



<https://www.uea.ac.uk/about/working-at-uea/retirement-association>

UEA RETIREMENT ASSOCIATION NEWSLETTER

No. 76

October 2025

INTRODUCTION

Welcome to the autumn edition of Renaissance which contains details of all events and activities for members from October to February 2026 and in some cases further into the year. As you can see there are plenty of events available to you, including walks, talks and lunches. There are also the regular meet-ups for the Art Group, Book Group, Knit and Natter, Games Afternoon and Film Group and of course we have the Christmas social and lunch early in December. Also worth noting is next year's October short break walking holiday, details further down this newsletter.

You can find a brief summary of all events with dates on the 'Dates for Your Diary' page at the end of this newsletter with more details in the sections for each group/activity. If you haven't attended any events before, or would like to try something new then please come along. They are a great opportunity for socialising and meeting new and old friends and you'll be made very welcome.

Although we have had some new members join during the past year we still need to encourage new people to join the Association. So, if you know someone who is eligible, a former colleague at UEA or the Research Park, please encourage them to join us and help the Association continue to thrive. It is also worth noting that alumni could be eligible and those who have done some occasional lecturing, or even retired NNUH staff, at the discretion of the Chairman. An application form can be downloaded via the Association's web page at

<https://www.uea.ac.uk/about/working-at-uea/retirement-association>.

Once again a reminder that some of our committee members have been on the committee now for a number of years and are looking forward to the time when they might 'hand over the reins' to someone else. In particular, we will need someone to take over from Denis Brown as Treasurer in the not too distant future. It would also be good to have a couple more ex-officio members on the committee to help with running the Association and planning events etc. Without a strong committee it will be difficult to maintain a thriving Retirement Association. If you think you may be interested in any of these roles please contact a member of the committee.

2026 MEMBERSHIP RENEWAL

A membership renewal form for 2026 has been included along with the posted copy of this newsletter. As renewal is due by 1st January 2026 a reply before this date would be appreciated to avoid unnecessary reminders. I will be available to collect renewals at the Christmas Social Gathering on 1 December, so if you are attending why not bring your renewal form with you (and also save the postage).

Denis Brown (Treasurer)

NOTICE BOARD

GENERAL DATA PROTECTION REGULATIONS 2018

In order to comply with the General Data Protection Regulations 2018, the UEARA Committee has previously agreed a Privacy Statement, which is published along with the Membership Application Form on our website. The Privacy Statement is also published in the October edition of Renaissance each year and sent to all existing members along with a membership renewal form .

CONTACTS

Secretary:	Alison Ward	01603 452330
Membership Secretary:	Keith Woods	01603 810980
Website/Renaissance Editor:	Steve Mosley	01603 437176

Email: uearetired@gmail.com
Website: www.uea.ac.uk/about/working-at-uea/retirement-association

BACS PAYMENTS

Internet banking has been set up to access UEARA Bank Accounts and we are able to accept payments such as for subscriptions, outings etc. by Bank Transfer as well as by cheque or cash. Should you wish to make payments in this way the UEARA account details are as follows:

Account Name: U E A Retirement Association
Sort Code: 20-62-53
Account No: 70487589

Please note that there are spaces between the U and E and A. This is important when typing in the name the first time as UK Banks carry out name checks to prevent fraud (called Confirmation of Payee) and if the spaces are omitted it will not be able to match the name.

CHANGE TO CONSTITUTION

At this year's AGM a change to our membership rules was approved in order to widen membership eligibility and help maintain a healthy number of members. The membership rules are shown below. If you wish to see the complete Constitution, follow the link on the Association's welcome web page at:

<https://www.uea.ac.uk/about/working-at-uea/retirement-association>

Membership

- (a) all persons aged 50 or older who have been, or are, employed by UEA and their spouses/partners,
- (b) persons aged 50 or older who were the partners/spouses of deceased employees of UEA,
- (c) other persons aged 50 or older who have or have had a connection with UEA at the discretion of the Chair of the Executive Committee.

OBITUARIES

Sue Kitchener

We are very sorry to report the death, in early July, of Sue Kitchener. Over several years, she and Jeremy were very supportive of our events, from playing cards in the Pavilion to going on outings. She will be very much missed. We send our sincerest condolences to Jeremy and his family at this very sad time.

Alan Coddington

CHRISTMAS SOCIAL GATHERING

Members are invited to the 2025 Christmas Gathering at the Costessey Centre, Longwater Lane on Monday 1 December 2025, starting at 12.30 pm (please do not arrive before 12 noon). There will be mulled wine, a salad lunch, mince pies and good company. There will also be a raffle. Please inform Alison Ward, contact details below, if you would like to bring a craft stall.

There is no charge for this event but we do ask that you **book** your place. Numbers will be limited to 78. This is a **members only** event. As last year, financial contributions to Norwich Foodbank will be welcomed.

Please book your place by e-mailing Alison Ward (aliward@talktalk.net) stating clearly the name or names of those for whom you are booking **no later than Monday 17 November 2025**. Alison will acknowledge all e-mails received. Colleagues without an internet connection can ring 01603 452330.

Jan Woods and her team will again provide a choice of menu. Please identify your choice clearly by letter A, B or C in your e-mail to Alison. The choices are:

- A **Cheese Ploughman's**
- B **Ham Salad**
- C **Tuna Salad**

IF YOU HAVE ANY FOOD ALLERGIES, PLEASE STATE THESE AT THE TIME OF BOOKING.

HOLIDAYS

Gentle Guided Walking Holiday at Church Stretton 5-9th October 2026

Our Holiday in 2026 will be at the Long Mynd, Church Stretton in the Shropshire Hills. This is a Monday to Friday holiday with walks on the Tuesday, Wednesday and Thursday. On this holiday we will have gentle guided walks with HF Leaders and they will provide transport to and from the walks. Long Mynd is in Church Stretton, not far from Iron Bridge, Ludlow and Shrewsbury. The Postcode is SY6 6AG.

There's more at:

www.hfholidays.co.uk/holidays-and-tours/4-night-shropshire-hills-gentle-guided-walking-holiday

Look for the "Tripnotes" download.

Long Mynd is HF's largest house and has recently had a £4million upgrade. Long Mynd was originally built as a spa hotel above the village, with panoramic views over the Stretton Hills. It will certainly be more comfortable and smarter than Abingworth. We have booked 36 places, which is not the whole house and we expect to share with other walking groups. We are using the Gentle Guided walking programme again with 3 slower paced walks ranging from 3½ to 7½ miles. Church Stretton is well connected with bus services on the B5477. If you would like to come as a non-walker, please let us know.

The cost of the holiday is currently quoted at £595 per person. All rooms are en suite. The price includes bed, breakfast, packed lunch for everyone and an evening meal. The distance from Norwich is about 200 miles via the A14 and M6 around Birmingham. We will organise a coach from Norwich if there are enough takers and share the cost between all the passengers.

We have booked 36 places with HF. Early booking as a Group has great benefits for us with discounts! There are no single supplements. However, we do have to pay our deposits very early to secure the necessary classic rooms and limited single rooms. Later bookings will be subject to HF availability, especially singles. **A deposit of £75 is needed, with the booking form to secure your booking.** The booking form is on a separate sheet at the end of this newsletter.

Please do ensure you have appropriate travel insurance. If you need to cancel for any reason, you will lose your deposit. The final balance will be due at the beginning of August 2026 and is not refundable.

Keith & Jan Woods. Tel: 01603 810980, Email: woods521@icloud.com

OUTINGS

There are no outings planned at present.

TALKS

NB Change of date:

Tuesday, 28 October 2025 ‘Norfolk Citizens Advice - a practical guide’ – David Stephenson

Why does Citizens Advice exist? How does Norfolk Citizens Advice function? What does it do? Who does it help? How has it changed? In addition to answering these questions, there will be a practical session to enable you to use the Citizens Advice resources to support yourself and others. So, please bring along a laptop or tablet if you can.

Tuesday, 25 November 2025 ‘Botanical Gardens - a Grand Tour’ - Jim Paine

Jim and his partner Clare established the Walnut Tree Nursery in south Norfolk in 1998, selling rare and unusual hardy garden plants. He has a degree in Environmental Science and has worked in International Conservation.

His talk explores the history and purpose of botanical gardens, illustrated with beautiful images throughout, and then takes a closer look at a handful of gardens, from far distant continents to the world-class Royal Botanic Gardens Kew and the easily accessible University of Cambridge Botanic Garden.

Tuesday, 27 January 2026 ‘Ink in my Blood’- Neil Haverson

The history of the Eastern Daily Press from its launch in the 19th century with a look at my 50+ year career in the newspaper industry and the publication of my memoir “Ink in My Blood.”

Tuesday, 24 February 2026 ‘Bedrooms, Banquets and Balls – the English Country House’ – John Vigar

This off-beat and amusing look at the development of the English Country House takes as its starting point the medieval Hall-House and follows architectural tastes and fashions to the mid twentieth century. It looks at the architecture of the houses, their furnishings and the way in which the rooms were used in different periods.

We also hear about the people who lived in these buildings – many of them eccentric and memorable – and discover the ways in which their whims fashioned the houses we see today. We will hear about exploding cakes, tight mistresses and exotic princes.

John Vigar was personally encouraged early in his career by John Betjeman and is a Trustee of a national charity of which Betjeman was a founder. He is an architectural historian by profession. He also lectures for several universities and colleges and until his retirement worked for The Churches Conservation Trust.

All talks begin at 2.15pm (unless otherwise stated) in the Costessey Centre, Longwater Lane, Costessey (NR8 5AH).

No response slips are required, just pay £1 per association member and £2 per guest at the door, which includes tea and biscuits. Each member may bring up to two guests.

Margaret Robins

WALKS

Walks are generally around 5 miles, but occasionally longer or shorter walks are arranged and wherever possible there are shortcuts available **All walks start at 10.30am (unless otherwise stated) but please arrive at the meeting place by at least 10.15am**, especially if a pub lunch is planned in case we have to pre-order food. Car sharing would be appreciated. Walking boots or sturdy shoes are recommended.

Places on the walks must be booked by contacting the walk leader via email or telephone, by the deadline date shown. Please ensure emails contain your name, contact telephone number, number of places and, where appropriate, the number of lunches required. This is particularly important for walks with pub lunches so that the managers may reserve appropriate space for us. Please note that there may be limited numbers for some pub lunches, and these will be allocated on a strictly ‘first come first served’ basis (so it pays to contact the walk leader as early as possible!).

We are always looking for members willing to lead walks so if you have a favourite walk which you are willing to share with others, please contact Alan Jones at jonesalan9@hotmail.com

Alan Jones

These walks, and all other sporting and leisure activities, have inherent hazards associated with them. In spite of the safety of members of each walk being of paramount concern to its leader/leaders, accidents will occasionally occur. It is important therefore that, before taking part in any of our walks, every member appreciates that they each have an individual responsibility to be aware of possible hazards, and will each be expected to take all reasonable steps to minimise any potential for an accident to occur.

i.e. each walker takes part at his/her own risk.

Tuesday 11 November

Coltishall

Leader: Anne Guyon

Email: akguyon@gmail.com

Tel: 07950 680303 (text preferred)

Deadline for receipt of emails or telephone calls: Expressions of interest by Tuesday 28 October

Deadline for confirmation Tuesday 4 November.

The outline plan for this walk is a circular 6 mile walk from The Rising Sun pub in Coltishall taking in a riverside walk and path along the Bure Valley railway. The walk can be shortened at various points if needed. Final details will be provided nearer the time.

There is an option for lunch at the Rising Sun. The pub will need menu choices in advance. I will send menus out to those who are interested a couple of weeks ahead.

Parking will be at the Rising Sun, 28 Wroxham Road, Coltishall, Norwich, NR12 7EA.

OS Grid ref. TG 27690 19795

Please arrive by 10.15 for a 10.30 start.

Tuesday 9 December

Reepham, Cawston and Booton

Leader: Alan Jones

Email: jonesalan9@hotmail.com

Tel: 01362 860423

Mobile on the day 07845 963213

Deadline for receipt of emails or telephone calls: Monday 1 December.

This walk starts and ends at The Crown pub on the outskirts of Reepham, where we will have lunch. The walk is a little less than 5 miles. From The Crown we leave along the Marriott's Way to Cawston and the interesting St Agnes' church. Then on tracks and field paths to Booton Common (a Norfolk Wildlife Trust site) before skirting Reepham back to our starting point. The section through Booton Common may be muddy at this time of year but the rest should be easy walking, especially the section along the old railway line (Marriott's Way).

Please arrive at The Crown at 10.15 to order lunch ready for a 10.30 start

Address and postcode for The Crown is 90, Ollands Rd, NR10 4EJ. OS Grid ref. Grid Ref: TG 10207 23107

No walk in January 2026

Tuesday 10 February 2026

Exploring Mousehold Heath

Leader: Steve and Joan Mosley

Email: stevemos76@icloud.com

Tel: 0160347176

Mobile on the day 07887399106

Deadline for receipt of emails or telephone calls: Monday 2 February

This walk is approximately 5 miles long mainly on well trodden paths through Mousehold Heath, taking in some of the historical landmarks. There are no stiles and there will be opportunities for anyone wishing to walk less on the day. Lunch for those that want it will be at the Cottage pub in Thorpe St Andrew. The walk will start from outside Britannia barracks where there is free parking on the road outside the barracks and in the car park opposite.

From the car park we will walk out onto St James hill which on a clear day provides one of the best views of central Norwich and its various landmarks. We will then walk past the barracks and head through a tree lined grove further into the heath. From here we will follow paths in a clockwise direction visiting along the way the Giant Redwood, Vinegar pond, the site where St William's church once stood and an old tramway, eventually coming back to Britannia barracks. About 15 minutes into the walk there is a public toilet available outside Zak's restaurant (the former Pavilion).

It is a short drive to the Cottage pub where we will have lunch. The menu will be circulated closer to the booking deadline so that people can choose their lunch options in advance.

Please arrive by 10.15 for a 10.30 start.

Post code for Britannia Barracks is NR1 4HL OS Grid ref. TG 24316 09403

Postcode and address for the Cottage pub is 148 Thunder Lane, Norwich NR7 0JD

ART GROUP

The Art Group would like to thank Brenda Mace for organizing us for very many years. She has decided to step down and will be much missed. We are very pleased to have some new members, and you would be very welcome if you have always wanted to have a go at drawing/painting, or want some company while doing your art with a small, friendly group.

Refreshments will be provided, but please bring your own painting and drawing materials. If you just want to try watercolour painting, let me know and I can bring what you need.

Any queries, contact katepedleywebb@gmail.com.

We meet on the third Monday of the month (except Bank Holidays) at 2.00 at the Colney Lane Pavilion. The Group will meet on the following dates:

20 October
17 November
15 December
19 January
19 February
16 March

Kate Webb

BOOK GROUP

Informal meetings, lasting about one and a half hours, are held at the Colney Lane Pavilion (note change of venue) at 2pm on the **second** Monday of the month. Books to be discussed are listed below and all titles are available in paperback and from the library, some as downloads.

The group will meet on the following dates.:

13 October	'Precipice' by Robert Harris
10 November	Poetry session – Anything Goes
8 December	'You are here' by David Nicholls
12 January	'Jamaica Inn' by Daphne du Maurier
9 February	'Long Island' by Colm Toibin
9 March	'Between the stops: the view of my life from the top of the number 12 bus' by Sandi Toksvig
13 April	'We all live here' by Jojo Moyes

Anyone is welcome to come along and join us and to suggest titles for future sessions. There is no charge and tea, coffee and biscuits are served. For more information please contact Janet Havers (janet.havers@btinternet.com or Tel. 01603 759644).

Janet Havers

FILM GROUP

This small, lively group normally meets once a month, on a Monday, at Cinema City. Whenever possible we go for a late morning/early afternoon screening to allow time afterwards for refreshments and to discuss the film before going our separate ways.

New members are most welcome.

For more information please Tel. 01603 743464 or email: evelyn.mould46@gmail.com

Evelyn Mould

GAMES AFTERNOONS

Games afternoons are held on the third Tuesday of the month starting at 2.00pm at the Pavilion. We have regular tables for Cribbage and Rummikub and additional board games and cards are available if required. If you don't know how to play any of the games, we'll teach you.

The emphasis at games afternoons is on enjoying playing games rather than skill and you are welcome to bring your own games for other members to try. Refreshments are provided.

Future dates are:

21st October 2025
18th November 2025
16th December 2025
20th January 2026
17th February 2026
17th March 2026

Contact Details: Denis Brown Tel. 01603 409905 E Mail lizden144@btinternet.com

Denis Brown

GARDEN GROUP

The garden outings this year were attended by 20 members at the Dunbheagen Garden and 18 at the Henstead Exotic Garden. Thank you to Barbara Dewing and Anne Guyon for making the arrangements. The remaining event this year is the talk at the Costessey Centre.

Tuesday 25 November Talk at Costessey Centre 'Botanical Gardens - a Grand Tour' by Jim Paine

Jim and his partner Clare established the Walnut Tree Nursery in south Norfolk in 1998, selling rare and unusual hardy garden plants. He has a degree in Environmental Science and has worked in International Conservation.

This talk explores the history and purpose of botanical gardens, illustrated with beautiful images throughout, and then takes a closer look at a handful of gardens, from far distant continents to the world-class Royal Botanic Gardens Kew and the easily accessible University of Cambridge Botanic Garden.

John Johnson

HISTORY GROUP

As no one has volunteered to take over leadership of the History Group from Suzanne Cunningham and Evelyn Mould this group no longer exists. However, talks and visits of a historical nature are still occasionally arranged (see 'Outings' and 'Talks section'). If anyone is interested in re-forming this group, please contact Evelyn (evelyn.mould46@gmail.com), or another member of the Association's committee who can explain what is involved.

KNIT AND NATTER GROUP

We are a small group who appreciate the company, friendship and fellowship of meeting with like-minded people. We have people knitting a variety of pieces from garments and baby items through to novelty items and toys; tapestry making; felting; fresh lavender bags; Christmas decoration construction and beading/jewellery making. It is interesting to see what other people are doing and to help each other with our projects. Some of our group have been knitting items for charity which are delivered via the Norfolk Knitters and Stitchers to whom we are affiliated.

If anyone is interested in coming along (you don't have to commit to every month) we meet at the Colney Pavilion, 2-4pm on the **third** Monday of the month. If anyone would like further information, please contact me mndholland76@gmail.com

The Group will meet on the following dates:

20 October
17 November
15 December
19 January
19 February
16 March

Mandy Holland

LUNCH GROUP

Please NOTE CHANGES OF DATES. The next meetings of the Lunch Group are

Thursday 30 October at the Arlington Bistro, Newmarket Road

We will meet for lunch at 12.15 at the Arlington Bistro, George Hotel, Newmarket Road, Norwich NR2 2DA. Most buses (except Express) along Newmarket Road stop very near the George Hotel. There is a small car park, but on-street parking is possible.

If you wish to attend, please email j.johnson@uea.ac.uk or phone 01603 456465 by Wednesday 22nd October.

Thursday 20 November at the Red Lion, Eaton

We will meet for lunch at 12.15 at the Red Lion, Eaton, Norwich NR4 7LD. There is a large car park. Buses 5B, 9, 11A from Castle Meadow stop outside the Cellar House, a short walk away. Bus 11A from the Cringleford Interchange stops opposite the Red Lion.

If you wish to attend, please email j.johnson@uea.ac.uk or phone 01603 456465 by Thursday 13th November.

No lunch groups will be arranged for December and January. The 2026 meetings will be in the February Renaissance.

John Johnson

MUSIC GROUP

UEA Choir Concerts 2025-6

Thursday 20 November 2025, 7.30pm, The Cathedral of St John the Baptist, Norwich **The New and Eternal:** Heinrich Schütz and Anton Bruckner

Wednesday 10 December 2025, 7.30pm, The Cathedral of St John the Baptist, Norwich **UEA Choirs Christmas Carol concert**

Thursday 19 March 2026, 7.30pm, St Andrew's Hall, Norwich , **Echoes of the Soul:** Maurice Duruflé: *Requiem, op.9.*

Something of possible interest to choir members

We have been approached by Ben Judd, a London-based artist who has recently been invited to develop a new performance to be presented at the Sainsbury Centre, UEA, on Wednesday 15 October at 5pm. The piece will respond to the exhibition *Sea Inside* and form part of UEA's History of Art research seminar.

Ben is looking to recruit a small number of choir members to collaboratively develop and perform a new choral composition for this event. The piece will respond to themes from the exhibition, as well as draw on existing literature and poetry. The performance will also feature magic lantern imagery using original Victorian slides.

You can find more information about Ben's work at <https://www.benjudd.com/> . There is also a recent example of a performance here: <https://vimeo.com/648532318>

Ben will lead and organise the project and direct the singers.

Proposed schedule:

15 October, 2pm – Rehearsal

15 October, 5pm – Performance

One additional rehearsal will be scheduled prior to the event, based on performers' availability.

If you are interested in participating, please contact Ben directly at benjudd@icloud.com.

Note: In addition to planned events, information about musical activities in Norwich is circulated to members who have shown interest. If you would like to be included in this circulation or wish to publicise a concert or musical event of your own, please email Verity at vj.lyall@outlook.com or phone 01603 613698.

Verity Lyall

UEA Retirement Association: Privacy Statement

What information do we hold about you and where does it come from?

The information we hold about you is taken from the membership application form which you complete each year. On that form we ask for your name, address, telephone number and email address so that we can contact you for the purposes set out below. Also, for joint membership, we ask for the name of your spouse/partner.

Who has access to this information and how is it used?

The information you provide is held confidentially by the Executive Committee and is used, for example:

as a basis for distributing the copies of Renaissance that members receive during the year;

as a basis for publishing notices to wider groups of members;

by Group Organisers to contact participants of the interest group concerned;

by Outing or Holiday Organisers to contact participants in an outing or Holiday.

Communication with you may be via any of the contact details you choose to give us on your membership form but for speed and convenience, as well as cost, the Committee uses email where possible, rather than letter post or telephone, to notify members of important events, notices, holidays and confirmation of outing bookings.

No data will be shared with any other organisation or individuals without your permission (other than Executive Committee members and RA members who organise activities of the kind noted above, where needed for the purpose of contacting members who participate in those activities).

How long will we hold the information about you?

We will hold your information for as long as you continue to be a member of the Association. Membership is renewed annually and the data we hold about you will be updated each year from your membership form or during the year, if you advise us of changes to your details. If we do not receive a renewal form from you we will retain the information we already hold about you for up to one year. If we do not hear from you by the time of the next annual renewal date we will delete your details.

Your rights

Data Protection legislation gives you a range of rights in relation to your personal data including access, amendment, erasure and restricting how it is used. Information about your rights can be seen on the Information Commissioner's website. To advise us of updates or other requests in relation to the information we hold about you please contact the Membership Secretary (Keith Woods).

Keeping in Contact with our members

From the 25th May 2018, new General Data Protection Regulations mean we will need your consent to hold and store data on our members and to communicate with them in a manner which has their consent, and which is in line with UK law on data protection.

In order to comply with GDPR provisions, we are asking members (and/or their partner/spouse) who **do not** wish to continue receiving communications from the Retirement Association and wish us to delete their contact details from our database, or who wish to change any of the contact details provided on their last membership application form to advise:

Keith Woods, UEARA Membership Secretary and Data Protection Officer,
113 School Lane, Little Melton, Norwich, NR9 3LA. Email: UEA.RA@icloud.com

No action is required if you wish to continue receiving communications from the Association using current contact arrangements. The 2019, and subsequent, membership renewal forms will ask you to give consent to the Association holding and processing your data for the purposes set out in this Privacy Statement.

The Executive Committee

May, 2018, revised Oct, 2023

BOOKING FORM

Please book me on the Church Stretton Walking Holiday 5-9 October 2026

Name(s) :	
Telephone :	Mobile:
Email:	
Postal Address:	
Accommodation preferred (please tick) Twin (<input type="checkbox"/>), Double (<input type="checkbox"/>), Single (<input type="checkbox"/>)	
I would prefer to travel by Coach (<input type="checkbox"/>), Car (<input type="checkbox"/>), Either (<input type="checkbox"/>)	
Walking Programme – please indicate the grade of walk which you are likely to choose: Harder (<input type="checkbox"/>), Medium (<input type="checkbox"/>), Easier (<input type="checkbox"/>), Non-walking (<input type="checkbox"/>)	
Any Special Requests, eg. dietary requirements:	
<p>Please post this form to Keith Woods, 113 School Lane, Little Melton, Norwich NR9 3LA. or email to: woods521@icloud.com</p>	

<p>Cheques: £75 per person</p> <p>Please make cheques payable to: UEA RETIREMENT ASSOCIATION</p> <p>I enclose a cheque for £</p>	<p>BACS Payments: £75 per person</p> <p>Account Name: U E A Retirement Association Sort Code: 20-62-53 Account No: 70487589</p> <p>Please note there are spaces between the U and E and A This is important when typing in the name the first time as UK Banks carry out name checks to prevent fraud (called Confirmation of Payee) and if the spaces are omitted it will not be able to match the name.</p>
<p>I have paid £ by BACS</p>	

DATES FOR YOUR DIARY 2025-2026

Booking/decision deadline dates are shown where appropriate.

Where no group event is mentioned for a month, it is yet to be decided

2025

Oct	6-10	Walking holiday	Abingworth
	13	Book Group	'Precipice' by Robert Harris
	20	Art Group	
	20	Knit and Natter	
	21	Games Afternoon	
	28	Talk	'Norfolk Citizens Advice – A Practical Guide' David Stephenson
	30	Lunch Group	Arlington Bistro, Newmarket Road (deadline 22 Oct)
Nov	10	Book Group	Poetry session
	11	Walk	Coltishall (deadline 28 Oct)
	17	Art Group	
	17	Knit and Natter	
	18	Games Afternoon	
	20	Lunch Group	Red Lion, Eaton (deadline 13 Nov)
	20	UEA Choir concert	'The New and Eternal' by Heinrich Schütz and Anton Bruckner
	25	Talk	'Botanical Gardens – A Grand Tour' Jim Paine
Dec	1	Christmas social and lunch (deadline 17 November)	
	8	Book Group	'You are here' by David Nicholls
	9	Walk	Reepham, Cawston and Booton (deadline 1 Dec)
	10	UEA Choir concert	UEA Choirs Christmas Carol concert
	15	Art Group	
	15	Knit and Natter	
	16	Games Afternoon	
	**	No talk in Dec	

2026

Jan	2	Book Group	'Jamaica Inn' by Daphne du Maurier
	19	Art Group	
	19	Knit and Natter	
	20	Games Afternoon	
	27	Talk	'Ink in my Blood' - Neil Haverson
	**	No walk in Jan	
Feb	9	Book Group	'Long Island' by Colm Toibin
	10	Walk	Exploring Mousehold Heath (deadline 2 Feb)
	17	Games Afternoon	
	19	Art Group	
	19	Knit and Natter	
	24	Talk	'Bedrooms, Banquets and Balls – the English Country House' John Vigar
Mar	9	Book Group	'Between the stops: The view of my life from the top of the number 12 bus' by Sandi Toksvig
	16	Art Group	
	16	Knit and Natter	
	17	Games Afternoon	
	19	UEA Choir concert	'Echoes of the Soul' by Maurice Duruflé: Requiem, op.9
Apr	13	Book Group	'We all live here' by Jojo Moyes

Other events for this month yet to be determined

Future events are published in the next edition of Renaissance