



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

UEA RETIREMENT ASSOCIATION NEWSLETTER

No. 75

June 2025

ANNUAL GENERAL MEETING

**The 25th Annual General Meeting of the Retirement Association will take place on
Tuesday 24 June 2025 at 2.00 pm
in the Costessey Centre, Longwater Lane, Costessey.**

To be followed by the talk 'The Classical Guitar' by Richard Nielsen

The agenda and a sheet for nominations of officers can be found at the end of this newsletter.

INTRODUCTION

Welcome to the summer edition of Renaissance which contains details of all events and activities for members from June to October and in some cases further into the year. As you can see there are plenty of events available to you, including walks, talks, outings, lunches and garden visits. There are also the regular meet-ups for the Art Group, Book Group, Knit and Natter, Games Afternoon and Film Group. Further into the year there's the annual October walking short break and the Christmas social and lunch (details in the October edition). You can find a brief summary of all events with dates on the 'Dates for Your Diary' page at the end of this newsletter. More details about events are in the sections for each group/activity.

If you haven't attended any of the above 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 recently 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.

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.

OBITUARIES

Rosemary Johnson

We are very sorry to report the death of Rosemary Johnson on May 9th 2025, aged 88 years. She was born in West Ham, London in 1936 but after the war the family moved to the Chigwell area of Essex where she grew up. She left school at 15 and became a wages clerk. At the age of 20 she met John at the Chigwell Row church youth club. This was the start of 68 years of love, care and friendship with him.

Their first home together was a student flat in Cambridge where John was a Ph.D. student. They then spent a year in Manchester before coming to UEA in 1964. Here, they soon settled in and she took a full part in the role expected of a University wife! Once her children, Richard and Clare, were at School, she had a second career as a Teaching Assistant in Fairway School. This she enjoyed very much. After retiring, John and she were very active in the association. They particularly liked the walking and non-walking holidays. She was always very pleasant and helpful to newcomers, helping them to settle in. She was a lovely person to know and will be sorely missed by John, Richard and Clare to whom we send our sincerest condolences.

Alan Coddington

Her memorial service will be held at St Faith's Crematorium, on Thursday, 26 June, 2025 at 2.30pm. Please wear some bright colours. Afterwards, there will be light refreshments at the Black Swan, Horsham St Faith's.

If you intend to come to the Black Swan, please let John know by email to j.johnson@uea.ac.uk

HOLIDAYS

Gentle Walking and Exploring the South Downs at Abingworth 6-10 October 2025

We have filled all the spaces on this holiday, but do please contact us if you'd like to take a cancellation nearer the time. Walkers or non-walkers would be welcome to join us to explore the South Downs. You will have full board, an en-suite room and can join the activities in the evening. We cannot provide day-time activities for non-walkers, but there is plenty to do in the area, especially with a bus pass and cards for National Trust etc. Abingworth is about 10 miles from Worthing and 20 miles from Chichester and Goodwood. And you'll have an HF packed lunch too! Do contact us if you'd like more details.

On Tuesday, Wednesday and Thursday we will have fully guided "Gentle Walks", from 4 to 9 miles with HF Leaders and they will provide transport to and from the walks. The walking on the South Downs is "undulating", and the Gentle Walking programme is less challenging too. The house is at RH20 3EF. There's more at: <https://www.hfholidays.co.uk/country-houses/locations/abingworth-south-downs>

The cost of the holiday is currently quoted at £585 per person. All rooms are en suite. The price includes bed, breakfast, packed lunch for everyone and an evening meal. We will organise a coach from Norwich and share the cost between all the passengers.

Booking the whole house has great benefits for us, not least we don't pay single or other supplements. **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 2025 and is not refundable.

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

OUTINGS

Tour of Bridewell Undercroft - Wednesday 24 September

I have arranged a group tour of the Undercroft of the Bridewell Museum. This part of the museum is not open as part of the general admission to the museum, so it is a good opportunity to see parts of the building that are not normally accessible.

The tour will start at 10.30 and last for approximately one hour.

Please note that the undercroft is accessed via steep steps.

Cost: £10.50 per person.

The maximum group size is 15, so please respond as soon as possible if you wish to be included (Mandy Holland, mndholland76@gmail.com). I will collect the money before we begin the tour.

If you wish to find out more about the Bridewell, please visit:

<https://www.museumofnorwich.norfolk.gov.uk/article/30533/The-Bridewell-Undercroft>

TALKS

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.

Tuesday, 24 June 2025 (AGM) ‘The Classical Guitar’ - Richard Nielsen

Classical guitar performance with thoughts on practice, composers and repertoire. The performance will include pieces by composers such as J.S. Bach, Tarrega, Giuliani and Ferrer.

No Talk In July

NB Change Of Date:

Tuesday, 23 September 2025 ‘Bird Migration’ - Aldina Franco

Aldina is Professor in Ecology and Global Environmental Change at the School of Environmental Sciences, UEA. Her research can help identify measures to protect endangered species and understand the impacts of global environmental change on the populations of wild species. This involves working together with governmental and non-governmental organisations to identify conservation actions and implement these measures on the ground.

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

Details to follow

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

Details to follow

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 10 June 2025

Yoxford, Suffolk

Leaders:

Eleanor Cockerton and Stephen Morgan

Email: eleanorcockerton@yahoo.co.uk

Tel and mobile on the day: 07811052252

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

This is a walk of about 5 miles starting and finishing at the Kings Head, Yoxford, which is on the A12 and was recently taken over by the owners of the Poacher’s Pocket which we enjoyed in 2023. We will take a circular route going north past Cockfield Hall (of Yoxman fame) and crossing fields before heading back south into Yoxford and past the church before returning to the pub.

Please arrive at 10.15 to order your lunch and use the facilities to be ready for a 10.30 start.

Grid ref. OS Explorer 231 687398. Post Code for the King’s Head IP17 3EX

Tuesday 8 July 2025**Burnham Overy Staithe And Town**

Leader: Alan Jones
Email: jonesalan9@hotmail.com
Tel: 01362 860423
Mobile on the day 07845 963213

Deadline for receipt of emails or telephone calls: FRIDAY 27 JUNE 2025

This walk starts at the Hero pub in Burnham Overy Staithe. We take a footpath alongside the marshes in the direction of Burnham Norton before turning inland to Burnham Overy Mill and Burnham Overy Town. We then follow footpaths across fields to a short section of paved road before leaving on a grass track alongside the marshes towards Overy Creek where we join the Norfolk Coast path back to Overy Staithe.

The full walk is 5 miles although there are short cuts which can reduce it to 4 miles. The paths should all be in good order in July. There is one stile.

Lunch will be at the Hero. It is a popular pub and July is a busy time of the year. However, they have agreed to reserve two rooms for us which together will seat 20-22 and they have requested meal orders in advance. Lunch spaces will, therefore, need to be managed on a "first come first served basis" so when booking a place on the walk please indicate whether you want lunch. I expect to have the menu by Friday 27 June and will forward it with a request for orders by the beginning of the following week.

Numbers on the walk itself do not need to be limited. If numbers signing up exceed 20 or so then some members might opt to bring a sandwich lunch (there are several benches near the harbour) or contact the Hero and book a table independently, although this would be in a different part of the pub from our main group.

Postcode for the Hero is PE31 8JE. Grid ref OS Explorer 24 TF845443

Please arrive at around 10.15a start the walk at 10.30am.

Tuesday 12 August**Swainsthorpe Circular**

Leaders: Steve and Joan Mosley
Email: s.mosley@talktalk.net
Tel and mobile on the day: 07887399106

Deadline for receipt of emails or telephone calls: Sunday 3 August (Walk and pub lunch)
Sunday 10 August (Walk only)

This walk is a little over 5 miles long with no stiles and starts at the Sugar Beat pub at Swainsthorpe. The walking is mainly along grassy tracks with a short distance on minor roads. We walk through Swainsthorpe passing the church along the way. From Swainsthorpe we take a grassy track towards Gowthorpe manor, then turn westwards skirting the edge of Swardeston before heading back to back to Swainsthorpe and the pub.

Please arrive at 10.15 to be ready for a 10.30 start.

Please note the early deadline for those wanting a pub lunch due to the pub requiring prior notice of lunch choices. Menu details will be circulated on 3 August.

OS Grid ref. TG 2210 0077 Post Code for the Sugar Beat NR14 8PU

Tuesday 9 September 2025**Mattishall, East Tuddenham And Welborne Circular Walk**

Leaders: Bill and Sue Rhodes email: sueandbill27@btinternet.com
Tel: 01362 697053
Mobile on the day 07538 962842

Deadline for receipt of emails or telephone calls FRIDAY 29 August

This is an easy walk, almost entirely on flat ground, of approximately 5 miles. (Shortcut option possible). Most of it is on farm tracks and footpaths, but also some quiet country lanes and a footpath along a section of road.

It is a walk with pretty rural views, a visit to lovely All Saints Church at Welborne and the chance to pass by the remains of one of the two original windmills in Mattishall (for those who will brave the stile near the end of the walk).

The starting point will be at Southgreen Park Enterprise Centre, also known as the Poultec Centre or Cafe Verde, where there is plenty of parking and the opportunity to use the toilets or buy coffee before the walk (open from 9am). Lunch will be at Cafe Verde and pre-ordering is necessary. As we are away from 25th-29th we will not be able to respond to late joiners until 30th. We will also send out menu options to everyone on that day. Please let us know your choices asap because the cafe wants to know by 2nd September.

Postcode NR20 3JY Grid reference: OS Explorer 238: TG055103
What3words: wallet.grudging.anguished

Please arrive at 10.15am for 10.30am start.

ART GROUP

The Art Group is now organised by Kate Webb and meets on the **third** Monday of the month (except Bank Holidays) at 2:00 pm at the Colney Lane Pavilion. Refreshments will be provided, but please bring your own painting and drawing materials with you.

The Group will meet on the following dates:

16 June
21 July
18 August
15 September
20 October
17 November
15 December

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.:

9 June	'All the Lonely People' by Mike Gayle
14 July	'Demon Copperhead' by Barbara Kingsolver
11 August	'For thy great pain have mercy on my little pain' by Victoria MacKenzie
8 September	'The glassmaker' by Tracy Chevalier
13 October	'Precipice' by Robert Harris
10 November	Poetry
8 December	'You are here' by David Nicholls

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:

17 June (Croquet)*
July – No Games Session
August – No Games Session
16 September
21 October
18 November

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

***Croquet Session on 17 June**

This event which is organised by Jeremy Kitchener will be held at Eaton Park starting at 2.00pm and finishing at 4.00pm. Balls and mallets will be provided, and the only requirement is that flat shoes or trainers are needed. The green is located near the boating pond and there will be a charge of £5.00 (which includes refreshments). There is a room for storing coats as well as a loo facility.

The Car Park is operated by Norwich City Council and there is a charge of £2.00 for up to four hours (NB – their website states Eaton Park only offers contactless payment and will not accept cash payments).

If you want to come or require further information, please contact Jeremy on 01603 610708 (or email him at q6jk@outlook.com) to book your place.

Denis Brown

GARDEN GROUP

The talk in March by Roger Connah on the History of the Plantation Garden was well received by a large group of members held at the St Andrew's Eaton Church Hall, as the Colney Pavilion was not available. The open garden visit at Keith and Jan Woods in May was well attended. Everyone enjoyed looking around their interesting garden and of course the provided refreshments.

Thursday 3rd July. Visit to Dunbheagan, Dereham Road, Westfield, NR19 1QF

A group visit has been arranged to Dunbheagan for the afternoon of 3rd July, starting at 2.00pm. Described by the National Garden Scheme as a garden where the rare and unusual rub shoulders with more recognisable plants in densely planted beds and borders in this ever-changing plantsman's garden. Lots of paths to explore and lots of seating. A riot of colour in the summer. It has featured in Nick Bailey's book '365 Days of Colour'.

Directions:

Dunbheagan is 2 miles south of Dereham. From Dereham turn left off the A1075 into Westfield Road by the Vauxhall garage / Premier food store. Straight ahead at the crossroads into a lane which becomes Dereham Road. The garden will be on the left.

Wheelchair access is via a gravel drive.

If you would like to go on this visit, please complete the booking slip (towards the end of this newsletter) and return to Barbara Dewing by Thursday 19th June.

Wednesday 3 September - Visit to Henstead Exotic Garden, Church Road, Henstead, Beccles, NR34 7LD

A group visit has been arranged to Henstead Exotic Garden for the afternoon of 3rd September, starting at 2.00pm.

On their website <http://www.hensteadexoticgarden.co.uk/> this garden is described as a Cornish style garden on the East Coast of Suffolk. Unlike many gardens that were made years ago, this garden was created from scratch some 10 years ago. The garden is approximately two acres of fully landscaped exotic garden. A recent piece of land acquisition has the garden going into part of the 12 acre wood that the garden backs onto which provides a great backdrop to the exotic planting including some old oak, holly and yew trees some being hundreds of years old.

The visit will include a guided tour by the owner and creator of the garden Andrew Brogan, plant sales and of course refreshments.

Directions:

From Norwich. Approximate time: 55 minutes

Take the A146 out of Norwich towards Beccles and Lowestoft. At the Ellingham roundabout (this is the 2nd roundabout on the A146) take the 1st exit onto the A143. At the next roundabout at Gillingham take the 2nd exit A146. At the next roundabout take the 2nd exit towards Lowestoft A146. Continue straight on at the next roundabout then take the 3rd exit at the next roundabout onto B1127/Copland Way, signed to Ellough. At the next roundabout take the 1st exit, Benacre Rd B1127 towards Henstead. After approx. 2 miles (through Hulver) you reach Henstead. Keep left at the junction. (DO NOT follow the B1127 towards A12) continue onto Church Street (past the Church on left). Destination will be approx. 200m. Parking will be on the left in the field opposite the gardens on the right.

If you would like to go on this visit, please complete the booking slip and return to Barbara Dewing by Wednesday 20 August.

Thank you to Anne Guyon and Barbara Dewing for arranging the above visits.

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:

16 June
21 July
18 August
15 September
20 October
17 November
15 December

Mandy Holland

LUNCH GROUP

10 members signed up for the last meeting of the Lunch Group this Spring, which was held at the Old Feathers, Framingham Pigot. The next meeting of the Lunch Group is

Thursday 11 September. Shoulder of Mutton, Strumpshaw

Lunch has been arranged at the Shoulder of Mutton, 9 Norwich Road, Strumpshaw NR13 4NT, meeting at 12.15. There is a reasonable size car park. Buses on route 16 from Castle Meadow stop outside the pub.

If you wish to attend, please email j.johnson@uea.ac.uk or phone 01603 456465 by Thursday 4th September.

Future meetings of the Lunch Group will be held on Thursday 16th October and Thursday 13th November. The details will be in the next Renaissance.

John Johnson

MUSIC GROUP

Something to think about

The **Academy of St Thomas** are planning their regular summer concert on **June 21 2025**, with the opportunity to enjoy a picnic beforehand in the glorious surrounds of Salle church.

Pre-covid this was a favourite summer outing but there has been little interest in reviving the event. Since lack of transport may be the reason for this I would like to hear from members whether there would be any interest in arranging the trip if transport could be provided. This might be car-sharing but could involve the possibility of a hired minibus.

The programme is yet to be announced but if you would like to know more, please email me as soon as possible so that I can decide if there is enough interest to pursue it further. Please say if you would prefer to drive and could offer a lift.

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

BOOKING FORM FOR GARDEN GROUP VISIT

Visit to Dunbheagan on Thursday 3rd July 2025 at 2.00 pm

I would like to book place(s) at £12.00 per person.

Payment may be made by cheque or Bank Transfer (see NOTICE BOARD section of this Renaissance for UEARA account details):

I enclose a cheque for £.....payable to 'UEA Retirement Association'

or

I have paid £..... direct by Bank Transfer. Payers name on transfer.....

Name(s).....

Address.....

.....

.....

Telephone number

Email address

Are any of the places for guests (i.e. non-Retirement Association members), required for insurance purposes.

Yes/No(name(s) if Yes)

Do you require a dairy or gluten free option for the tea?.....

Lifts to Dunbheagan: Barbara will kindly try to match people as follows:

I am willing to offer a lift to people Yes/No

I/we would like a lift to the garden Yes/No

Please return this booking form by Thursday 19th June to:

Barbara Dewing, 29 Magnay Road, Drayton, Norwich NR8 6BT

BOOKING FORM FOR GARDEN GROUP VISIT

Visit to Henstead Exotic Garden on Wednesday 3rd September at 2.00 pm

I would like to book place(s) at £12.00 per person.

Payment may be made by cheque or Bank Transfer (see NOTICE BOARD section of this Renaissance for UEARA account details):

I enclose a cheque for £.....payable to 'UEA Retirement Association'

or

I have paid £..... direct by Bank Transfer. Payers name on transfer.....

Name(s).....

Address.....

.....

Telephone number.....

Email address.....

Are any of the places for guests (i.e. non-Retirement Association members), required for insurance purposes.

Yes/No(name(s) if Yes)

Do you require a dairy or gluten free option for the tea?.....

Lifts to Henstead Exotic Garden: Barbara will kindly try match people as follows:

I am willing to offer a lift to people Yes/No

I/we would like a lift to the garden Yes/No

Please return this booking form by **Wednesday 20th August** to:

Barbara Dewing, 29 Magnay Road, Drayton, Norwich NR8 6BT

DATES FOR YOUR DIARY 2025

Booking/decision deadline dates are shown where appropriate.

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

Jun	9	Book Group	'All the Lonely People' by Mike Gayle
	10	Walk	Yoxford, Suffolk (deadline 2 June)
	16	Art Group	
	16	Knit and Natter	
	17	Croquet session	
	21	Music	Academy of St Thomas summer concert
	24	Talk	'The Classical Guitar' by Richard Nielsen (preceded by AGM)
Jul	3	Garden Group	Visit to Dunbheagan, Westfield (deadline 19 June)
	8	Walk	Burnham Ovary Staithe and Town (deadline 27 June)
	14	Book Group	'Demon Copperhead' by Barbara Kingsolver
	15	No Games Afternoon	
	21	Art Group	
	21	Knit and Natter	
	**	No talk in July	
Aug	11	Book Group	'For thy great pain have mercy on my little pain' by Victoria MacKenzie
	12	Walk	Swainsthorpe circular (deadline 3 Aug, lunch & walk; 10 Aug walk no lunch)
	15	No Games Afternoon	
	18	Art Group	
	18	Knit and Natter	
	**	No talk in Aug	
Sep	3	Garden Group	Visit to Henstead Exotic Garden
	8	Book Group	'The glassmaker' by Tracy Chevalier
	9	Walk	Mattishall, East Tuddenham And Welborne Circular (deadline 29 Aug)
	11	Lunch Group	Shoulder of Mutton, Strumpshaw
	15	Art Group	
	15	Knit and Natter	
	16	Games Afternoon	
	23	Talk	'Bird Migration' Aldina Franco
	24	Outing	Tour of Bridewell Undercroft
Oct	6-10	Walking holiday	Abingworth
	13	Book Group	'Precipice' by Robert Harris
	16	Lunch Group	Tbc
	20	Art Group	
	20	Knit and Natter	
	21	Games Afternoon	
	28	Talk	Norfolk Citizens Advice – A Practical Guide' David Stephenson
Nov	10	Book Group	Poetry
	11	Walk	Tbc
	13	Lunch Group	Tbc
	17	Art Group	
	17	Knit and Natter	
	18	Games Afternoon	
	25	Talk	'Botanical Gardens – A Grand Tour' Jim Paine

Continued overleaf

Dec	1	Christmas social and lunch	
	8	Book Group	'You are here' by David Nicholls
	9	Walk	Tbc
	15	Art Group	
	15	Knit and Natter	
	**	No talk in Dec	

Future events are published in the October edition of Renaissance

UEA RETIREMENT ASSOCIATION
ANNUAL GENERAL MEETING

The 25th Annual General Meeting of the Retirement Association will be held on Tuesday 24 June 2025, at 2 pm in the Costessey Centre, Longwater Lane, Costessey.

A G E N D A

1. Apologies for absence
2. Minutes of the 24th AGM held on 25 June 2024 (circulated by e-mail)
3. Matters arising from the minutes
- 3.1 Contact with UEA concerning retiring staff and the RA
4. Membership of the Retirement Association
To consider a recommendation from the Executive Committee for a change to the Association's Constitution (circulated by e-mail)
5. Acting chairs' report (circulated by e-mail) and questions
6. Statement of Accounts (circulated by e-mail) and fixing the annual subscription for 2026
7. Election of officers and committee members (see Notes 1 and 2 below)
8. Any other business

Notes

1. In connection with item 7, the following officers and committee members are willing to continue in office if re-elected:

Chairman:

Treasurer: Denis Brown

Secretary: Alison Ward

Membership Secretary: Keith Woods

Newsletter Editor: Steve Mosley

Committee Members: Alan Coddington

Mandy Holland

Julie Houghton

John Johnson

Alan Jones

Verity Lyall

Evelyn Mould

Margaret Robins

2. A nomination form for the election of the officers and members of the committee is attached.

**NOMINATION FORM FOR 2025 ELECTION OF OFFICERS
AND OTHER COMMITTEE MEMBERS OF THE UEA RETIREMENT ASSOCIATION**

Post	Nominee	Proposed by	Seconded by	Nominee's signature
Chairman	<hr/>			
Secretary	<hr/>			
Treasurer	<hr/>			
Membership Secretary	<hr/>			
Newsletter Editor	<hr/>			
Committee Members	<hr/>			
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