



NORWICH

For This Time of Your Life!

Programme

2011/2012

**Study and activity groups
aimed at people no longer in
full-time employment
and exclusively for
members of U3A Norwich**

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List of Monthly Meetings: 2011 - 2012

Venue: The Noverre Suite, Assembly House, Theatre Street, Norwich

Time: Usually the Third Wednesday in each month at 2 pm.

Doors open 1.30 pm.

No charge will be made to members (Annual Membership is £15), but please show your membership cards. Visitors will pay £2.50 each.

2011

- | | | |
|----------------|--|------------------------|
| 21 Sept | John Howard - Prison Reformer | <i>Tessa West</i> |
| 19 Oct | Olive Edis Photographer of Kings and Fishermen | <i>Alistair Murphy</i> |
| 16 Nov | A.G.M. Members Only - Followed by Tea and Biscuits
The Emperor Chin and his Terracotta Army | <i>John Rant</i> |
| 21 Dec | The History of The Magic Lantern | <i>Richard Fiddy</i> |

2012

- | | | |
|---------------|---|--------------------------------|
| 18 Jan | After The Sinking of the Titanic | <i>John Balls</i> |
| 15 Feb | The Bayeux Tapestry | <i>Mark Mitchels</i> |
| 21 Mar | All Tucked Up - The history of the Witney Blanket | <i>Jamie Everitt</i> |
| 18 Apr | Working Horses of Norfolk | <i>Stephen Pope</i> |
| 16 May | How NOT to Destroy your Heirlooms | <i>Sarah Norcross-Robinson</i> |
| 20 Jun | To be Announced | |
| 18 Jul | Hailstones & Highway Men, Travel in the 18thC | <i>James Albone</i> |
| 15 Aug | Savages of Lynn - Victorin Funfair Ride Manufacturerrrrs | <i>Tim Thorpe</i> |

Origins

The University of the Third Age (U3A) was founded in Paris in 1979, based on the Universities. As the concept spread internationally, each country developed in the manner best suited to itself. In the UK, most U3A groups are held in members' homes which limits size but enhances participation. The term 'University' in Britain is retained in its early meaning - 'coming together for the pleasure of learning'.

U3As have neither political nor sectarian bias and are non-profitmaking. They are open to everyone no longer in full time employment. Membership of Norwich U3A can be obtained by paying the yearly subscription of £15. If you join after 1st May 2011 your subscription will run until 31st August 2012

U3A Norwich is a Registered Charity: **No. 1039057**.

Services

National Support is provided by the Third Age Trust, to which U3A Norwich is affiliated. The address of the National Office is given on page 2 of the Informer Newsletter. Members will receive a copy of 'U3A News', the national newsletter, four times a year.

Sources As well as issuing the quarterly publication mentioned above, the Third Age Trust also publishes a booklet entitled 'Sources' three times a year, which contains information regarding source material and U3A networks, articles on subjects and groups, interesting web sites, etc. A copy of this is sent free to members.

Direct Mailing of the 'U3A News' and 'Sources'

The committee has now opted for direct mailing. We have to send our database of members' names and addresses to National Office so that 'U3A News' and 'Sources' can be sent to members direct. The National Office assures us that the database will be used only for this purpose, and destroyed afterwards. We shall include your name and address when we send a copy of our mailing list, unless you inform us otherwise.

Insurance

The Third Age Trust provides insurance cover for any costs which might arise from an accident caused by the negligent act or omission by a member that injures a third party or damages a third party's personal property during or in connection with a U3A activity. It does not provide cover for personal accidents which are the fault only of the person concerned.

Monthly Meetings

The dates, subjects and speakers at our monthly meetings are listed on page 2. Admission is free of charge to all members and £2.50 to non-members.

At every monthly meeting you will find a display table manned by members of the Committee. All members, old and new, are welcome to come and make themselves known and ask for information and assistance. From time to time, there may be the opportunity to stay for refreshments after the meeting.

Groups

Most Groups meet in the homes of members and are usually kept to a maximum of 12. **All group members must be members of the main body.**

Group Coordinators give their skills and services without payment. Anyone who has an interest they would like to share with others can become a coordinator. Previous teaching experience is not necessary.

We do not give the home addresses of our coordinators in this programme; so to reserve a place please contact the telephone number shown, when you will be given the address. Telephone numbers given are Norwich numbers (*area code: 01603*) unless otherwise indicated.

Expenses: The scale of expenses should be agreed between group members and their coordinator, for such provision as hire of the meeting room, study packs, videos or slides and other out-of-pocket expenses of the coordinator. It is normal for members to pay a minimum of 50p per session for tea and biscuits provided by your host.

Lifts can sometimes be arranged with a member of the same group if you find it difficult to travel by public transport or if there is no suitable bus. Speak to the coordinator at the first meeting.

Medical Problems which may affect you whilst participating in some activities, e.g. walks and visits, should also be mentioned to the coordinator.

Membership Card: Don't forget to take your membership card to the first meeting of each group, even though you have been a member before. Your coordinator will need your membership number. **Please inform the coordinator when you cannot attend a meeting and especially if you decide to leave a group.**

New Groups will always be welcomed. Please contact a member of the Committee who will discuss the matter with you and advertise the new group in the next newsletter.

Full Groups

It will not always be possible to join the group(s) of your choice. This happens for two main reasons:

1. There are several ongoing groups where the members choose to remain with the group from one year to the next. It will only be possible to join these groups if any of the existing members leave the group. The coordinator of each group will keep a waiting list, so that vacancies can be offered to new members in turn. Please ask to be put on the waiting list. See groups marked (Possibly full?).
2. Many of our groups are held in the homes of a coordinator or a host. For this reason, the size of the group is limited by the available space. If a group proves to be very popular, it will fill up quickly and you may find that you have to ask to be placed on a waiting list. Vacancies can and do occur - sometimes people find that the group does not suit them or their own schedules change so that they can no longer attend.

The committee is very aware that being unable to join a group is disappointing, and is always seeking ways of setting up duplicate groups. If after perusing this programme, you find a group that attracts you is full, please let the Groups Administrators or a Committee member know. This will alert us to full groups and enable us to try to do something about it. (Telephone numbers and email addresses are given on the back page of the 'Informer' Newsletter).

There are always some groups that have vacancies, so it is always worth finding out about them and you might discover an interest that you had not thought of.

N.B. Check First: Because of the difficulties associated with full groups, we suggest that new members should check with coordinators to see if there is a vacancy in the group(s) of your choice before sending in your subscription.

Finally, it is always worth considering whether you could be put in touch with others with the same interests and start a new group in that way. Please ask any member of the Committee (the full list of committee telephone numbers and email addresses are given on the back page of every 'Informer' Newsletter).

Committee Telephone Numbers. Here are three telephone numbers to ring if you need assistance:

Secretary:	01603 507053
Membership Secretary:	01603 610910
Groups Coordinator:	01603 262936

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Programme Updates

This Programme was compiled as at 30th June 2011, and is updated quarterly in the U3A Norwich newsletter ‘Informer’. Any changes are given on the page(s) under the heading in blue:

“New Groups and Programme Updates”

Please make sure that you read those pages!!

8 MONDAY

LONG DISTANCE WALKING GROUP MONDAY

Coordinator: Esme Wilson-Staniforth Tel: 01508 537193

Meet at 10.00am

Mon - Fortnightly

Recommences 5th September. We walk anywhere in Norfolk and sometimes in the Dunwich area. Walks are mainly circular, 8 to 10.5 miles long, taking between 4 and 5 hrs. Members take it in turns to lead a walk (about once a year). Once a year we plan a 5 day break away to walk the hills. Please phone Esme for more details.

YOGA FOR THIRD AGERS - Eaton Road (Possibly full?)

Coordinator: Sylvia Harnett Tel: 453087

10.00am - 11.15am

Mon - Weekly

Recommencing 12th September. Gentle exercise to improve movement, breathing and relaxation. The Coordinator is a qualified British Wheel of Yoga teacher.

U3A NORWICH CHESS CLUB - Norwich

Coordinator: Dannie Nicholas Tel: 01508 493655

10.00am - 12noon

Monthly - 3rd Monday

Commencing 19th September. A chess club for the tuition of learners; the mentoring of improvers; and the provision of match opportunities for confident players. (Confident players will be expected to act as mentors to improvers). Learners will be taught by two experienced chess teachers.

TABLE TENNIS - Easton

Coordinator: Vivien Rose Tel: 503146

10.00am - 12noon

Mon - Weekly

Commencing 3rd October - we would like to welcome new members to this friendly non-competitive group.

TEN PIN BOWLING - Bowthorpe

Coordinator: Pauline Tel: 07881 844428

10.00am

Monthly - 2nd Monday

Commencing 12th September. Run monthly. Venue is 10, Barnard Road, Bowthorpe: parking and also on bus route. There is a 1-off, £5.00 Membership fee to join Number Ten Bowling. Charge for 3 hours bowling is £4.95 (to include tea or coffee).

BOOK A MONTH (3) (Non-fiction) - Newmarket Road area, other venues occasionally.

Coordinator: Deirdre Bailey Tel: 501341

10.30am

Please phone before 12th September if interested

Mon - Monthly

We read anything but novels. Generally members recommend a book then introduce a discussion which tends to be quite far-ranging at times! Books chosen are easily available.

FEMINISM REVISITED - NR1

Coordinator: Kay Sanderson Tel: 619678

10-30am - 12noon

Monthly - 2nd Monday

Commencing 12th September. This group will follow the development of feminism as an idea, as a campaign for equal opportunities and as an evaluation of women's place in the modern world. We'll look at the works of various feminist writers from the beginning of the 20th century to the present day. Expect fascinating discussion lively disagreements, sociability and fun too. No previous engagement with feminist ideas required, just an open mind!

ITALIAN - INTERMEDIATE - Dereham Road (Possibly full?)

Coordinator: Margherita Colombo Tel: 662937

10.30am - 12.30pm

Mon - Weekly

Recommencing 26th September. Open to students who have done Italian Grammar at Beginners level. Grammar and Conversation.

YOGA - SITTING AND STANDING - Eaton**10.30am - 11.30am****Coordinator: Evelyn Woodcock Tel: 505196****Mon - Weekly****Recommencing 19th September** (3 x 10 week terms)

Gentle movements, breathing exercises and relaxation led by a qualified British Wheel of Yoga teacher. This group is particularly for people who may not have done formal exercises lately or may have difficulties getting down on the floor. As this group is held in a hall, there will be a small charge to cover hire costs. Coffee must come after the session i.e. at 11.30am

SINGLES HOLIDAY INFORMATION GROUP - Ipswich Rd. Area**10.30am - 12- 30pm****Coordinator :Helen Parker Tel: 660998****Monthly - 3rd Monday**

Comencing 19th September. This group is for single, widow/ered members to share experiences of holidays alone that have given pleasure in the U.K and Europe and it could possibly create some sharing of group holidays in the future.

MONDAY FAIR WEATHER CYCLING - Norwich**1.30pm****Coordinator: Gordon Cardew Tel: 507053****Mon - Fortnightly****email: gordon.cardew@virgin.net**

Commences 19th September. For the cyclist who can't 'do' quiet Sundays and so is prepared to ride on slightly busier weekday roads. The intention is to start with short (15 miles?) rides and increase the distance as we get fitter! This is timed to miss the traffic as far as possible, and dated to integrate with the Monday walking group. Fair weather only.

A MISCELLANY OF POETRY AND PROSE - Thorpe St. Andrew**2.00pm****Coordinator: Anne Ebbage Tel: 433404 (Full?)****Monthly - 2nd Monday**

Recommencing 12th September. Members choose a theme for the next month, as inspiration not limitation, and bring appropriate pieces which are read aloud and discussed. We hope to lead each other down enticing byways.

TEA AND CHAT (4) - Earlham Road (Possibly full?)**2.00pm - 4.00pm****Coordinator: Joy Waters Tel: 456153****Monthly - 3rd Monday**

Re-commencing 19th September. A chance to meet other U3A members in a social atmosphere. The chat is usually completely off the cuff, maybe about something in the news, a scam or some event in the area. Sometimes a member will bring a letter or a leaflet which they think will be of interest to the group.

GENEALOGY - FAMILY HISTORY. Drayton**2.00pm - 4.00pm****Coordinator: Douglas Bennett Tel: 07881844428****Monthly - 4th Monday**

Commencing 26th September. Genealogy: the study of lines of descent of persons and families from ancestors. Family history research. We try and help members in their individual quests particularly if they have problems. We look at the research and interpretation of census and other records, advice on computer recording programmes. Perhaps a visit to the County Records Office and other places of interest, the repair and enhancement of old photographs. In fact anything to help those keen to trace their family history. Runs autumn through to spring.

10 MONDAY (Cont'd.)

ANTIQUES & COLLECTABLES - Thorpe Hamlet

2.00pm

Coordinator: Peter Montague Tel: 433415

Monthly - Last Monday

On-going (26th Sept). Please bring a family heirloom or object of interest for friendly group discussion. Easy Parking.

HOME CINEMA - Wodehouse Street (Possibly full?)

2.00pm

Coordinator: Kingsley Canham Tel: 462357

Mon - Weekly

email; k.canham@ntlworld.com

Commencing 5th September. I am a retired Arts Cinema and Film Festival programmer who has a collection of 3,000+ VHS and DVDs, largely American films of the 1930s and 1940s. I am happy to share them with a like minded group of 5-6. I will obtain temporary parking permits.

ENJOYING POETRY - Eaton (Possibly full?)

2.00pm - 4.00pm

Coordinator: Susan Rix Tel: 501684

Monthly - 3rd Monday

Commencing 19th September. The Group meets and explores works old and contemporary, familiar and obscure.

THE EVOLUTION OF WORKING CLASS INSTITUTIONS & CULTURE - tba

2.00pm - 4.00pm

Coordinator: Arthur Brace Tel: 271221

Monthly - 2nd and 4th Mondays

Commencing 12th September. The Industrial Revolution gave rise to mass migration into new and enlarged towns which led to an urban population explosion. Over a period of 200 years a series of new organisations evolved such as friendly societies, trade unions and co-operatives set up endeavouring to protect their interests. With these also came the growth of a specific working class culture having its own distinctive characteristics. It also gave rise to working men's clubs, music halls, brass bands, choirs etc. We will consider many aspects of this period, including the struggle for literacy

Telephone or email: manda221@btinternet.com

U3A DANCE FOR MATURE - Norwich

2.00pm - 4.00pm

Coordinator: Sandra Redsell Tel: 01508 478544

Mon - Weekly

Dance -based exercises and choreography specifically designed for the mature and set to a variety of musical styles.

FILM CLUB 2 - Bawburgh

2-30pm

Coordinator: Marion Brace Tel:271221

Mon - Monthly

Commencing 3rd October. The group chooses 2 films showing at either Cinema City or the Multiplexes for discussion at the following meeting, and endeavours to choose films with afternoon showings. We do not visit the cinema in a party, members choose performances to suit themselves.

TUESDAY

PITCH AND PUTT - Eaton Park

9.30am for 9.45am

Coordinator: Derek MacLeod Tel: 743789

Tues - Weekly

Commencing 6th September. Ongoing. For beginners and experienced players. Eaton Park has an 18 hole, par 3 course: the cost is £5.10 per round (Go 4 less £2.60). Clubs and balls can be hired for an extra returnable deposit of £2. Play weekly or fortnightly; our very friendly group play with different partners each week.

TUESDAY (Cont'd.)

11

LEARN LATIN - Norwich

9-45a.m

Coordinator: Angela Parkes Tel: 754509 or 07799692816

Tues - Weekly

email: angelamparkes@yahoo.co.uk

Commencing Ongoing. A fairly rigorous yet lighthearted look at the language of Ancient Rome. This group started last autumn and will be suitable for anyone who has learnt some latin in the past, no matter how distant that past was! We are using the cambridge latin course and are now on Book 2.

This group is in its second year but there is the possibility of forming another group for beginners, times and venue to be arranged. Anyone interested please contact Angela by telephone or email as above.

5-6 MILE WALKING GROUP (Possibly full?)

10.00am

Coordinator: Jim Stagg Tel: 898881

Tues - Fortnightly

Commencing 6th September. This is a friendly, informal group who walk 5-6 miles. We begin at 10.00am and finish by lunchtime.

TUESDAY WALKING GROUP - 8-10 miles

Meet at 10.00am

Coordinators: Sue and Peter Nelson Tel: 417282

Tues - Fortnightly

email: psnelson1@btinternet.com

Ongoing. We do circular walks (although occasionally a linear walk maybe included in the programme) all over Norfolk. Walks are held throughout the year, usually covering between 8 and 10 miles in 4 to 5 hours, with a brief "coffee" stop and a longer lunch stop. We do not usually stop at pubs or cafes during the walk, but there is sometimes a tea shop at the end. Members are encouraged to plan and lead walks, with help/support being available to anyone who does not feel confident enough alone. Please phone or email for more details and a copy of the programme.

MISCELLANY OF HISTORY - Taverham

10.00am - 12noon

Coordinator: Gill Dear Tel: 868565

Tues - Monthly

Commencing 6th September: The history of something can tell us more than just its chronological progress. It can help us discover how and why it came to be as it is today. By asking questions about its origins, the people involved, the economic and cultural environments and other influences we can learn how it developed. The subjects, which can be wide-ranging or more specific, will be chosen by group members and we will then explore the history and share our findings

W.B.YEATS - Eaton

10.00am - 12noon

Coordinator: Ian MacArthur Tel: 458964

Tues - Fortnightly

Commencing 20th September. A new group to read a selection of the poems and plays of W.B.Yates. Members will need both the Collected Poems and the Collected Plays .

PETANQUE - Chapelfield Gardens

10.30am

Coordinator: Derek Bickford - Smith

Tues - Weekly

email: derek.bickfordsmith2@ntlworld.com

Commencing By agreement with the notice. The use of this unique playing court is an aspect ideally likely to promote. Those interested in playing this pleasantly 2 by 2 social game which might evolve into a friendly competition, please contact me. Boules available to borrow.

12 TUESDAY (Cont'd.)

YOGA - Central Norwich

Coordinator: Nicolette King Tel: 760979

10.30am - 12noon

Tues - Weekly

Commencing 20th September. This group will be run for two terms (10 weeks each) in the City centre. All levels of prior experience welcome.

CHAT/ COFFEE MORNING - Norwich (Possibly full)

Coordinator: Ann Wordsworth Tel: 473350

10.30am - 12.30pm

Tues - Fortnightly

Commencing 6th September. Meet other U3A members for a friendly get together and talk about anything and everything. Anyone interested give Ann a ring.

CRYPTIC CROSSWORDS (1) - near old N&N Hospital

Coordinator: Kate Bull Tel: 440386

10.30am - 12.30pm

Monthly - 1st & 3rd Tuesday

Recommencing 20th September. A small group of enthusiasts who enjoy pitting their wits together – with a lot of laughter. Limited parking. Several convenient buses (10,14,15,18,24).

GLOBAL WARMING AND CLIMATE CHANGE Thorpe St. Andrew

Coordiinator: Tony Scarrow Tel: 436131

10.30am

Tues - Fortnightly

Commencing 6th September A discussion group to investigate Global Warming and Climate Change and the factors that maybe causng them, together with an evaluation of the measures proposed to ameliorate them.

HOME CINEMA - Thorpe Hamlet

Coordinator: Peter Montague Tel: 433415

2.00pm - 4.00pm approx.

Monthly - 1st Tuesday

email: peter.42@ntlworld.com

Commencing on going. We show a variety of films on a wide screen TV with surround sound. Members are welcome to bring their own DVD's. No problem about parking.

SCIENCE AND RELIGION - IS THERE A CONFLICT? - Cringleford

Coordinator: Jean Dorricott Tel: 453583

2.00pm - 4.00pm

Monthly - 1st Tuesday

Commencing 4th October. A monthly discussion group, all views welcome. Numbers - up to 8. The more different views the merrier! There have been many lively discussions over the past 2 years. Over the year we look at the age of the universe, evolution, human consciousness, miracles, morality and how archeology is changing our views of the ancient history of Palestine and affecting politics there.

ART AT THE CASTLE - Castle Museum, Norwich

Co-ordinator: Barbara Roberts Tel: 631179

2.00pm - 4.00pm

Tues - Fortnightly

Commencing 6th September. Looking at paintings.

BOOK A MONTH (2) - off Newmarket Road

Coordinator: Shirley Thomas Tel: 01508 570191

2.00pm

Tues - Monthly

Commencing 4th September. A relaxed friendly group of about 10, reading an eclectic collection of books chosen by members.

CONTRACT BRIDGE (2) - Old Catton

Coordinator: Margaret Ashbee Tel: 408984

2.00pm - 4.00pm

Tues - Fortnightly

Recommencing 22nd September. An afternoon of social Bridge for all but complete beginners. New members are made very welcome.

SPANISH CONVERSATION - Off Dereham Road**Coordinator: Isobel O'Connor Tel: 662321****2.00pm - 3.45pm****Tues - Fortnightly**

Commencing 20th September. Hablas espanol? Quieres mejorar tu conservcion? Join us! Native Spanish-speaking teacher for one hour each week.

MAH JONG - Norwich (Possibly full)**Coordinator: Beverley Scott Tel:618980****2.00pm - 4.00pm****Monthly- 1st & 3rd Tuesday**

Commencing 6th September. Opportunity to play Mah Jong for both experienced and novice players.

FLOWER ARRANGING - Norwich**Coordinator: Marion Charles Tel:614874 Mob.07977100692****2.00pm****Tues - Monthly**

Commencing 6th September. Getting the most from a bunch of flowers and foliage. A guide to flower arranging and the conditioning of flowers/foliage. Making Christmas wreaths, button holes, wiring and table decoration for all seasons. Leaf manipulation.

UPPER STAFFORD AVENUE DISCUSSION GROUP - Costessey or Hethersett

(Possibly full)

2.30 - 4.00pm Tues - Fortnightly**Coordinator: Ray Hannent Tel: 810785 Hosts: Diana & Terry Mason**

Commencing 11th October. A general discussion group which considers subjects chosen by the members.

WEDNESDAY**COACH OUTINGS****Coordinator Rosemary Brown Tel: 262936****There will be three coach outings per year: dates are Wednesdays:****2011 5th October; 2012: 4th April and 4th July.**

Detailed itineraries will be worked out nearer the times. I will try to respond to members' proposals, but will aim to have at least 2 locations of interest, somewhere for lunch, a maximum drive of 2/2.5 hours and start and finish at Notcutts Garden Centre, where cars may be parked. We aim to get back to Notcutts by 7.30 pm. at the latest. Further details and booking forms will be available some 3/4 weeks before the event. A mailing list has been found to be the best way to notify everyone at the same time of the details and bookings will be taken strictly in order of receipt of a booking slip. An annual fee of £5.00 per address, payable in August, is required to cover admin costs to enable group members to receive 4 mailings per year to cover all outings.

Details of name, address, telephone number and membership number, with cheque please, made out to Rosemary Brown, and sent to 5 Hedgemere, Taverham, Norwich NR8 6GG.

Tel. 262936.**BEGINNERS' GERMAN Mulbarton****Coordinator : Stella Smith Tel: 01508578373****10.30am - 12noon****Wed- Fortnightly**

Commencing 14th September: For those keen to understand and speak basic German no previous knowledge assumed and text book will be provided. *Venu easily accessible by car or No.10 bus from Norwich.*

14 WEDNESDAY (Cont'd)

INTERMEDIATE GERMAN - Mulbarton

Coordinator: Stella Smith Tel: 01508578373

10.30am - 12noon

Wed - Fortnightly

Commencing 7th September. A continuing mixture of listening, speaking and reading, plus a little grammar. *Venu easily accessible by car or No.10 bus from Norwich.*

KNITTING CIRCLE - Norwich

Coordinator: Pam Ownsworth Tel: 615189

10.00am - 12noon

Wed - Monthly

Commencing 7th September. Group Members bring their current knitting to a coffee morning - exchange of patterns, offer surplus wool, discuss ideas, etc.

CURIO CLUB - Norwich

Coordinator: John Rant Tel: 747564

10.00am - 12noon

Wed - Every 14 days

email preferred to: bitzasoft@gmail.com

Commencing 28th September. Each meeting will be designed to relate to the previous one so that in a broad brush scenario the inter-relationship between them can be seen. There will be the opportunity to "Insert" additional material into the programme should this seem pertinent. The programme aims to explore earth, its structure and history, its place in the universe and how its features are so conducive to the continued evolution of an amazing variety of life forms. We shall then look at Homo sapiens, his ancestors and how modern science has uncovered hitherto unsuspected relationships with the rest of the Earth's flora and fauna. Man's ability to create machines and methodologies that extended his knowledge are explored, are evaluated and the consequences discussed. Finally the future considered in terms of the evolution of both Earth and Man.

POWER POINT FOR BEGINNERS - Norwich

Coordinator: John Rant Tel: 747564

10.00am - 12noon

Wed - Every 14 days

email preferred to: bitzasoft@gmail.com

Commencing 21st September. A beginners guide (limited to 8 persons)

Microsoft PowerPoint is a powerful presentation package which can be used for many different purposes ranging from a simple "picture slide show" to sophisticated multimedia presentation for business or education. Members must be able to bring their own laptop, preferably running Microsoft Office PowerPoint 2010 although much of the course will be compatible with versions 97 to 2003 or 2007. The course will be based on "PowerPoint 2010 for Dummies". It will be beneficial to have read this book or have it available for reference. Homework will be an active feature of this course.

BOWLS FOR ALL - Spixworth

Coordinator: Ann Stagg Tel: 898881

10.00am - 12noon

Wed - Weekly

April to Mid-September. This group is for all levels, from absolute beginners to experienced players. You must have suitable bowling footwear, but bowls are available if required. Cost £1.70 for 2 hours which includes coffee and biscuits. A real opportunity to try out this popular game. If you like it – join the club!!

ITALIC HANDWRITING – Sprowston

Coordinator: Jack Stanley Tel: 460746.

10.00am - 12noon

Wed - Weekly

Commencing 7th September. A short 4 week basic introduction to italic handwriting. If you are interested ring Jack, who will tell you what kind of pen you will need. *N.B. The maximum for the group is six, the minimum is three.*

PAINTING: WATER COLOUR - Thorpe St. Andrew **10.00am - 12noon**
Coordinator: Phyll Hardie Tel: 435547 **Wed - Fortnightly**

Commencing 21st September. This friendly group will continue with painting members' choices of subject, though plant material will be available as required. This is not a class, just a mutual support group.

POETRY - EXPLORATION AND DISCUSSION - Eaton **10.00am**
Coordinator: Christopher Heron Tel: 456440 **Monthly - last Wednesday**

Recommencing 28th September. This group takes place on the last Wednesday of each month. We meet for coffee at 10.00 am and begin our sessions at 10.15 am. For the first meeting please bring any one short poem or part of a longer poem, which you would like to read out and comment on.

FILM CLUB - Cinema City (This group is full) **10.30am**
Coordinator: Frank Molyneux Tel: 456748 **Monthly - 3rd Wednesday**

Recommencing 21st September. The group chooses two films showing at either Cinema City or the Multiplexes for discussion at the following meeting, and endeavours to choose films with afternoon showings. We do not visit the cinema in a party, members choose performances to suit themselves.

LATIN FOR IMPROVERS - Eaton **10.30am - 11.30am**
Coordinator: Hugh Melinsky Tel: 455042 **Wed - Weekly**

Recommencing 28th September. Continuation of a group which has been meeting for 4 years. We will probably be using "The Cambridge Latin Anthology".

IDEAS DISCUSSION GROUP - Norwich **10.30am - 12noon**
Coordinators: Pat Barr Tel: 455544 **Wed - Fortnightly**

Commencing 7th September. The aim is to explain & explore ideas which have influenced people over the centuries. Ideas can be political, historical, philosophical, cultural, religious etc. At each session one or two of the members give an introductory talk about their chosen idea and lead a general discussion on it. All members to contribute and participate.

U3A PHOTOGRAPHY GROUP - Norwich & other Venues **11.00am**
Coordinator: Barry Shapcott Tel: 01362 850996 **Monthly - 4th Wednesday**

Commencing September. Enjoy and improve skills for taking photographs. This is a Group which visits various locations, functions, Nat.Trust, Heritage and special days: e.g. Norfolk Show etc. Venues may be other days according to opening times and days of events taking place.

PUB WALKS (4) - various venues **11.00am**
Coordinator: Mike Hill Tel: 01508 493374 **Twice Monthly - 2nd & 4th Wednesday**

Recommencing 14th September. This group will walk 4-5 miles with lunch at a pub. Boots or stout shoes should be worn for safety reasons. Details of meeting places and pubs will be given out at the first walk. Members will be encouraged to lead a walk. Please phone above number for details of first and subsequent venues.

16 WEDNESDAY (Cont'd.)

MISCELLANY 2 - various destinations (Full)

Coordinator: Jennifer Walton

Daytime - variable

Monthly - 2nd Wednesday

Recommencing September (to be arranged). Would existing members who would like to continue please send a s.a.e. to J.Walton, 20 Kingston Square, NR4 7PF. We shall be visiting some new venues and revisiting some we visited in the past.

EASY SPANISH – Vauxhall Centre

Coordinator: Veronica Larter Tel: 629175

1.30pm - 3.00pm

Wed - Weekly (not 3rd Wed. in month)

Commencing 7th September. Please telephone Veronica for more detailed information.

TRAVEL and TOURISM - Cringleford

Coordinator: Patrick Halpin Tel: 01986 892344

1.30pm (for coffee) for 2.00pm start

Monthly - 1st Wednesday

Commencing 7th September (running through until June 2012). Discussion of travel-related topics, including travel experiences, illustrated talks by members about their travels, using either slides or (from photographs) using the U3A digital projector. This group will meet in a Church Hall so there will be a small charge to cover hire and refreshment costs. New members welcome.

BEGINNERS FRENCH - Taverham

Coordinator: Roy Aspinall Tel: 260207

2.00pm - 3.30pm

2nd & 4th Wednesday in the month

Commencing September. Please phone to check date. Oral approach including Pimsleur "At Homewith French" and "Michel Thomas" Programmes

ANCIENT ROME - Taverham

Coordinator : Angela Parkes Tel: 754509/07799692816

2.00pm - 4.00pm

Monthly - 2nd Wednesday

email: angelamparkes@yahoo.co.uk

Commencing 14th November. Looking at aspects of Ancient Rome - History, life, architecture, politics etc.

FABRIC COLLAGE - Thorpe st Andrew

Coordinator: Phyll Hardie Te.:435547

2.00pm - 4.00pm

Monthly last Wednesday

Commencing 28th September. Create a picture - a garden, sea scape, town scene or abstract - in fabric embellished with trims, beads, laces, embroidery, etc. Could become a wall hanging, or a series of smaller ones could be made into a quilt.

ARCHITECTURE - Norwich (Various)

Coordinator: Colette Flynn Tel: 630734; host on a rota system

2.00pm - 4.00pm

Monthly - 1st Wednesday,

Commencing: 5th October. Talk and discussions with slides, videos dvd's etc. Relevant outing two or three times a year. There are vacancies for this group, please ring for more details.

LOOKING AT MODERN ART - Various. (Possibly full?)

Coordinator: Marney Meakin Tel: 620791

2.00pm - 4.00pm

Wed - Fortnightly

Commencing 14th September. Looking at painting and sculpture from c.1850 to contemporary work. At each meeting a member of the group will introduce an artist of their choice and all members are to contribute to a lively discussion.

BOOK A MONTH (1) - off Chapelfield Road (Full)**2.00pm****Coordinator: Angela Holman Tel: 625936****Monthly - 2nd Wednesday**

Recommencing 14th September. A variety of fiction and non-fiction suggested by any member of the group, is read and discussed.

POETRY APPRECIATION - Norwich**2.00pm****Coordinator: Daphne King Tel: 623955****Monthly - 4th Wednesday**

Commencing 28th September. Share a poem of your choice with the group

HISTORY AND CULTURE OF TIBET - Saxlingham Nethergate**2.00pm - 4.00pm****Coordinator: Valerie Bailey Tel: 01508 499234****Monthly - 4th Wednesday**

Commencing 28th September Detailed background notes will be supplied at the first meeting (by email if possible). Meetings will then be for relaxed discussions with DVDs. on Tibetan life (in exile or in Tibet), books and photos. It will be nice if any members can add their own knowledge of Tibetans. Bus available from and to Norwich bus station, starting time can be adjusted if anyone uses the bus.

THURSDAY**WATERCOLOUR PAINTING FOR BEGINNERS AND IMPROVERS - Eaton****10.00am - 12 noon****Coordinator: Renate Melinsky Tel: 455042****Thurs - Weekly**

Recommencing End of September 2011. This group for beginners runs weekly from September to Easter and members share the cost of room hire.

CONVERSATIONAL FRENCH WORKSHOP tba**10.00am - 12noon****Coordinator: Edwin Keen Tel: 782117****Thurs - Fortnightly****email: edwinkeen46@gmail.com**

Commencing 8th September. This is not a course in French; but the Workshop seeks to exploit the various methods available of reading and listening to topical French items in French. These will include downloading current news items from French newspaper websites, watching some video cassettes recorded by the OU for one of its initial French Courses. We also listen to French language singing artists (e.g. Linda LeMay, Jacques Brel, Georges Brassens) while reading the lyrics downloaded from the internet. These are some of the means by which we hope to stimulate lively discussion. The Workshop should appeal to advanced Franco phobes. Venue to be decided.

FRENCH REVISION – Newmarket Road - (Possibly full?)**10.00am - 12noon****Coordinator: Valerie Barnard Tel:456916****Thurs - Approx. Fortnightly**

Commencing 22nd September A self-help class using various materials and CDs. Not for Beginners – Intermediate level.

DISCUSSIONS FROM THE SOURCE - Norwich**10.15a.m - 11.45am****Coordinator: Derek Pardey Tel: 453769****Monthly - 4th Thursday**

Commencing 22nd September (to be confirmed). Members take turns to choose and introduce topics for discussion. These can include current affairs or aspects of personality and lifestyle. Confidentiality has been assured by the members..

18 THURSDAY

FRENCH CONVERSATION - Stoke Holy Cross

Coordinator: Helen Shephard Tel: 01508 492471

Host: Gillian Martin

Recommendation to be confirmed. This small group has no 'leader'; all members contribute to the discussion.

10.30am - 12noon

Thurs - Fortnightly

U3A SINGERS - Keswick

Coordinator: John Hobday Tel: 810449

Commencing 15th September. We are a cheerful and sociable singing group performing a mixture of light and serious music. Male and female singers ranging from complete beginners to more experienced singers are all most welcome. A small contribution is required to pay for music and hire of the rehearsal room

10.30am - 12noon

Thurs - Weekly

ART PROJECT- Norwich Castle (Possibly full?)

Coordinator: Mike Forrest Tel: 453709

Commencing 15th September. Most meetings are held at Norwich Castle (as part of this U3A Group, entry to the Castle is free of charge but there is a session charge of £3.00), with different aspects of the Art world covered each month. These involve talks by curators/art historians, some practical sessions and occasional visits to other relevant locations in Norwich. The group size is limited so early contact is advised.

10.30am - 12.30pm

Monthly - 3rd Thursday

SOPHOCLES, SHAKESPEARE and CHEKHOV- Eaton Road

Coordinator: Martin Foster Tel: 454315

Commencing 15th September. Three great dramatists two and a half millennia, and the same human condition! The plan is to study two plays by Sophocles four by Shakespeare and two by Chekhov in a two-term programme. Members will need to read an agreed section of a play at home each week. Group sessions will be devoted to discussion

10.30am - 12.30pm

Thurs- Weekly

STUDYING ARTEFACTS - Norwich

Coordinator: Don Wordsworth Tel: 473350

Commencing 12th January 2012 (to be confirmed). The Group meets experts at the Norwich Castle Study Centre to view, handle and discuss Artefacts from the Museum's worldwide collection.

10.30am - 12.30pm

Monthly - 2nd Thursday

PUB WALKS (3) - Various Venues

Coordinators: Val and Bob Barnard Tel: 456916

Recommencing 15th September. A walk of 2-4 miles within 20 miles approximately of Norwich ending with meal at a village pub. Please wear suitable footwear as some walks may be muddy. These walks are for those who like to amble.

11.00am

Thurs- Monthly

AFTERNOON TEA AND CHAT - Eaton

Coordinator: Jenny Jones Tel ; 505184

Commencing 1st September. Come and have a cup of tea and a pleasant couple of hours discussing whatever crops up. Easy parking. Please ring Jenny

2.00 pm - 4.00pm

Monthly - 1st Thursday

PLAY READING (3) - Thorpe St. Andrew**Coordinator: Ann Glover Tel:436629****2.00pm - 4.00pm****Thurs - Fortnightly**

Commencing 8th September. Plays of all kinds are read and discussed.

NEW ORLEANS JAZZ - Hellesdon**Coordinator: John Browning Tel:425641****2.00pm - 4.00pm****Thurs - Fortnightly**

Commencing: 29th September. Like jazz? We meet to discuss the jazz greats and to play recordings of their best work.

ROCK APPRECIATION – Norwich NR2**Coordinator: Beverley Scott Tel: 618980****2.00pm - 4.00pm****Monthly - 3rd Thursday**

Commencing 15th September. For those who are interested in Rock & Pop music. Each member researches an artist or group - brings the information to the meeting with examples of the music. At times we attend live Gigs in the City

SCRABBLE (3) - off Mile End Road**Coordinator: Vivien Rose Tel: 503146****2.00pm****Thurs - Fortnightly**

Recommencing 8th September. This group alternates with Scrabble (2). Anybody who enjoys playing Scrabble is welcome.

CREATIVE WRITING - Norwich central**Coordinator: Margaret Godden Tel: 404506****2.00pm****Thurs - Fortnightly**

Recommencing 6th October. We meet for four fortnightly sessions of six weeks throughout the year. Original writing, fiction or non-fiction, in prose or verse, composed and read by members with extended discussion.

JAZZ APPRECIATION - Eaton (Possibly full?)**Coordinator: Ken Rix Tel: 501684****2.00pm - 4.30pm****Monthly - 4th Thursday**

Commencing 22nd September. Some individual talks on favourite musicians etc., plus regular 'Desert Island Disc' sessions for members to bring their own favourite recordings. A record player, DVD and CD players, tape player and video are available so, plenty of listening options and a great opportunity to meet up with other jazz lovers.

EXPLORING ART HISTORY: PAINTING IN WESTERN EUROPE - Cantley**Coordinator: Judith Beadle Tel: 01493 701231****2.40 - 4.40pm Thurs - Weekly**

Commencing 8th September. This introductory class will interest those new to the subject and those with some prior knowledge. There will be an opportunity to discuss a wide range of paintings from the medieval period to 1900 through the close study of colour slides and reproductions. Guidance will be given on tools and methods for enhancing understanding of paintings in their historical contexts. The times of day fit in with trains on the Norwich-to-Lowestoft line. The journey to Cantley takes under 15 minutes and my house is a 5-minute walk away. There is also ample parking space for drivers.

CRYPTIC CROSSWORDS (2)- New Costessey**Coordinator: Dorothy Kemlicz Tel: 749647****7.00pm-9.00pm****Twice Monthly - 2nd & 4th Thursdays**

Continuous throughout the year. Novice or old hand, we would welcome your help in completing our crosswords. Together we can do it!(Well most of the time).

20 FRIDAY

SWIM AND CHAT - UEA Sportspark

Coordinators: Joan and Mike Forrest Tel: 453709

10.00am

Fri - Weekly

Ongoing throughout the year. Attention all casual swimmers! Like to swim, but nobody to go with? Then now's your chance! This group meets every week in the Sportspark foyer. No tuition is given – we just enjoy a leisurely swim and afterwards have a chat over refreshments. For non-Sportspark members the cost is currently £4.00 (swim and entry fee); U3A Norwich members get a reduction *for our swim session only* but must ask for a 'U3A Swim' and show their membership card. There are regular buses to UEA and ample car parking. Put your name down with Joan and Mike now!

FRIDAY GARDENING GROUP - (Horsford Nr. Airport)

Coordinator: Elizabeth Manley Tel: 898389

email : mem30@talktalk.net

10.00am - 12noon approx

Monthly - Last Friday

Commencing 30th September. A group for friendship and sharing a passion for our gardens. Hopefully we can help each other with topical problems by visiting each others gardens and offering solutions. Occasional visits to other gardens and nurseries. Members input will be welcomed.

WRITERS GROUP - Golden Triangle

Coordinator Chris Yeomans Tel: 250380

email: chrisyeomans@clara.co.uk

10.00am - 12noon

Fri. - Fortnightly

Re commencing 9th September. Join at any time. For all creative writers. As writers we know that it is essential to keep on putting pen to paper, writing regularly and frequently. We also know how difficult it is to keep ourselves going. This group aims to provide writers, whether of memoir, fiction, poetry or prose with opportunities to write regularly with like-minded people. We write using a given prompt to get us going. Then we share what we have written, we listen and we appreciate. Then we do it again. And again. That's it. And out of this will come the amazing things that happen when you do commit when you establish your own writing practice, and when you discover the pleasure to be had in sharing writing and supporting each other

HAVE WE GOT NEWS FOR YOU - Thorpe St.Andrew

Coordinators: Cecil Weymouth Tel: 01692 581751

10.00am - 12noon

Fridays 2nd & 4th of Month

Commencing 9th September. In this interesting time with so much happening, why not come along and share your views on Current Affairs..

CREATIVE WRITING - Eaton

Coordinator: Evelyn Woodcock Tel: 505196

10.00am - 12 noon

Monthly - Penultimate Friday

Commencing 23rd September. For our first meeting please bring some short writing of your own, in prose or verse, completed or still in process, with copies, for reading aloud. This will be followed by group feedback and discussion.

ITALIAN CONVERSATION - Grapes Hill/Dereham Road

Coordinator: Margherita Colombo Tel: 662937

10.15am - 12.15pm

Fri - Weekly

Recommencing 23th September. Italian conversation with revision of grammar.

FRIDAY (Cont'd.)

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SCRABBLE (4) - Cringleford

Coordinator: Sheila Champion Tel: 454308

10.30am - 12 30pm

Fri - Weekly

We continue through August.

PUB WALKS (1) - various venues

Coordinator: Jill Hammond Tel: 717750

11.00am

Fri - Fortnightly

Recommencing 2nd September. A walk of about 3 miles within Norfolk, finishing with lunch at a village inn. Group members take turns in leading a walk. For safety reasons please wear suitable footwear – walking boots or stout shoes

PUB WALKS (2) - various venues

Coordinator: Eileen Dixon Tel: 616929

11.00am

Fri - Fortnightly

Recommencing 9th September. A walk of about 3-3.5 miles within a 25 mile radius of Norwich, finishing with lunch at a village inn. For safety reasons please wear suitable footwear – walking boots or stout shoes.

FRIDAY BRIDGE - Harford Centre

Coordinator: Shirley Keeble Tel: 662847

1.00pm - 4.00pm

Fri - Weekly

Open all year, this self-help group is for players with basic knowledge. Plenty of car parking spaces but there is a charge of £1 per person per session for the hire of the hall.

PLAY READING (5) - Newmarket Rd area

Coordinator: Deirdre Bailey Tel: 501341

1.30pm

Monthly - 1st Friday

Commencing 9th September but 1st Friday subsequently. Currently reading lighthearted plays; we may develop into different types of drama if the group prefers.

WORDS OF WONDER, WISDOM OR WAFFLE - Thorpe St Andrew

Coordinator: Geoff Rowe Tel: 464200

2.00pm

Monthly - 1st Friday

Continuous. We would like to welcome new members interested in joining our small, friendly and informal discussion group. Our comments and chat are based on anything that we have read or heard in any media - books, magazines, newspapers, radio or whatever - that has been very well or unusually badly expressed. We are interested in the style, impact and meaning of a wide range of subjects and how they are communicated. Please ring for more details

RARE FILM SCREENINGS - Norwich

Coordinator: Kingsley Canham Tel: 462357

2.00pm

Fri - Weekly

Commencing 2nd September. Screenings of rarely seen 1930s and 1940s films introduced by retired Art House Cinema and Film Festival programmer.

22 FRIDAY (Cont'd.)

PC GROUP - NR4 Cringleford

Coordinator: David Tel: 458831

2.00pm - 4.00pm

Fri- Monthly

Running from October to July. The group will meet once a month on Friday afternoons from 2.00 to 4.00 pm in St Peter's Church Hall, Cringleford. There is a single cost of £15 (£1.50 per session) for the year to cover room hire and equipment costs. This group is for people that share a common interest in PCs. Each meeting will consist of a short chat amongst members about topical IT subject/news, followed by a presentation (by coordinator and/or members) on a subject chosen by the group (eg moving to W7, making a movie etc.) and end with a self-help Q & A session. Come along and share your knowledge and/or learn new techniques.

Contact David for more details see: <http://www.olphin.streets-ahead.com/U3A-Comp/>

PCS FOR ABSOLUTE BEGINNERS - NR4 Cringleford

Coordinator: David Olphin Tel 458831

tba

Twice Monthly Friday

September to November. 6 simple meetings to introduce PCs to absolute beginners. What PC to buy, how to get on the Internet and Email; just the basics to get you started.

GOOD OLD DAYS - Off Brunswick Rd.

Coordinator: Catherine Mapes Tel: 622495

2.00pm - 4.00pm

Monthly 4th Friday

Commencing 23th September. A trip down Memory Lane to share tales of days of yore. A look at songs through the years and a rollicking sing song. We hope to occasionally entertain and go on outings. You are very welcome.

TEA AND CHAT (2) - Earham Road (Possibly full?)

Coordinator: Sybil Norris Tel: 453627

2.00pm - 4.30pm

Fri- Monthly

Starting 2nd September. A chance to meet other U3A members in a social atmosphere. Usually the chat is completely off the cuff, maybe about something in the national or local news or world events. Sometimes we have a poetry reading. There is a bus route available.

PLAY READING - Taverham

Coordinator : Rosemary Tel:262936

2.00pm - 4.30pm

Monthly 2nd Friday

Commencing 9th September. Come and join us for a sociable afternoon reading mostly lighthearted but sometimes more serious works by various playwrights

PLAY READING (2) - off Sprowston Road

Coordinator: Lorna McLaren Tel: 440842

2.00pm - 4.30pm

Monthly 4th Friday

Commencing 23rd September. Have fun reading plays of a light hearted nature – to be completed each session. No previous experience needed, but just maybe you will find your alter ego!

SATURDAY

23

THEATRE VISITS (1) - various venues (Completely full?)

Afternoon - Matinee

Coordinator: Maureen Tel: 01508 492410

Saturday - Monthly

Planning meetings held at Nerys Griffiths - Eaton

Ongoing group This group visits Saturday matinee performances at the Maddermarket, Theatre Royal and other local theatres monthly throughout the year. Members meet 3 times a year to plan the programme. They are given the opportunity to choose future productions and are asked to pay in advance for seats.

OCCASIONAL LUNCHEON CLUB - Restaurants/Hotels - Norwich Area 12.15 - 2.45pm

Coordinator: Elizabeth Walker Tel: 454995 Usually Saturday - 2-3 times per year

Next meeting - Autumn (date to be confirmed). This very friendly group comprises 30-40 U3A members who meet for a meal and a chat two/three times a year. We try to keep the cost to £13.50 - £16.00 a head and new members are always welcome. Places are reserved on a first come, first served basis. If you'd like to join us please contact Elizabeth.

THEATRE GROUP (2) - Norwich

Coordinator: Kate Lockett Tel: 07889877824

Commencing 22nd September. Planning meetings will be held in the coffee lounge of the Assembly House at 2-30 pm when Theatre trips for the following 3 months will be decided upon. These trips will include theatres in Norwich, Cambridge and Southwold depending on productions. Members of the group will be asked to pay in advance for the seats. Interested members should ring Kate on the above mobile number for further information.

Cancelled

SUNDAY

MONTHLY SUNDAY LUNCHEONS - various (see below)

12noon for 12.30pm

Coordinator: Penny Banks Tel: 504144

Sunday - 6-7 times a year

Commencing tba. 30-34 people, to meet in various hotels/restaurants for a relaxed and enjoyable lunch with friends. Advance notice will be given of venue and menu. Places are often limited so please book early. It is advisable to check the website for details.

SUNDAY FAIR WEATHER CYCLING - Norwich

10.00am- 4.00pm

Coordinator: Gordon Cardew Tel: 507053 (Weather-dependent) Sunday - Fortnightly

email: gordon.cardew@virgin.net

Commencing 25th September. Norfolk's quiet country roads are ideal for confidence building. Short distances: We may be back in time for lunch. Starting with about 15 miles, hoping to increase.

MISCELLANEOUS

CLASSICAL GREEK - Eaton

10.30am

Coordinator: Hugh Melinsky Tel: 455042

Weekly - Day tba

Commencing: Last week in September. The viability of this group is dependent on at least 5 members applying to join. No previous knowledge is necessary.

24 MISCELLANEOUS *(Cont'd.)*

APPRECIATING THE CITY OF NORWICH - The Forum Atrium

11.00am

Coordinator: Derek Bickford-Smith

Quarterly

email: derek.bickfordsmith2@ntlworld.com

Commencing Wednesday 14th September (First tour) Introducing and discovering Norwich with a Blue Badge guide. One hour walking gently to enjoy our city - 4 different tours. Group maximum 15.

E-MAIL (1)

Coordinator: Peter Montague Tel: 433415 or email: peter.42@ntlworld.com

Continuing throughout the year. Members register their email address with Peter who distributes them to other members of the group. We then, as a group, exchange ideas, interesting comments and chat are based on anything that we have read or heard in any media-books, magazines, newspapers, radio or whatever that has web sites and perhaps are able to help with general computer problems. We also meet every month for a pub lunch. Please include your membership number with your request for registration. This is an unusual group, but a successful one.

FRIENDS OF U3A NORWICH

Coordinator: Joy Waters Tel: 456153

This is a support group for U3A members who are incapacitated, temporarily or permanently, and can no longer attend meetings. People who have been active members can feel very isolated if they become ill or have an accident. This group will consist of those members who would welcome visits - in hospital, at home or in residential care - and those who would be willing to visit them. Usually two visitors arrange to go together and may share transport so it is possible to be a visitor even if you do not have a car. You can visit as often or as little as is convenient to yourself, and the member being visited can stipulate when, for how long and how often they would welcome visitors, but we do need more visitors. Members who would be prepared to visit are urgently required or this group may have to be withdrawn.

POSTAL WRITING GROUP 1 and 2

Coordinator: Ann Kar Tel: 663148

Continuous. Throughout the year we circulate our own pieces of writing on subjects of individual choice, but once a year all write on the same subject - very interesting to see the different angles taken. The group is designed for people who like writing articles or stories and sharing them with others. We send our work through the post to other members and receive their comments. Certain articles are selected for publication in my free magazine "This n That". Those interested, please ring me on the number above or write to me at: *6 Beatrice Road, Norwich NR1 4BB.*

NOTES

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If you “sign up” for a group and are unable to attend on a given day or decide you don’t want to join the group after all, please advise the co-ordinator accordingly as early as possible. As well as being considerate this will enable the co-ordinator to structure the meeting according to numbers attending and possibly to contact a member on the waiting list to offer a place for that day.

U3A Norwich Needs YOU!!

At present we have approximately 1000 members. Every one of our members will expect to enrol with at least one group. Because some groups are full, we need to find coordinators to start new groups.

Starting a new group need not be difficult. As long as you have an interest in a particular subject you are on the way to becoming a group leader. You will then be able to share your favourite subject with like-minded people.

We have in place people to help you. Have a look on the back page of the Informer for a list of all Committee Members. As a first step contact the Groups Administrator, who will advise you how to go about setting up your group.

Remember that, if you would like to start a group, you will not be alone. Help and advice are readily available, so why not have a go.

Please Note

Committee Members' details are now presented on the back page of the Informer Newsletter.