u3a learn, laugh, live
King's Lynn

Bulletin

NEXT MEETING:

At Gaywood Community Centre on 13th November 2026.

Doors open from 9.30am. £3 entry
Tea/Coffee/Biscuits at 10am

Followed by announcements, and our Speaker at 11am
The meeting finishes at 12 midday.

This months Speaker is: Jim Stebbings

Making a return visit to us to give his talk about the history of pantomime - oh no it isn't, oh yes it is! Members might remember Jim from when he came earlier this year, and gave a very enjoyable talk about his magnificent seven Broadway musicals.



We look forward to seeing you there

Last months: Open Day

The open morning was organised to showcase the wide range of interest groups, learning opportunities, and social activities available to retired and semi-retired individuals in the local community.

The event successfully attracted numerous visitors, resulting in new membership registrations of 15 which included several couples and 2 whose membership had lapsed. They had a multitude of interests, and a lot of the groups recruited these new members

There was a very good turnout of group leaders to the open morning, this is an ideal opportunity to talk to potential new members and explain what their groups entail

There was a large display exhibition for the art group which provoked plenty of discussion and interest in the group, they will also be attending in November as well.

This year we had 2 new groups attend with their leaders - Canasta and Gardening.

There has always been a lot of interest in pétanque, and this morning we identified another leader to start a further group. There was also an interest in starting up a simple card games group, these will be advertised in the group updates further in the bulletin







All Photos **Sue Bruce**

A big thank you to all the Group Leaders for their hard work on the day, and throughout the year, without them we wouldn't have had the fantastic number of groups we currently have.

Also, I would like to thank all the members who helped set up the room, ready for the morning. Members of the Committee, for their support, and help. Also to the 2 ladies on the door, Hilary and Jenny, who welcomed and collated the numbers attending .

Sue Lovell
u3a Group Coordinator

A NOTE FROM THE EDITOR:

Thanks must go to Sue Lovell, our Groups Coordinator, for her hard work, preparing and organising the Open Day, which resulted in such a successful and enjoyable morning, for everyone who attended.

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



Important announcement
Christmas Carol Goes Wrong
Coach leaving from Gaywood Community Centre not Library.

Parking restrictions are being implemented at the Gaywood Tesco car park, so from now on all excursions will start and finish at the Community Centre. Toilets are available in the café from 09:00.

Thank you to everyone who completed the questionnaire regarding excursions for 2027. Shortly we will be publishing our programme for next year.

Remaining 2026 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



Climate Change Group update – how to have a Happy and Environmentally Friendly Christmas

Christmas is a time when we like to be generous, but it is a waste to buy presents that are unwanted, and too much food that goes in the bin. Here are some tips:

Reduce what we buy - avoid the temptation to buy lots of presents, which are often unwanted. May be just a Secret Santa for adults. Something hand-made, an outing, meal out, membership to an organization, or a museum pass.
Eating and drinking – avoid buying excess food**.** Shops are likely to be closed only on Christmas Day and Boxing Day. More can be bought if needed. Be creative with leftovers, there are always recipes in the papers after Christmas, and freeze leftovers.

Christmas Cards - buy Christmas cards with a Forest Stewardship Council Certificate (FSC) as they come from sustainably managed forests. E-cards are easy to send and good fun to receive, or subscribe to the Trillion Trees project, instead of sending a card.

Christmas Trees - consider buying a living tree in a pot, or even renting a tree for the festive period. When treating yourselves to new decorations, avoid plastic, and go for wood, paper or fabric instead.

Christmas crackers - buy those that consist of paper and card, and have no plastic toys inside. Or make your own and personalise a small gift.

Wrapping paper - gifts can look attractive wrapped in cloth or scarves, and tied with ribbon or wool. Try to reuse wrapping paper, gift bags and cards. Crepe paper is good for making your trimmings and decorations. Make decorations from paper and natural materials.

Decorations - Christmas lights, try using solar or LED and ditch glitter and balloons. Make decorations out of paper and natural materials.

Recycling – wrapping paper if you can scrunch it up you can recycle it. Christmas cards in containers in larger stores**.** Sellotape don't use, use ties instead.

Following these tips will help to reduce waste – statistics listed below:

- The additional waste from Christmas equates to **approximately three million tonnes.**
- An estimated **5 million Christmas dinners** are thrown away in the UK each year.
- Approximately **500 tonnes of Christmas lights** are discarded every year in the UK.
- **£42 million worth of unwanted Christmas presents** are sent to landfills each year.
- Brits throw away the equivalent of **108 million rolls of wrapping paper** each year.
- Approximately **114,000 tonnes of recyclable materials** were incorrectly disposed of in the UK during the Christmas period.
- Collectively, people send more than **100 million bags of rubbish to landfills** each Christmas.

https://www.gwp.co.uk/guides/christmas-packaging-facts/

Members of the Climate Change Group -



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

Group updates for October 2026

Art Group

"We had a brilliant response to our mini exhibition at the October Open Day, and look forward to repeating that at the November General Meeting. All our exhibitors enjoyed talking to visitors about the group and our work."

For further information contact Doug Berwick on

Creative Writing

The creative writing group met on the 19th October, and we welcomed another new member. We had a very enjoyable session. Some very good work was shared, and the ten minute prompt was fun.

We still have room for another couple of new members, so if creative writing is something you've been meaning to try, email me.

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. If you would like more information, please email Sue at

Folk

Wednesday's session was delightful. This included the singing of "Scarborough Fair" and "All around My Hat." from the list. Everyone enjoyed learning the reframe of the old farming song "One Man May Mow My Meadow," which certainly tested the voice, and the memory when counting down backwards! We only sang about a flock of ten, but some people choose to have a hundred in their flock, which would certainly be a challenge.

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 me is you wish to gain the set of songs the group sings together.

Diane Moules email:

Gardening

Several new members joined due to June and Ron's welcoming approach at the Open Meeting. We took it in turns to introduce ourselves, and explain our gardens, and our hopes for their future development. Many lamented the destruction of their roses, due to Monk-Jack, and eagerly listened to learn the names of plants, which they would not touch.

An example of using perennials in a decorative pot, or hanging basket, was shown to extend the decorative season, saving the cost of annuals. Pots of sweet peas and succulents to grow inside after the first frost, were gladly taken home, and old gardening magazines changed hands to be returned next month to be exchanged.

Our next meeting will be held on Wednesday the 11th of November at 14:00 hours at **The Orb & Sceptre** to share coffee, cake, and garden advice.

Diane Moules. email

Kitchen Bridge
Kitchen Bridge, or some would say, Fun Bridge is held in the Lynnsport Cafe every Friday afternoon at 2pm, and you are very welcome to join us.

Our members are from the seasoned player, to those who know the basics of bridge, even if you haven't played for a while and are a little rusty, but would like to get back into the game. It's great fun and nothing too serious, just simple play for practice. If you aren't sure about your moves, you can always ask.

If you would like to be included, you will be very welcome. Contact Geri through the u3a, telephone me on or email me at

The u3a also have bridge lessons for beginners, so you don't need to miss out on this fun card game.

Local History
This month, forty-three members of the Local History Group had an opportunity to look around the new library in King's Lynn. The Community Librarian described how the town's book collections have evolved since the 17th century. Books have been housed in St. Margaret's Church, the Atheneum, the Stanley Library and an attic in Queen Street. It was great to see the 'special collections' on display. At the Carnegie library they had been stored away from the public, in the manager's office.

Why not call in and see what the library has to offer? There are meeting rooms and teaching spaces to hire, a training kitchen, comfortable seating areas, community groups…and books!







Photos. **Sarah Bowman**
Group members perusing the local directories.

Next Meeting

On Wednesday 18th November at 14:00. We will be meeting at London Road Methodist Church Hall, for a local history quiz. See the Local History Group page on the King's Lynn u3a website for details, or contact Sarah Bowman. .

Pétanque 5
Due to the clock change, moving into autumn so the clock goes back an hour. Pétanque 5 will change the times to 1-3 pm on Tuesday.

Sue has 2 guest spaces if anyone is available to attend.
Please contact Sue on

Poetry
October saw the pulling in of the days, and the harvesting of many fruits, so the theme of “Fruit”, proved to be very appropriate. “To Autumn” by Keats who explores “With fruit the vines that round the thatch-eves run”. “To bend with apples the moss’d cottage-trees” ran alongside D. H, Lawrence's sensual “The Fig.” and “The Strawberry”.

We also enjoyed lighter moments, such as Pam Ayes, “I Wished I’d Looked After My Teeth”, and The Day The Dragon Ate Our School!”

Our next meeting will be held on Monday the 30th of November at 14:00 hours at **The Orb & Sceptre,** do come along to hear great poems, to draw out the theme of!

NEW MEMBERS ALWAYS WELCOME.
Diane Moules email:

Scottish Dancing
Scottish country dancing will be having a half term break on October 29th. Dancing starts again on November 5th Further information from Jill Brakes on:

Table Tennis
Table Tennis – we play on the first and third Tuesday of the month 3pm to 4pm in the Table Tennis Centre at Lynnsport. We are only a small group playing for fun and can accommodate more members.

More important though, is that we need a new leader, as I am giving up at the year-end due to ongoing health issues.

So what does the leader do – check with your members each time to see how many will be attending, so that you book and pay for the required number of tables. You will need to have an Alive Card (free), to get the cheap rate. Collect cash from each of the attendees to cover the cost, (in round £’s, so you don’t need loads of change). Keep a record of the finance on the u3a’s Beacon web page. Look after the bag containing the bats and balls.
Any volunteers please, otherwise the group will close at the end of the year.
Stella Mills

Ukuleles of The Third Age
We have been very busy this month, with gigs at London Road Methodist Church, a gig with the Singing for Fun Group at Beulah Street Scout Hut, and Pott Row Village Hall. All gigs were well received, and enjoyed, both by the audience and us strummers alike. Our next gig this month is on the 28th October at the Dersingham Village Hall.

Potential new groups:
Petanque 8 – to be held on a Monday afternoon at Knights Hill Spa. If you are interested please contact Sue on
Simple card games. Please let me know if there is an interest in starting this up. It will be held at either the Orb and Sceptre or Lynnsport. Contact Sue on **if interested.**

Sue Lovell
Group coordinator