



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

## **UEA Retirement Association Newsletter**

**No. 74**

**February 2025**

### **INTRODUCTION.**

Since the previous edition of Renaissance all activity groups have met on their usual monthly basis and regular talks and walks have been enjoyed by members. The October walking holiday in Whitby was fully booked and enjoyed by all despite the mixed weather ranging from mizzle and mist to a gloriously sunny last walking day! There was also the ever popular Christmas social, again fully booked.

There's still a range of events and activities planned during the winter and spring, further details of which are in this newsletter. For a quick view and check on all event dates see the 'Dates for Your Diary' page at the end of this newsletter. It is well worth remembering the hard work and planning that enables all these activities to take place, so please do try to support these events whenever you can.

We have had some new members join this year and I'm sure that you'll make them very welcome at our events. This has halted the decline in membership for this year at least, but 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 new volunteers are required to organise history events and talks as Evelyn Mould and Suzanne Cunningham have stood down from their roles. We will need someone to take over from Denis Brown as Treasurer in the not too distant future and 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.

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## Notes from the Treasurer

### Membership Renewals 2025

Thank you all for renewing your 2025 memberships so promptly. The exercise is now completed and any members whose membership has lapsed do not receive this Renaissance. A few facts and figures are below (the figures in brackets are the comparable figures for 2024): -

172 (175) members renewed by 31 December 2024 with a few paying in January, so it was only necessary to send 30 (23) reminders to jog memories. On 26 January membership was 189 (182) which represents 81 (76) individual members and 54 (53) joint members.

It is encouraging to note that we have had several new members joining in recent months and the decline in total membership has been halted.

### Charity Donation

Following discussion by the committee a charity pot was left out at the Christmas Social on 2 December for any members wishing to donate. The local charity nominated by the committee was Norwich Foodbank and I am pleased to report that a donation of £130.00 was made to them. Thanks to all who contributed so generously.

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## 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](mailto:uearetired@gmail.com)

Website: [www.uea.ac.uk/about/working-at-uea/retirement-association](http://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.

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## HOLIDAYS

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

**We do have a few spaces if any non-walkers would like 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, 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! A deposit of £75 is needed, with the booking form to secure your booking. The booking form is on a separate page towards 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 2025 and is not refundable.

*Keith & Jan Woods. Tel: 01603 810980, Email: [woods521@icloud.com](mailto:woods521@icloud.com)*

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## 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, 25 February 2025      'Jarrold 250 years: a history' - Pete Goodrum**

Pete Goodrum is a writer and broadcaster. He has written several books on local history. They include 'Norwich in the 1950s', '50 gems of Norfolk' and 'Jarrolds 250 years'.

### **Tuesday, 25 March 2025      'East Anglia's Children's Hospices' - Ellie Miller**

My name is Ellie Miller and I have been with East Anglia's Children's Hospices for nearly 2 years. Previously to EACH I worked in film, TV and theatre, chaperoning the children involved in productions, working with companies such as Netflix, Disney and The BBC. Being a Chaperone involved looking after the children's welfare while away from their families on set/at the theatre.

I now work as part of the fundraising team at East Anglia's Children's Hospices and being involved in such a fantastic organisation like EACH is extremely rewarding and to see the difference we make is a feeling that won't stop feeling amazing.

EACH care for life-threatened children, babies and young people across East Anglia and provide support for their families. We care for over 600 families across the region through a variety of holistic core services, which include: end of life care, specialist nursing, symptom management, short break care, counselling and bereavement care, as well as a range of physical therapies.

**Tuesday, 22 April 2025**

**‘Periods in Time in relation to Jewellery’ - Maria Pennington**

I started my life in the jewellery trade 42 years ago and has been my lifelong passion. I have worked all over the world and worked for and with many prestigious jewellers and companies. I started my own business 11 years ago as a speaker to share my adventures and knowledge as such a wide and varied subject.

I also merchandise and design shop windows up and down the country. Plus, work as a consultant on staff training and presentation. The talk covers relevant periods in time from Art Nouveau to present day in the design of jewellery.

**Tuesday, 27 May 2025**

**‘The creation of the Forncett Industrial Steam Museum’ - Rowan Francis**

Over the last 55 years Dr Rowan Francis has rescued many historic examples of industrial steam machinery that were destined for destruction. He created a museum which traces the development of steam power from the beginning of the industrial revolution in 1698 through to the 21st century steam turbine.

Eighteen of the largest engines can be seen running under steam power on the six steam days in the summer.

**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**

**Tuesday, 23 September 2025**

**‘The Citizens’ Advice Bureau’ – David Stephenson**

Details in June's Renaissance

**Tuesday, 28 October 2025**

**‘Bird Migration’ - Aldina Franco**

Details in June's Renaissance

**Tuesday, 25 November 2025**

**‘Botanical Gardens - a Grand Tour’ Jim Paine**

Details in June's Renaissance

*Margaret Robins*

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## **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](mailto: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 February**

Leader: Steve and Joan Mosley

**Marsham Heath**

email s.mosley@talktalk.net

Tel 01603437176

Mobile on the day 07887399106

Deadline for the receipt of emails or telephone calls: Monday 3 February

This walk is approximately 5 miles with the possibility of shortcuts on the day. There are no stiles on the route. The walk will start at the Plough Inn in Marsham where we can order lunch before starting the walk. From the Plough we walk along tracks and minor roads to Marsham Heath. We then walk around the heath on undulating paths before returning to the start.

When booking a place on the walk please indicate whether or not you want lunch. Please arrive by 10.15 so that we can order lunch and start walking by 10.30

Grid ref OS Explorer TG 198242

Postcode for the Plough is NR10 5PS

**Tuesday 11 March 2025**

Leaders: Derek and Lesley MacLeod

**Mulbarton to Swardeston Circular**

Email: derekmacleod39@hotmail.com

Tel: 01603 743789

Mobile on the day 07752303703

Deadline for receipt of emails or telephone calls: Monday 3 March

This is a circular walk of 5 miles (with a slightly shorter option of 4.5 miles). We meet at the World's End Pub at the north end of Mulbarton. The walk uses mostly footpaths through agricultural land and a short section along a quiet road. We will visit the St Mary the Virgin Church (Edith Cavell) in Swardeston along the route. There are no stiles.

Please arrive by 10.15 to order lunch and be ready for a 10.30 start.

Grid ref. OS Landranger 134: TG194011, Postcode for World's End is NR14 8JT

**Tuesday 8 April 2025****The Two Pulhams**

Leaders: Richard Aldridge &amp; Julie Houghton

Email: richard.v.aldridge@gmail.com

Tel: 01603 811303 Mobile on the day: 07753545440

Deadline for receipt of email or phone call is: Friday 28 March

This circular walk is based around the villages of Pulham St Mary and Pulham Market. The walk is approximately 5 miles, with the possibility of a shortcut (just over 3 miles) on the day. The walk will start at the Pennoyer Centre in Pulham St Mary, where we will have lunch.

The majority of the walk is on footpaths, including part of the Boudicca Way, and some quiet roads. There are several footbridges to cross, but all are in good repair. There is one stile. Depending on the weather, the route may be muddy in places.

Please arrive by 10.15 so that we can order lunch and depart by 10.30.

Grid ref OS Explorer 230, TM210852 Postcode for Pennoyer Centre: IP21 4QT

**Picnic Walk: Tuesday 13 May 2025**

Leader Janice Darch

**Circular from Roughton, North Norfolk**

Email: janicedarch@gmail.com

Emergency phone 07796932595

Deadline for receipt of email by 5pm on 12 May 2025.

This circular walk of about 8 miles will take us south from Roughton past the church, then east towards Thorpe Market. Then we go south before turning west to Hanworth Cross and on paths south to Alby. We will then follow Weavers Way through Hanworth to Metton leaving it to head back south again and back to Roughton. There is a shop at the filling station in Roughton.

Please meet in the layby on west side of A140 at the Roughton New Inn by 10.15 for a 10.30 start.

OS Explorer 252 New Inn post code NR11 8SJ

**Tuesday 10 June 2025.**

**Yoxford, Suffolk**

Leaders: Eleanor Cockerton and Stephen Morgan

Email: [eleanorcockerton@yahoo.co.uk](mailto: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 Explorers 231 687398. Post Code for the King's Head IP17 3EX

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## **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:

**17 February**

**17 March**

**21 April - no meeting as Easter Monday**

**19 May**

**16 June**

**21 July**

**18 August**

**15 September**

**20 October**

**17 November**

**15 December**

*Kate Webb*

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## 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.:

<b>10 February</b>	<b>'Someone Else's Shoes' by Jojo Moyes</b>
<b>10 March</b>	<b>'A Line to Kill' by Anthony Horowitz</b>
<b>14 April</b>	<b>'The Island of Sea Women' by Lisa See</b>
<b>12 May</b>	<b>A favourite poem of your choice</b>
<b>9 June</b>	<b>'All the Lonely People' by Mike Gayle</b>
<b>14 July</b>	<b>'Demon Copperhead' by Barbara Kingsolver</b>
<b>11 August</b>	<b>'For thy great pain have mercy on my little pain' by Victoria MacKenzie</b>

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](mailto:janet.havers@btinternet.com) or Tel. 01603 759644).

*Janet Havers*

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## 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](mailto:evelyn.mould46@gmail.com)

*Evelyn Mould*

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## 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:

**18 February**  
**18 March**  
**15 April**  
**20 May**  
**17 June (Croquet)\***  
**July – No Games Session**

Contact Details: Denis Brown Tel. 01603 409905 E Mail [lizden144@btinternet.com](mailto: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*

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## **GARDEN GROUP**

Here is the programme of events for the Garden Group in 2025.

### **Monday 31 March Talk at Colney Pavilion 'History and Restoration of the Plantation Gardens' by Roger Connah**

Roger has been chairman of the Plantation Gardens Conservation Trust.

The talk will start at 2pm in the UEA Colney Lane Pavilion. There is a larger car park now. To avoid paying the parking fee, please remember to display your parking permit (a permit can be obtained at the door on arrival). Please bring along any surplus plants that you may have, for donations to help Garden Group funds.

Please pay £2 per association member and £3 per guest at the door. The payment goes towards the cost of speakers and refreshments.

### **Monday 26 May Garden Party**

Keith and Jan Woods have kindly offered to open their garden in Little Melton on Monday 26 May between 2 and 5 pm. If you would like to attend, please email Keith and Jan at woods521@icloud.com (or phone 01603 810980 by Monday 19 May. Directions will then be provided to find their garden. A donation of £1 on the day towards Garden Group funds please.

Also please say if you can bring cakes, etc. for the afternoon tea. If you have surplus plants, there will be a plant stall for Garden Group funds.

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

A group visit has been arranged to Dunbheagan for the afternoon of 3 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 19 June**. Thank you to Anne Guyon and Barbara Dewing for arranging this visit.



## September

Another garden outing is being organised for September. Details will be given in the June Renaissance.

### **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*

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## **HISTORY GROUP**

Suzanne Cunningham and Evelyn Mould have resigned from leading the History Group. We have been doing it for several years and feel a fresh approach is required. Anyone interested in leading the group please contact Suzanne at s-d-cunningham@hotmail.com ) or Evelyn at evelyn.mould46@gmail.com .

A talk has been arranged for Tuesday 25 February 2025, 'Jarrols 250 years: A History' by Pete Goodrum. See Talks section for further details.

*Suzanne Cunningham & Evelyn Mould*

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## **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:

**17 February**  
**17 March**  
**21 April - no meeting as Easter Monday**  
**19 May**  
**16 June**  
**21 July**  
**18 August**  
**15 September**  
**20 October**  
**17 November**  
**15 December**

*Mandy Holland*

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## LUNCH GROUP

### **Wednesday 12 February Cellar House, Eaton**

Lunch has been arranged at the Cellar House, 2 Eaton Street NR4 7AB, meeting at 12.15. There is a large car park. Buses from Castle Meadow on routes 6B, 10,10A,11A stop outside the pub. Route 11A from the Cringleford interchange stops opposite the Red Lion, a short walk away.

If you wish to attend, please email [junewoodhouse1944@gmail.com](mailto:junewoodhouse1944@gmail.com) or phone 01603 457754 as soon as possible.

### **Thursday 13 March Red Lion, Drayton**

Lunch has been arranged at the Red Lion, 2 Fakenham Road, Drayton NR8 6PW on Drayton Green, meeting at 12.15. There is a large car park, but register your car in the pub. Buses from Castle Meadow (stop CE) on routes 28, 29, X29 stop near Drayton Green.

If you wish to attend, please email [j.johnson@uea.ac.uk](mailto:j.johnson@uea.ac.uk) or phone 01603 456465 by Wednesday 5 March.

### **Thursday 10 April Queen's Head, Hethersett**

Lunch has been arranged at the Queen's Head, 12 Norwich Road, Hethersett NR9 3DD, meeting at 12.15. Car park is not very large. Bus routes to Hethersett are complicated. If you want to come by bus and need advice, please ask me.

If you wish to attend, please email [j.johnson@uea.ac.uk](mailto:j.johnson@uea.ac.uk) or phone 01603 456465 by Wednesday 2 April

### **Thursday 8 May**

If I manage to arrange a lunch, I will email Retirement Association members who often come to the lunch group.

*John Johnson*

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## 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.

### **UEA Chorus Saturday 1 March 2025**

The UEA Choir 2024-25 concert season will conclude on Saturday 1 March 2025 with a performance of Edward Elgar's '[The Dream of Gerontius](#)' with Cambridge Philharmonic Chorus and Orchestra at Saffron Hall (Audley End Road, Saffron Walden CB11 4UH). Tickets will be available to purchase from the Saffron Hall Box Office.

Tickets: £16, £26, £31. Some under 25 concessions available. **Please note that tickets are purchased on a non-refundable basis.**

**Access:** The building is fully accessible to wheelchair users, with wheelchair / companion seating ramps and accessible toilet facilities.

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](mailto:vj.lyall@outlook.com) or phone 01603 613698.

*Verity Lyall*

## BOOKING FORM Abingworth Holiday 6-10 October 2025

**Please book me on the Abingworth Holiday 6-10 October 2025**

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, e.g. dietary requirements: _____ _____ _____	
<b>Please post this form to Keith Woods, 113 School Lane, Little Melton, Norwich NR9 3LA.          or email to: woods521@icloud.com Please note NEW email address</b>	
<b>Cheques:</b> Please make cheques payable to: UEA RETIREMENT ASSOCIATION  <b>I enclose a cheque for £</b> _____	<b>BACS Payments:</b>  Account Name: U E A Retirement Association Sort Code: 20-62-53 Account No: 70487589  <b>Please note there are spaces between the U and E and A</b> 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.  <b>I have paid £</b> _____ <b>by BACS</b>



## 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**



## DATES FOR YOUR DIARY 2025

Booking/decision deadline dates are shown where appropriate.

2025

Feb	10	Book Group	'Someone Else's Shoes' by Jojo Moyes
	11	Walk	Marsham Heath (deadline 3 Feb)
	12	Lunch Group	Cellar House, Eaton (deadline 5 Feb)
	17	Art Group	
	17	Knit and Natter	
	18	Games Afternoon	
	25	Talk(History Group)	'Jarrold 250 years: a history ' by Pete Goodrum
Mar	10	Book Group	'A Line to Kill' by Anthony Horowitz
	11	Walk	Mulbarton to Swardeston Circular (deadline 3 Mar)
	13	Lunch Group	Red Lion, Drayton (deadline 5 March)
	17	Art Group	
	17	Knit and Natter	
	18	Games Afternoon	
	25	Talk	'East Anglia's Children's Hospices' by Ellie Miller
	31	Talk	'History and Restoration of the Plantation Gardens' by Roger Connah.
Apr	8	Walk	The Two Pulhams (deadline 28 March)
	10	Lunch Group	Queen's Head, Hethersett (deadline 2 April)
	14	Book Group	'The Island of Sea Women' by Lisa See
	15	Games Afternoon	
	21	<b>No Art Group as Easter Monday</b>	
	21	<b>No Knit and Natter as Easter Monday</b>	
	22	Talk	'Periods in Time in relation to Jewellery' by Maria Pennington
May	8	Lunch Group	Tbc
	12	Book Group	A favourite poem of your choice
	13	Picnic Walk	Circular from Roughton, N Norfolk (deadline 5pm 12 May)
	19	Art Group	
	19	Knit and Natter	
	20	Games Afternoon	
	26	Garden Party (deadline 19 May)	
	27	Talk	'The creation of the Forngett Industrial Steam Museum' by Rowan Francis
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	
	24	Talk	'The Classical Guitar' by Richard Nielsen (preceded by AGM)
Jul	3	Garden Group	Visit to Dunbheagan, Westfield (deadline 19 June)
	8	Walk	Tbc
	14	Book Group	'Demon Copperhead' by Barbara Kingsolver
	15	<b>No Games Afternoon</b>	
	21	Art Group	
	21	Knit and Natter	

Future events are published in the June edition of Renaissance