Dawn will be at our coffee morning on August 20th. They can deal with any forms of technology, phones, laptops and tablets. Last time they came quite a few of our members took advantage of their advice offered. One even said she felt as though she had got her identity back when they managed to get her emails back onto her phone. Of course, if your query is going to take a bit longer, you can always book in for your own personal session at the library. (See Notice Board 2 for contact details)

5.2. 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.

5.3. Internal learning activities

5.3.1 Driving for Older People (Georgette Vale)

Thanks to all those who responded to the email I sent about the **Driving for Older People** session on the 5th October. We are actually oversubscribed for that now, but bear with me as I am trying to sort out further dates. So, if you could not make that date but still want to do it just email me [REDACTED] and I will see what I can do.

5.3.2. First Aid (Georgette Vale)

We have just had the first first-aid session – which went well. Some more of you are signed up for the same thing on the 17th August and I will now organise a third basic session for those who could not get on these sessions. Those sessions mainly deal with CPR. She also runs sessions for the next level up – dealing with bleeding and breaks etc., I will sort those out too!

5.4. Personal Safety

5.4.1. Scam(s) alert.

Nothing to report this month.

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.

COFFEE MORNINGS

We are always looking for more help to clear/rearrange tables and chairs at the end of coffee mornings.

NOTICE BOARD 2: DATES FOR YOUR DIARY



Tech Skills for Life support

NOW IN SOUTH NORFOLK

- ✓ Get help with your device
- ✓ Learn new online skills
- ✓ Job searching

Available at Wymondham Library

Ask the library staff for more details or contact:

01485 536420

techskillsforlife@norfolk.gov.uk

www.norfolk.gov.uk/techskillsforlife

The Team will be at u3a coffee morning on the 20th August

TECH SKILLS FOR LIFE

TALKS AND SPEAKERS 2026

1st October	How to be a Roman Empress	Ralph Jackman
5th November	Pollination	Dr. Kelsey Byers
3rd December	TBA	

NOTICE BOARD 2 Cont.: DATES FOR YOUR DIARY

COFFEE MORNINGS

PLEASE NOTE TIME CHANGES IN AUGUST

Thursdays

Aug 6th, 20th, 27th	09.00 – 12.00
Aug 13th	09.00 – 11.00

Sept. 3rd, 17th	09.00 – 12.00
Sept. 10th, 24th	09.00 – 11.00

Sundays

Every Sunday in the Tiffey Room
10.00 —12.00

Thursday 6th Aug 2026

At 2.00 p.m.

Wymondham Central Hall Monthly Talks



An Afternoon Tea with Betsy

A Live History Presentation by Wymondham Walks and Talks



Photo by Keith Langmore with kind permission of Wymondham Heritage Museum

We will join Mrs Elizabeth Fry in 1845. We will hear her tell of her life as a Quaker and her work as a prison reformer, philanthropist, anti-slavery campaigner, and more besides

Free for members

£2 for non-members (Cash only please)
For more information about Wymondham u3a
www.u3asites.org.uk/Wymondham

Thursday 3rd Sept 2026

At 2.00 p.m.

Wymondham Central Hall Monthly Talks



Journey to Citizenship

Linda Scoles

Linda will give a short history of why and when she arrived in the UK, and why she stayed. Then, as very few know what is expected, she will explain everything that is involved in becoming a citizen of the United Kingdom, followed by a quiz identical to the one every candidate must take. Great fun, and informative, too



Free for members

£2 for non-members (Cash only please)
For more information about Wymondham u3a
wymondhamu3a.org.uk

NOTICE BOARD 3: U3A TRAVEL
NOTICE BOARD 3: HOLIDAYS AND COACH TRIPS

HOLIDAYS 2026 (John Dollimore)

NEW Contact Arrangements for 2026 holidays

John will only be at coffee mornings for the first Thursday every month.
Contact will be by email the rest of the time to
[REDACTED]



Durham Holiday Sunday 11th October to Thursday 15th October 2026

Staying at The Redworth Hall Hotel, Newton Aycliffe

I have just been given four extra single occupancy rooms costing £700 each
If you have asked about single rooms before, or are interested now, please contact me.

There are several Twin-, or Double-bedded rooms available at £560 per person

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 14th 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 double and twin rooms available

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 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

6. Activity Reports

6.1. July's monthly afternoon talk by Paul Lillie. (Sue Pickman)

Paul paints landscapes, portraits and teaches. He gave a fascinating presentation about The King of Rock and Roll, Elvis Presley. Paul painted a canvas of Elvis on the stage, while he told us the story of Elvis Presley's life, interspersed with singing, and playing music with the guitar, Elvis started life in Mississippi, influenced by Gospel and Country and Western music, then moving to live in Memphis tuning in to Blues where his popularity began in those early days as a white man playing blues. And then on to his style of Rock and Roll.

Elvis spent time in the army, and it was in Germany where he met Priscilla and married in Las Vegas in 1967.

With the help from his manager Colonel Tom Parker, Elvis made his way to international stardom, also making over thirty films and tv appearances. Later his health was stricken with many prescription drugs, and he died in Graceland in 1977 at the age of forty-two.

Paul left his painting for us to auction at our next charity coffee morning.

6.2. Town Visits Group: The Forncetts 15th July 2026 (Georgette Vale)

In a bit of a departure from the usual this visit was to a village, or more precisely, a cluster of villages, rather than a town. Our guide Mike Merrick writes a comprehensive website <https://www.forncetthistory.net/> so do have a look for much more information.

The two main villages were St Mary's and St Peter's which both predate the Norman Conquest. However, in more recent times there have been more churches added in, St Edmund's at Forncett End was built as a chapel of ease. The Tabernacle was built for Lady Huntingdon's Connexion church late 1700's and then became a Baptist church, and both St Mary's and St Peter's had their own Methodist Chapels too.

We started at Forncett End and learned that this was the area of common land. The turnpike was built in 1772. Mike pointed out where the two mills, the White Mill and the Black Mill, were behind and opposite the Jolly Farmers. On our walk we were shown the shops which used to exist and he pointed out some of the houses which had been part of the survey by the Norfolk Historic Buildings Group

We then went to the church of St Peter's. A round tower and Mike explained how you could see stages in which it was built. Standing inside the tower amongst the bell ropes it was fascinating to see the doorway showing how thick the walls are, at least 2 ft 6 ins. The wooden pew-end carvings were beautiful and



unique. Dorothy Wordsworth lived here from the age of 17 to 23. (Her brother William did not but he probably visited). Their uncle was the rector, and he got Dorothy to run a school.

Mike told us about the Fornsett Riots that were part of the Swing Riots in the 1830's protesting against the lack of agricultural work due to the mechanisation.

The tour continued in the afternoon to visit the Fornsett Industrial Steam Museum. This is the brainchild of Dr Rowan Francis who collected first pieces of steam machinery whilst a medical student. Luckily, his parents had enough room to house his obsession, which grew and grew. There is even the engine which was used to open Tower Bridge. This museum is always worth a visit. Open on Wednesdays where you can see the static displays, but if you can go on the first Sunday of the month between May and October, they have steam up days where everything is working.

6.3. Silver Anniversary Garden party. (John Peat, Editor, and also a Dell Boys member)

On July 26th our u3a celebrated its Silver Anniversary with a garden party at the home of our President and his wife, John and Vivienne Dollimore. After weeks of drought this was the day that we were told by the weather experts to expect rain. By the morning of the big day any rain was expected to be over with by lunchtime. This proved to be correct, and the event opened at 12.30 with the arrival of around 100 members. Of course, we also had Viv on our side, and she is the Good Weather Queen.

This was a major clash of events in the area as it was also the Buckenham Air Show, so we were expecting a bit of noise with some form of a fly past.

The only major noise heard was the music played as usual by The Dell Boys, members were well fed, more music, more food, and even more music. But a plane we did not see or hear. NOT UNTIL PEOPLE HAD JUST LEFT, AND THE EVENT WAS PACKING AWAY.

The Band and the Helicopter coincidence

Then a big yellow East Anglian Air Ambulance (EAAA) helicopter circled overhead and landed in the next field for a local medical emergency.

The Dell Boys play for fun and just ask for any voluntary payment to be made as a donation to charity, in this case, the EAAA. We were able to see firsthand an example of how those donations are used.



6.4. July Extra Open Meeting (Sue Pickman)

On 30th July, our speaker was Barry Madden. His talk was titled Naturally Connected, as is his book and he has written over three hundred articles for magazines, blogs, and websites.

Barry told us how he first became interested in nature and birds from a young age by his father showing him eggs in the nests. Then with his best friend he would explore the Norfolk world of nature.

Barry has been a volunteer for the last 12 years and talked about how the marshes are constantly managed and maintained at Cley Marshes and Strumpshaw for example. He talked about some of his extensive travel to the Amazon, Rwanda and Uganda highlighting some of the exotic birds and animals in their natural habitat, then back to Norfolk where he met up with his lifelong friend and visited their old natural haunts.

Barry spoke of a lifetime of connection to nature and how he felt compelled to encourage others to do the same. The afternoon gave us a wealth of pleasant memories of bird hides and walks and happy ventures outdoors.

