



Swaffham & District u3a

NEWSLETTER

September 2024

New name but the same friendly people!

At our AGM back in May it was decided to change our name from The Wissey U3A to **Swaffham & District u3a** to better communicate our location in our promotional efforts, including our website.

At three promotional events in Swaffham we found that people didn't know about the River Wissey and even the few who did associated it with Downham Market rather than the Swaffham area.

The AGM decision was subject to approval by the Charity Commission and the Third Age Trust National Office to which all U3As are affiliated.

These approvals have now been obtained so the name change has taken effect.

Monthly Meeting:

At our next meeting on **Thursday 3rd October** we have a return visit of **'Three's Company'** with their new routine

'Tarts, Toffs and Traitors'.

Past visits have had us aching with laughter and we are expecting this new material to be equally amusing.

Last time:

At our meeting on Thursday 5th September **Kerry Allison** representing the charity **'Bridge for Heroes'** was our guest speaker. Her explanation of this local organisation's work in King's Lynn and surrounding areas engendered a lively Q&A session which was very informative, especially in regard to 'signposting' folk to other sources of help.

At our August meeting we had a talk about Cambodia which was well received and the Chairman read out their lovely letter of thanks for the support they had received from our members.

The Chairman presented Lisa Bengue with a bottle of wine as she had won the photographic competition on the theme of 'Summer'.

Sad News:

Sadly we have lost two of our members: Alan Flitton died on 27th August. Hilary Bewes died on 2nd September.

Activity Groups:

Please see the [revised Schedule of Activity Groups](#) which is attached.

Bev Pitcher has taken over from Maggi Edmonds as Group Leader of the **Friday Table Tennis Group**. Maggi is not leaving but is often away and feels continuity is needed. Many thanks to both her and Bev.

Ian Clews spoke at our last monthly meeting to promote the **Line Dancing Group** which would like to recruit some new members. This is a fun activity providing gentle exercise to aid keeping fit. Ian's message is "come along and enjoy the exercise, music and friendly company". His contact details are on the attached Schedule.

[Continued on Page 2 . . .](#)

Continued from Page 1 . . .

Another way to keep fit would be to join the [Walking Group](#). New members would be very welcome. Contact Anna Smith. Her number is on the attached Schedule.



We are still looking for someone to re-start the [Soft Ball Tennis Group](#).

The [French \(Beginners\) Group](#) led by Sheila Burns is able to accommodate further members. Her contact details are on the attached Schedule.

Mike Slater who leads the [Poetry Group](#) (which is full) is willing to start a second group on the 3rd Wednesday of the month at 10.00am. Please note that the Poetry Group(s) don't write poetry but read it. Mike's contact details are on the attached Schedule.

[New ideas?](#) Please let us know.

Terrified of technology?

There is no need to be! We are hoping to run some sessions for those who don't know where to start., and/or those needing to better their skills.

However, to be able to do so, we need to know how many members would be interested and we need one or two members who are capable of gently teaching others not to be afraid of using modern technology.

Please let me know if you are interested and/or could help with this idea.

Help!

Our monthly meeting at Holme Hale Pavilion requires quite a lot of effort in 'setting-up' and the Committee members do this by arriving at 9am. However, we could really do with some help, as when Committee members are not able to attend the workload for the remaining members becomes difficult to cope with, especially as we are not getting any younger.

If you could come early and help set out the chairs or help set up the sound system. please let me know. Thank you.

Christmas Lunch:

Ian & Maggie Clews will be at the monthly meeting at Holme Hale Pavilion on Thursday 3rd October to take your booking. Details and the menu were circulated with an email from me on 30th August but if you need them again let me know.

Future dates for your diary:

If you lead an Activity Group, please note that a [Group Leaders' Meeting](#) is planned for [Monday 4th November at 9.30am](#) in the Tony Evans Centre, Holme Hale Pavilion.

Next year, on [Thursday 5th June 2025](#) we plan to hold an [Open Day](#) at our monthly meeting, when, instead of a visiting speaker, Activity Groups will be presenting what they do so as to inform members and hopefully recruit new participants.

Please make a note of these dates and get them in your new 2025 diary as soon as you buy it.

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