



Bulletin

NEXT MEETING:

At Gaywood Community Centre on 10th July 2026.

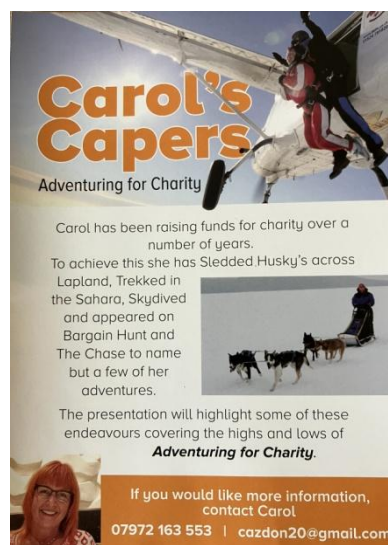
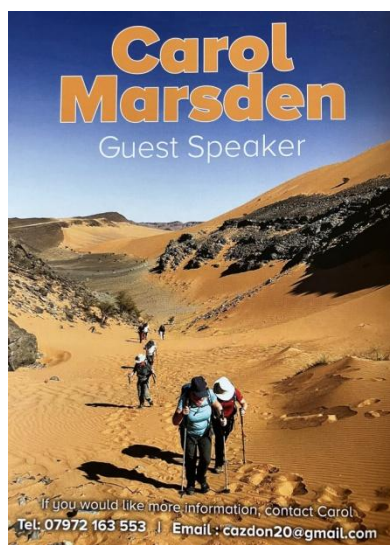
King's Lynn u3a 2026 A.G.M. begins at 10.30am

Just a reminder, it is our AGM on the 10th July. We hope to see as many members as possible, so as to be able to legally hold the votes, and of course, we wish to have the input of all our members.

On this one occasion the following timings will apply:

Refreshments 9.30 am to 10.30 am, AGM at 10.30 am and Speaker at 11 am.

**This months Speaker is: Carol Marsden
Adventuring for Charity**



Carol is donating her fee to Charity

Last month's Speaker - Bobbie Darbyshire



Photo Carol Hannam

Bobbie Darbyshire, our speaker for the 12th June, entertained us with her talk "A beginning, a muddle and an end: where do novelists get their ideas from?". She illustrated her points with quotes from a wide range of authors: Robert Harris, Ian Rankin, Ann Patchett, Barbara Kingsolver, Andrea Levy, Hilary Mantel, Philip Larkin, Ian McEwan and more. Bobbie used to do Saturday book signings in Waterstones, where she would introduce herself to customers as a visiting author.

She recounted a time when a man bellowed, 'No!' at her, and later apologised for mishearing that she was a visiting orphan! She said that writers often get initial inspiration for a book from something they personally find problematic, so the story takes both reader and writer on a journey of discovery. Most good novels are fiction though, not thinly disguised autobiography, because for a novel you need a narrative journey, suspense and surprise, character growth, and an author who can see beyond their own point of view.

She explained how questions and answers are the key to getting from the initial idea, to a whole novel. Anything you write raises questions, and the ideas come gradually, from trying to answer them. Her writers' group is a valuable source of questions she hasn't thought of, or has been dodging. Some writers rush to write a first draft without planning. Others plan in detail before writing a single word. Both methods have drawbacks, so instead she and many novelists form a rough idea of character and story, a few key scenes, and a sense of how the story will end, and then start writing, guided by the sketch, but not pushing the characters to follow it, observing how they act naturally, and continually asking questions about them.

Stimulated by the invention, more invention follows. Bobbie recommended having a notebook at hand, for when inspiration strikes at the supermarket checkout, or at three in the morning. She briefly described her five novels, and read a short extract from one of them. In her latest 'The Third Bus', an unappreciated man walks out of his dispiriting 42-year marriage with no destination in mind.

At Victoria coach station, he boards a coach to Norwich in search of a new start. Her earlier novels are 'The Posthumous Adventures of Harry Whittaker', 'Truth Games', 'Love, Revenge & Buttered Scones', and 'OZ'. Bobbie brought along copies of her books, and several members bought copies. Bobbie's talk was extremely well received, with many members commenting on how good the talk was, and praising Bobbie as a speaker.

Carol Hannam and Bobbie Darbyshire



Excursions Update

Holkham Hall by Candlelight



Closing date 25 July, please book now if you wish to attend.

[Holkham booking form](#)

Tuesday 15 December 2026

Coach, venue and driver's tip £48.00

**Leaving from Gaywood Library at 10:45
returning around 18:00**

Holkham Hall will look spectacular dressed in its finest Christmas robes and bathed in candlelight.

On arrival there will be time to explore the Holkham Stories, before having lunch/snack in the café and moving on to tour the house and enjoy a glass of prosecco. Full details on the booking form. [Holkham booking form](#)

Other planned excursions

Excursion	Excursion Date	Price	Closing Date	Tickets Remaining
Christmas Carol Goes Wrong	5 Nov 26	£63		Sold out
Holkham by Candlelight	15 Dec 26	£48	25 July	

Linda Creed

CONTACTING THE COMMITTEE

We already have a Contact page on our website, which sends your message directly to one of the Committee members.

We also now have a phone number: We cannot
guarantee you will get an immediate response, but please leave a
message, and we will get back to you as soon as possible.

Climate Change Group update

NEW WARM HOMES GRANTS FOR 2026

Apply for fully funded, energy-efficient home improvements!

Many residents In Norfolk could now be entitled to fully funded home improvements through a new Norfolk Warm Homes Scheme.

If eligible, you can improve the energy efficiency of your home, at zero cost, helping to reduce your energy bills and keep your home warmer. All work will be carried out by council-approved contractors.

Eligibility is based on income (less than £36K p.a.) or postcode. The EPC rating of your house must be D-G. (If you don't have a current EPC certificate, Norfolk Warm Homes will organise one for you!)

Who's paying? The Norfolk Warm Homes Scheme is a partnership, working with local councils across Norfolk, to provide home energy efficiency improvements for eligible homeowners and private renters. Funded by the Department for Energy Security and Net Zero (DESNZ), the scheme aims to reduce energy usage, lower household bills, and cut carbon emissions.

We highly recommend that readers visit the Norfolk Warm Homes website (<https://norfolkwarmhomes.org.uk>) or call 01603 430103 to discuss all available options. They do answer the phone and they do call back!

Gill Trickett



The poster features a circular aerial photograph of a residential area with green fields and yellow rapeseed. Below the photo is the 'NORFOLK WARM HOMES' logo, which consists of a white house icon inside a square frame. The text 'NORFOLK WARM HOMES' is to the right of the icon. Below the logo, the text reads 'Make your home more energy-efficient with government funded grants'. There are three circular icons: a pound sign, a wrench and screwdriver, and a group of people. Below each icon is a short description: 'Fully funded installs at zero cost to owner-occupiers', 'High standard installs registered with Trustmark and MCS', and 'A dedicated delivery team to support you throughout the process'. At the bottom, it says 'Call us on 01603 430103 to find out if you qualify or visit norfolkwarmhomes.org.uk for more information' and includes a QR code. At the very bottom, there are logos for Breckland, Broadland District Council, King's Lynn & West Norfolk, North Norfolk District Council, and South Norfolk Council.

FROM OUR MEMBERS – MARTYN LONG



How Intelligent is Artificial Intelligence?

The human mind is arguably the most complex system in the known universe. It can perform feats of abstract reasoning, display boundless creativity, and show profound emotional empathy, and yet, systems based on increasingly sophisticated computer-based systems are now beginning to approach its capabilities.

One famous benchmark was proposed by Alan Turing in 1950. He suggested that a machine could be considered intelligent, if it could converse with a human, in a way that they would find indistinguishable from another human.

Today's A.I. systems have largely passed casual versions of the Turing Test. They can chat entertainingly on almost any topic. Many people actually find the experience so engaging, that they have developed strong emotional bonds with their A.I.

The focus has therefore turned to consider ideas of general ability, to think, to understand and to reason, which can be seen in a range of problem-solving activities. Here again, A.I. has made dramatic progress and scores highly on a range of formal tests, typically beyond doctorate level. This is perhaps not surprising as A.I. systems are now trained on a large proportion of existing knowledge, including specialised technical works.

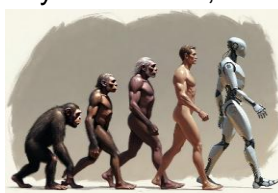
General ability is also linked, with the capacity to be aware of, and to direct the process of thought, referred to as *consciousness* in humans. The existence of this in A.I. is still very much a contentious issue, alongside the emotional states, which direct and maintain involvement in humans.

Also, the performance of A.I. systems is strikingly "jagged." They can certainly excel at rapid recall, and applying existing knowledge in quiz-like settings. However, they are often weaker at flexible, independent, creative thinking, long-term planning, and genuine novelty. They can also still confidently 'hallucinate' wrong answers, particularly when their training data is somewhat thin. They are trained to fulfil our expectations, and are loathe to admit uncertainty.

There are also critiques that current A.I.'s are limited by the consensus of knowledge and ideas, inherent in the data they have been trained on. It is probably because of this, that there have been no truly creative breakthroughs in science or mathematics. There has been fundamental progress in aspects, such as protein structures, but this has been very much directed by humans. Ultimately however, I wonder whether there is anything intrinsically unachievable about the human brain, from a computational perspective. Many neuroscientists argue we are essentially biological computers, shaped by blind evolution. If so, there may be no fundamental barrier to creating artificial minds that surpass us.

As existentialism sees things, there is no divine plan. We are thinking beings and create our own meaning. Why should the next chapter of intelligence only be written in carbon-based biology? Perhaps it really will soon be time to say: move over, humanity, our epoch is coming to an end.

Martyn Long



Night walks – SUE AND MIKE BERMAN

My wife and I are due to lead some evening walks on, most Wednesday evenings throughout July and August, on behalf of Kings Lynn Ramblers.

All of the walks start at 6pm, and traditionally we usually go to The Anvil Inn at Congham afterwards for supper and/or a drink. This is not compulsory and members are welcome to join the walk, without coming to the pub afterwards. Walks range from 3.25 to 4.5 miles. Anyone wanting more details can contact me on the number shown on the spreadsheet., which will be at the group leaders desk or alternatively

Contact Mike Berman on

RA Wednesday Evening Walks – July & August 2026						
Wednesday	4.4	Ashwicken & Leziate				Postcode PE32 1LN
1 st Jul	Evening	MEET	All Saints Church (0.4 mile along Church Lane South)			OS REF TF699 189
1800hrs	Walk	LED BY	Sue & Mike	Off B1145		TEL [REDACTED]
Wednesday	4	Roydon Common & Grimston Warren				Postcode PE32 1AT
8 th Jul	Evening	MEET	NWT CP Lynn Road, Roydon			OS REF TF 680 229
1800hrs	Walk	LED BY	Sue & Mike			TEL [REDACTED]
Wednesday	4.5	Roydon Common – <i>Forgive us our trespasses</i>				Postcode PE32 1AT
15 th Jul	Evening	MEET	NWT CP Lynn Road, Roydon			OS REF TF 680 229
1800hrs	Walk	LED BY	Sue & Mike			TEL [REDACTED]
Wednesday	4.5	Hudson Fen				Postcode PE32 1AT
22 nd Jul	Evening	MEET	Small NWT CP Lynn Rd, Roydon (near old level crossing)			OS REF TF 698 229
1800hrs	Walk	LED BY	Sue & Mike			TEL [REDACTED]
Wednesday		TBA				Postcode
29 th Jul	Evening	MEET				OS REF
1800hrs	Walk	LED BY	Maureen & Roy			TEL [REDACTED]
Wednesday	4.5	The Congham Conga – Part One (Via Grimston Carr)				Postcode PE32 1DU
5 th Aug	Evening	MEET	The Anvil Inn CP, St Andrews Lane, Congham			OS REF TF 707 228
1800hrs	Walk	LED BY	Sue & Mike			TEL [REDACTED]
Wednesday	4.5	The Congham Conga – Part Two (Return of the Conga)				Postcode PE32 1DU
12 th Aug	Evening	MEET	The Anvil Inn CP, St Andrews Lane, Congham			OS REF TF 707 228
1800hrs	Walk	LED BY	Sue & Mike			TEL [REDACTED]
Wednesday	3.8	Around Vong Farm				Postcode PE32 1BY
19 th Aug	Evening	MEET	Pott Row village green - corner of Cliffe-en-Howe Road			OS REF TF 703 219
1800hrs	Walk	LED BY	Sue & Mike			TEL [REDACTED]
Wednesday	3.25	Ashwicken				Postcode PE32 1LN
26 th Aug	Evening	MEET	All Saints Church (0.4 mile along Church Lane South)			OS REF TF 699 189
1800hrs	Walk	LED BY	Sue & Mike	Off B1145		TEL [REDACTED]



Tuesday 30th June 2026

Group updates for June 2026

Evening Meals

Evening Meals are held the 3rd Thursday of the month, meet from 6.30 pm for 7 pm start. We go to Restaurants and Pubs, sometimes in King's Lynn, and sometimes further afield. We have a quiz, which is just for fun, and pay individually for whatever we have ordered. If you would like more information, please email Sue or Bob at

Folk Blog

We had a very good time in June, singing a variety of songs from the old traditional "Dirty Old Town," to the modern enjoyable "June Hymn", which raved about dandelions on the lawn, as well as, "Come Along A Me", penned by the Singing Postman, who won an Ivor Novello Award for his comic writing.

Elizabeth showed us how to "Hold the Spoons", and next month we shall attempt to use them, to play a simple tune. Possibly "Shortnin' Bread" an American folk song, whose origin is obscure, with interesting lyrics.

NEW MEMBERS ALWAYS WELCOME

Our next session at **The Orb & Septre**, Wootton Road, South Wootton, King's Lynn, PE30 3AZ. Starting at 14.00 on Wednesday 1st July.

Further information from Diane on

German Improvers

From the end of July this group will no longer be running. A big thank you to Pete, who has led this group.

In Great Taste too

What a remarkably relaxed and radiant evening we had. Our **R** dinner party was a roaring success. We relaxed in Kims Rich country garden, where every course was a **R**esounding tribute to the letter **R!**

Nigel got the proceedings rolling with refreshing ice cold **rum punch cocktails**, a rather rousing start to the festivities. Lesley then regaled us with delectable **roasted red onion** and brie tarts, alongside a rich and rewarding **roasted veg flan**. Carol presented a colourful dish of **roasted red peppers** bursting with robust flavour. Sue served ravishing **ratatouille**, the perfect accompaniment to Kims beautifully cooked **rainbow trout**, complemented by a refined and creamy **rémoulade**. The sweet course was no less remarkable, with Sue and Barry rewarding us with sumptuous **rum babas** and a glorious **rich raspberry roulade**. The evening finished with a **regal cheese board** of remarkable proportions, all beginning with the letter **R**.



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A real triumph to the letter **R**. Further information from Sue Smith

Local History

Who was Mr. Harding? What was in the Pits?

The answers were revealed at this month's Local History Group meeting, where 33 members listened to a talk about Harding's Pits community space. We heard about the site's history, and it's 21st century development into a 'Doorstep Green'.

After the talk, several members strolled over to Harding's Pits. The speaker led us along bramble-edged paths, amidst wooden sculptures, bird song and a steel whale.

The [Harding's Pits](#) website contains lots of facts about the site and offers [volunteering opportunities](#).



Photos. Peter Jermamy

Next Meeting

On Wednesday 15th July at 14:00 we will be taking a 'Walk in the Park'.

See the [Local History Group](#) page on the King's Lynn u3a website for details about this guided tour of 'The Walks', or contact Sarah Bowman on

Would you like to discover more about this area's past ?

Do you like exploring historic locations?

Are you interested in heritage centres and museums?

Yes? Please join our Local History Group!

Play Reading and Theatre Appreciation Group

We will be taking a break for August, resuming again on September 8th at 2pm, at the Gaywood Library.

Contact Margaret for further details

Poetry

Being the weather was hot and humid we came together and gave some very interesting takes on "Summer", with some fine pieces written by the members, mixed with pieces ranging from the serious "Early Summer" by Ellwood Roberts, who states that "**Day is full of blessed beauty, Full of peace the dewy night.**", while "My Lolly," comically warns us to be sure lollies are frozen

Tuesday 30th June 2026

before we take them to the car! A fun filled friendly group, whose next session will be on Monday the 27th July at 14:00 hours at The Orb and Septre (Free Parking) The theme will be: **“PEOPLE”**. **New members always welcome.** Further information from Diane on

Scottish Dancing

Scottish Country Dancing will finish on June 25th, until we restart in September. We would like to thank all our dancers for their continued support.

Contact Jill / Bill on

Tai Chi

This is running every Tuesday at 09.15 to 10.15. New members are always welcome. Come and Try. Contact Sue on

Ukuleles of the Third Age

We have been very busy this month, with already playing 2 gigs, one for Dersingham Village Hall, for the Dersingham Day Club members, with the audience participating by singing and dancing, which made for a really lively event. The Salvation Army in Snettisham, which was, although short on numbers, a very good performance by all, with the singing going to new heights! Our last concert for the month is due on Monday evening on the 29th June for Mencap. All return performances, three years running, which we are very proud of. We must be doing something right! **Jackie Lorking**

If you are interested in our group, please contact me on

Proposed new group - Bridge - Kitchen Bridge.

To be held on a Friday afternoon 2pm to 4pm, for fun and to practice your bridge. You have learnt to play bridge, but now you need to practice, what you've been taught. This group is not a teaching group, nor is it competitive, just casual scoring if you want to. More experienced players welcome. The rules will generally be ACOL, but if you don't play that, just announce your different play.

To show your interest in this new group contact Geraldine Coates through the u3a or email me direct at

For further information contact
Sue Lovell
Group coordinator

The deadline for submissions to the next Bulletin is July 24th.

Tuesday 30th June 2026

Rotary  Club of Kings Lynn Priory

SENIOR CITIZENS FILM CLUB

GLENROTHAN

ALAN CUMMINGS AND BRIAN COX

£4 PER TICKET



MONDAY 20 JULY
AND WEDNESDAY 22
JULY



KINGS LYNN CORN
EXCHANGE CINEMA



MEET AT 10.00
FILM STARTS AT 10.45.
12.30 FINISH



TEA AND
COFFEE

Booking is essential, to secure your tickets email:

Bharti.Patel@west-norfolk.gov.uk

07375375404.