



Bulletin

OUR ANNUAL FREE OPEN DAY

No longer in full time employment? Looking for something to do?
This is an opportunity for members AND prospective members to come along and see the range of activities King's Lynn u3a has to offer.

The graphic for the Open Morning event features a blue and yellow background. On the left, the text 'learn, laugh, live' is written in white. Below this, a red circle contains the text 'FREE EVENT Includes Refreshments'. On the right, there are three photographs: a woman playing a card game, a group of people looking at a camera, and a man playing a guitar. The u3a King's Lynn logo is in the bottom right corner of the graphic.

OPEN MORNING

Friday 9th October

10:00 - 12:00

Gaywood Community Centre, PE30 4EF

www.kingslynnu3a.org.uk

We look forward to seeing you there

Wednesday 30th September 2026

u3a



Ukuleles of the Third Age

IN CONCERT
AT LONDON ROAD
METHODIST CHURCH
KING'S LYNN, PE30 5PY

Sunday 4th October 2026

2.30pm

FREE ENTRY

Refreshments Available.
A retiring collection will be made for
Church Funds.

Last month's Speakers - Julia Paul, Jane Grant, Linda Gault

Speakers at our Monthly Meeting on 11 September were Julia Paul, volunteer with Hodmedods Hedgehog Support, and Jane Grant and Linda Gault from Phoenix Hedgehog Rescue.



“Hedgehog behaviour and how to help hedgehogs in your garden”

Julia began by asking “why do we care so much about hedgehogs?” Many people think they are cute, they have cute faces and they come into our gardens. However, hedgehog numbers are in decline in a natural world that is being impacted by many environmental factors such as loss of habitat, and an increasing number of vehicles on the road resulting in more hedgehog road deaths. In the 1950's there were 30 million hedgehogs; now there are less than 1 million.

Hedgehogs live, on average, for 4-5 years in the wild. They are nocturnal, have a good sense of smell and hearing, but their eyesight is very poor and so rely on their ears, and nose to find things. They eat a variety of food depending on what is seasonally available in the wild. They are a protected species in the UK – it is illegal to kill or capture wild hedgehogs using traps, snares, nets or artificial lights and it is illegal to take a healthy wild hedgehog, and keep it as a pet in the UK. They are listed as a species of “principal importance” which creates a duty of responsibility for public bodies to consider their conservation.

Hedgehog poo is a good indicator that you have Hedgehogs visiting your garden. They don't form a dependence on one garden; they will travel between different gardens and areas, and can travel a couple of miles at night. They are usually solitary creatures. When pregnant, gestation lasts for about a month, and a litter of hoglets can number anything from 2 to 6. At 4 to 6 weeks the hoglets will begin foraging, and at 10 weeks are likely to separate from the mother and strike out on their own. A hoglet's skin is pink and their spines start completely white. Hedgehogs hibernate over winter, wake up in spring, and breed in spring/summer. They can have a second litter in the autumn, before feeding-up for the winter hibernation.

To help hedgehogs, the recommended feed is meaty dog or cat food, for example chicken listed at 34% on the tin of food. Kitten biscuits are also good – hedgehogs only have small mouths so kitten biscuits are best. Hedgehog food can be bought from some pet food stores, but buy the really well-known brands to have the best chance of buying good quality food, as there is no regulation on hedge food sold in stores. Put food and water out regularly so the hedgehog knows there is a reliable source of food in your garden. They need protein, not vegetable based food, fish is likely to be left untouched by them, and pork and bacon can be too salty. Do not feed them with bread and milk – hedgehogs are lactose intolerant. Do not leave out peanuts or sunflower seeds as they get stuck in their teeth and their palette then becomes too painful for them to eat. Suet is not good for hedgehogs either.

If you see a hedgehog out in the day time, they are normally in trouble – they do not sunbathe, they do not like the sun. Act fast if you see a hedgehog with maggots on them, and contact a rescue service, such as Hodmedods and Phoenix Hedgehog Rescue as they are specialists in helping hedgehogs.

Phoenix Hedgehog Rescue was conceived when the Emma's Hedgehog Hospital at Terrington closed last year, which left the rescue and volunteer body without a home. There was a loyal and keen group of volunteers, with a determination to start up again. They rethought their ethos and capacity policy and made a more modest start. A second-hand cabin was donated to renovate and set up as the base. Planning permission was sought and finally given, and a local farmer kindly allowed them to install the cabin on his land, rent free; although there is no rent to pay, all

other bills for example electricity, water, phone bill, and connectivity, have to be paid for by Phoenix.

Phoenix has a loyal core of around 30 volunteers, coming from all walks of life including some with medical training and backgrounds. Volunteers can work in the cabin, working with the hedgehogs, cleaning, feeding and medicating them, and others are drivers who collect the hedgehogs and bring them to the Rescue and on occasion, take them to a vets or the RSPCA. Some volunteers are fosterers who care for the hedgehogs in the process of rehabilitation away from the cabin. Some volunteers fund raise, manage the social media sites, and give their time to the committee too. The Rescue is solely funded by donations and fund raising. There are no paid employees.

There is in-house training and induction for new volunteers, and many will have attended at least 1 training day with Vale Wildlife Hospital, based in Gloucestershire, but renowned country-wide for their practice and experience.

Problems encountered when the hedgehogs are admitted include, parasites such as ringworm, lungworm, fluke, roundworm, injuries from strimmers, dog bites, cuts from netting, broken limbs from road traffic accidents, and fly strike – when hedgehogs are out in the daytime they can suffer from fly eggs then hatching into maggots. If a hedgehog has ticks, proper tick remover must be used.

The centre has a bath for hydrotherapy and ringworm treatments, and for hedgehogs arriving caked in mud or clay. These are usually building site hedgehogs, and those from cattle grids. Heat pads/heat “stones” known as sunggle safes are used when a hedgehog arrives cold to warm them up to normal temperature of 33.5-36.8C, and for use in pods for hogs with ringworm, who have been bathed, to warm and dry them.

The cabin is divided into 3 working areas: ICU, Ringworm, and Rehab & Release. The main aim of this arrangement is to avoid cross contamination with the hedgehogs. The areas are colour coded and volunteers remain in their allotted area to clean, feed, and medicate the hedgehogs there. Ringworm is highly contagious so volunteers do not move from that bay on a shift. The ICU area will have the most acute cases needing more complex care and medication. Volunteers wear latex gloves and a pair of protective gloves on top, which remain individual to the hedgehog whilst it stays at the Rescue. They also wear a plastic apron to complete the PPE. There are some larger housing units (Plasteks), which allows the resident hedgehog to have a sleeping area and a feeding area. These hedgehogs will have been moved to the Rehab and Release area, and are almost ready to go back into the wild. They will be able to make a nest which will not be disturbed unnecessarily, and clean water and fresh food will be placed in the compartment. There are future plans for an outdoor rehab area at the cabin.

There is no hedgehog breeding at the Rescue – hedgehogs are wild animals and are not allowed to breed in captivity.

Phoenix Hedgehog Rescue has a good working relationship with the RSPCA, local rescues, and local vets – it is mandatory to have veterinary oversight of prescription medicines. A vet's only duty is to relieve suffering; vets cannot house hedgehogs. The aim of Phoenix is to help the hedgehog population thrive, to work with other rescues and the RSPCA, and to educate the public – children and adults.

You can help with the decline in hedgehog numbers by making your garden hedgehog friendly. Feeding stations with a small entrance - swing door/cat flap type entrance - will stop rats going into the station (such feeding stations can be purchased online). Limit the feed to 50g daily – if hedgehogs get fat, they can't curl up to protect themselves. Dry leaves and long hay (short hay is too prickly for them), and barley straw (dust has been extracted from barley straw) which can

be bought from any local pet store, are good too. Log piles are better in the garden than boxes; if you do use a box, lift it a little off the ground to keep the floor dry so the hedgehog is not sleeping on a wet floor.

An excellent talk from Julia, Linda and Jane, generating a lot of conversation, and questions from the audience.
Carol Hannam

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.

Excursions Update



Where would you like to go in 2027?

We have consolidated all the suggestions we received for excursions in 2027. Below is the link to the questionnaire, please complete now if you have not already done so.

[Potential Excursions 2027](#)

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		Sold out

A waiting list is running for anyone still wishing to attend one of these events, please email me and I will put you on the list.

Linda Creed

The deadline for submissions to the next Bulletin is October 23rd.

Climate Change Group Update – Food Security



The text in this article is taken from a National Emergency Briefing given by Professor Paul Behrens. It sets out the current threats posed by Climate Change, and then the good news of how it can be addressed.

For generations a stable climate has given us reliable harvests but that is changing. Droughts, floods, wildfires and heat extremes are all increasing. This is exceptionally damaging when they all strike together especially in global bread baskets. While some areas will become available for agriculture overall, we will lose about a third of the land available for food, by the end of the century.

Over the last decade Britain has seen 3 of the 5 worst cereal harvests on record. We rely on the rest of the world for 46% of our food, most from areas hammered by the climate impacts.

There is good news, research is crystal clear on what we need to do. Watch this 20 min video for full details [Food Security - Professor Paul Behrens - National Emergency Briefing](#)

Linda Creed
Climate Change Group

.....

Group Updates for September 2026

Bird Watching

We had a successful visit to RSPB Titchwell on Monday 21st September. The Visitor Centre and cafe upgrade has been completed, and is successful and a great improvement.

Quite a large number of species were seen and heard, which included Kites, Marsh Harrier, Brent geese, Teal and Widgeon ducks, as well as little and great white Egrets and Heron, all together in one place.

We are going to research the possibility of changing the visits day, so that more people can make it, and the 2027 programme is being prepared now, and a survey is to be conducted to find out members requirements, to make it possible for more members to take full advantage, and improve the quality of meetings and visits.

Please feel welcome to visit the group stand on the Open Day on Friday October 9th.

John Marrow
Joint Lead KL U3A Birdwatching

Canasta

After a very warm summer, the Canasta Group are back in full flow. We meet every Thursday 2pm till 4pm at Lynnsport Cafe. There is no charge for this club, just buy a drink from the cafe for coffee break. Newcomers welcome, as well as those who wish to return.

Contact Carole on



Photos Carol Jones

Evening Meals

Evening meals are held the 3rd Thursday of the month, we meet from 6.30 pm for a 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. There will however be a change to the date for October and November, as we will take advantage of the Norfolk Restaurant Week, and so the date will be the 12th November. Venue is yet to be decided. If you would like more information,

Folk

We had a great meeting, so full of energy and pleasant chatter, with a break for beautiful cake and coffee. Songs ranged from honouring Dolly with her heart felt, "Life is Like a Butterfly", to acknowledging the courage of Grace Horsley Darling, an English lighthouse keeper's daughter, who bravely battled the raging sea, and who saved eight members of the crew, and one passenger, Sarah Dawson, from the shipwrecked paddle steamer Forfarshie in 1834. Along with a tribute to the police dog Finn, who saved his handler from harm, and changed the law of the country.

There is such a wealth of songs for us to find, and add to our group collection, the last two being the traditional, "The Oak and Ash and Thorn", reminding us of their virtues, and "Kisses Sweeter Than Wine", which resonates with us as love enriches our world.

Feel free to come along and join us for the next jolly session, which will be held on Wednesday the 7th of October at 14:00 hours at **The Orb & Sceptre** to share coffee and cake, and many fine songs (you may have a "Spot" or simply sing along, no pressure).

NEW MEMBERS ALWAYS WELCOME

Please contact Diane if you wish to gain the set of songs the group sings together. Email:

Gardening

Another lively meeting, where we discussed the state of our gardens, and allotments, as well as exchanging ways to improve our soil, our produce, and deal with the element's nature has thrown at us. Plants were readily passed across, and members took home seeds of everlasting sweet peas in assorted colours, beautiful cuttings of the delightful deep purple salvia, different mints including pineapple, with a mix of sedums which thrive in drought conditions.

We finished, seeing pictures of the late Queen's garden in Regent's Park, which had a mixed reception.

Our next meeting will be held on Wednesday the 14th of October at 14:00 hours at **The Orb & Sceptre** to share coffee, cake, and garden advice.

NEW MEMBERS ALWAYS WELCOME. Contact Diane on

Local History

Did you know England's last surviving town gasworks is situated in Fakenham?

In September, members of the Local History Group visited this unique industrial heritage site at [Fakenham Museum of Gas and Local History](#). Complementing the gasworks displays were exhibits of domestic gas appliances (where we viewed an array of 'Ascot' water heaters). There was even an advertisement for a gas gramophone!

We found out about Fakenham's printing industry, and the town's development, too.



Photos. Fakenham Museum of Gas. Judith Coker

Next Meeting

On Wednesday 21st October at 14:00. We will be visiting King's Lynn Library. See the [Local History Group](#) page on the King's Lynn u3a website for details or contact Sarah Bowman on

Come and see the Local History Group's stall at the u3a Open Morning on 9th October. If you would like to discover more about this area's past, please join our group.

Poetry

September was refreshing after the summer break, enjoying poems about "Transport", including two very different ones, about being on the river. The first "A Canadian Boat Song" by Thomas Moore, the second "The Song My Paddle Sings", by the Mohawk. Emily Pauline Johnson, who readily captured the motion of moving on the water, and the serenity of being afloat, in nature's garden. Tomas Hardy took us on a train, "Midnight On The Great Western", and other poems created by our enthusiastic members brought Shanks' pony, and other forms of transport into play.

Our next meeting will be held on Monday the 26th of October at 14:00 hours at **The Orb & Sceptre** to share a wealth of poems from the past and the present exploring "**FOOD**", with a break for enjoying beautiful cake and coffee.

NEW MEMBERS ALWAYS WELCOME Contact Diane on

Scottish Dancing

The term got off to a great start. It was good to see everyone back, and some new people too.

If you want to give dancing a try, now is a good time to start!

Contact Jill on

Singing for fun

On Wednesday October the 14th at 10am, the Singing for Fun group will be joined in the Scout hut, Beulah St. by some of the Ukulele group to sing along to some popular songs. Neil Prew will be in charge. Contact Neil

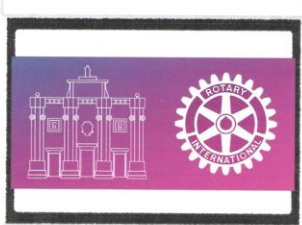
Sue Lovell
Group coordinator

**Rotary** Club of Kings Lynn Priory

SENIOR CITIZENS FILM CLUB

**JANE AUSTEN'S
SENSE AND SENSIBILITY**

£4 PER TICKET



 MONDAY 19
OCTOBER AND
WEDNESDAY 21
OCTOBER

 KINGS LYNN CORN
EXCHANGE CINEMA

 MEET AT 10.00
FILM STARTS AT 10.45.
13.15 FINISH

 TEA, COFFEE AND
BISCUITS

Booking is essential, to secure your tickets email:
Bharti.Patel@west-norfolk.gov.uk
07375375404