



Stowmarket U3A



THE UNIVERSITY OF THE THIRD AGE

Stowmarket and District Learning Activities in Retirement

Registered Charity No. 1002987



NEWSLETTER

No. 55

MARCH 2019



Waving the flag for **Stowmarket U3A** at the **Older Peoples Fair** held on 30th November in Needham Market. Hosted by local MP Jo Churchill, the event was an opportunity for visitors to talk to community organisations about accessible support and guidance and helping to tackle isolation amongst the older community.

SOMETHING TO SHOUT ABOUT

It seems that at every monthly meeting we are welcoming new members and some visitors to our U3A, and overall the number attending the meetings is on the increase. So we must be doing something right!

Over the past six months since our last annual general meeting we have seen an increase in group activities:

Our 'Walkers' are striding away! (p 5)

Our first theatre outing attracted some 40 or so members including some visitors from the Blackbourne and Bury St. Edmunds U3As — and there's more to come (p4).

What was to be one off, the Geology Group project was such a success they've decided to continue apace (p4).

So well done to everyone who has participated in the groups, either well established or new ones, and with members old and new. The success is due to everyone.

Ken Snow, Chair.

January Monthly Meeting

Tim Turner gave a talk on “**Fakes and Forgeries in the Fine Art Business**”. We were entertained by stories of an old man in an old coat with a number of old objects going into an antiques shop and mentioning that he was on his way to the tip with the objects and just thought he would pop in to see if any of the objects were worth anything. One of the objects would catch the eye of the antiques dealer and after examination would conclude that it could be a valuable antique. The old man would not commit himself. He could not remember how it came into the family or any other information about it.

However, over the next few days, he would pop into the antiques shop again sharing snippets of information that might

relate to the object. By skilfully suggesting that these little bits of information might or might not be true, and always shrouding his comments in uncertainty, he was sowing seeds in the mind of the antiques dealer, gradually encouraging the dealer to build up a picture about the object and reinforce his conclusion that the object was valuable. As a consequence, the object would be sold for a large sum of money and the old man would “unexpectedly” land up with a windfall. So began the unfolding of how fakes and forgeries are introduced into “the system”.

Members feedback showed how much they enjoyed Tim’s talk, his clarity of speech and how entertaining and informing his talk was about the world of antiques, and his humorous and surprising glimpse of what happens under the surface of his business.

February Monthly Meeting

At our February meeting we welcomed Ann Morley, a volunteer with SARS, who talked to us about the organisation. **SARS is the Suffolk Accident Rescue Service** and provides specialist clinicians (volunteers) to assist the East of England Ambulance Service at the scenes of incidents where patients require an enhanced level of medical care before they reach hospital.

To be honest, the talk was not exactly as we had envisaged. I thought that it was going to be a more generic awareness of what happens when we dial 999. But instead of covering the work of the statutory emergency services it focused on the outstanding work that is undertaken by this small, but effective charity.

We had never heard of SARS before this meeting, yet it has been in existence for more than 45 years, during which time it has provided an advanced pre-hospital resource, on a voluntary basis, for local communities throughout Suffolk and the border areas of Norfolk, Essex & Cambridgeshire. Since 1972 SARS volunteers have attended thousands of incidents and helped save hundreds of lives.

SARS, unbelievably, receives no statutory funding and thus totally relies on voluntary donations to fund equipment and training to enable them to offer the best possible service to the people of Suffolk and its surrounding areas.

SARS responders are autonomous and are mobilised from their own home or place of work in locations in and around Suffolk. This means that, being dotted around the county rather than dispatched from central hospitals or ambulance stations, responders can be the first arrivals at the scene of an accident (over 20% of occasions) and additionally can provide more specialist equipment and critical care than the other emergency teams.

SARS members are mobilised by the Ambulance Service's Critical Care Desk which monitors all 999 calls.

As a result of the talk SARS raised £132.71, comprising the donation made to SARS for the talk and the individual donations made on the day by members.

Keith and Lorraine

(Who remembers our first talk from SARS in Apr 2007?— Ed)

Stowmarket U3A Annual Outing, 2019

Langham Glass



....for a glass blowing demonstration and look around the shop and....



Pensthorpe Natural Park

exploration of the gardens
lunch available (not included in price)*
optional trip on Pensthorpe Wensum Explorer**



£26



Wednesday 19th June
Coach from Solar 09.15 hrs
Departing Pensthorpe 16.30hrs

*Lunch options: bring your own picnic, or eat à la Carte in the Café, or a group set menu is available at £13.95 (2 courses including a veg. option)
**Pensthorpe Explorer – 45 min tour by Land Rover Trailer around areas unreachable on foot, £4.00 ask for details

Please pay Jean at monthly meetings (Cheques payable to S.T.A.R) or contact Lorraine at lorraineshelton@sky.com or 01449 768744 for more details



By popular demand we returned to the URC Hall for our Annual Christmas Lunch (the first time since 2013).

Recent years have seen a steady decline in numbers, down to as few as 26 at The Mill in 2017.

In December, more than 70 members enjoyed the meal with the catering supplied and served by Andrea Davey and her team (already booked for 2019!).

At the end of the meal, our Singing Group enjoyed everyone in a seasonal sing-song.



Geology

A new group was set up late last year to study Geology - initially on a temporary basis, but we are enjoying our start up so much we are planning things longer term already.

In the short time we have been meeting we have decided upon the area we want

to start looking at and where we will get information from. Many of us have obtained the book to use and even downloaded an App onto our phones.

We set our number to the capacity of the room but as with any group we have found that one or two would be on holiday or on grandparent duties, or couldn't commit the time at all so we do have

room for more members to join us. Some of us know a bit about Geology but we are mainly enthusiastic novices wanting to know more.

If you are interested in joining us on the 1st and 3rd Tuesday of each month at 2pm, at Red Gables, Stowmarket, call or text **Linda Reynolds** on 07880 516926

Myths and Legends

Our small group has been running for many years now but unfortunately, in recent times, we have found it difficult to keep the momentum going and have had little success in recruiting new members.

Due to unforeseen circumstances we were not able to hold our planned March meeting, but in April we will together decide whether we can continue or regretfully have to wind up the group.

Philip Weir

The Play Reading Group



Since the beginning of 2019 we now have two Play Reading Groups.

Play Reading Group (1) meets on the second Monday in the month. We have finished reading the Robert Bolt play **'The Tiger and the Horse'**. In February we started the well-known comedy **'The Importance of being Earnest'** by Oscar

Wilde. Currently we have one vacancy in this group.

Play Reading Group (2) meets on the fourth Monday in the month. For the first meeting in January we read the one-act play **'Bright Interval'** by Cherry Vooght. At the February meeting we will start reading the Noel Coward play **'Blithe Spirit'**.

Currently we have one vacancy in this group.

For further information, please contact **Maureen Wingham-Eaton**

01449 771 200

Theatre Trip

Organised by Sharon Jeeves, at lunchtime on Wednesday 6th Feb a coach load of us set off from Combs Ford for the matinee at the Theatre Royal in Norwich to see 'Calendar Girls'.

It was a brilliant performance. I thor-

oughly enjoyed it. There was a standing ovation at the end and a very great 'feel good' factor all the way home!

The journey there and back was excellent in the very well driven coach.

The next trip is to The Wolsey Theatre in Ipswich on Wednesday 1st May, again

for the matinee to see 'Grandma Saves The Day'. I have bought my ticket!

Thank you Sharon for organising these. I am sure this next one will be just as good as the last.

Carol Gibson.

Computing & Technology

We held our annual pre Christmas 'Bring a Plate' meeting in December.

Whilst there were only 8 of us we had a lot of (educational!) fun.

We were, however, concerned that the group may be running out of steam somewhat, but still decided that we'd meet again in March for a workshop session.

Last week we had 18 (including 3 new members) at the meeting, the best attendance for some time.

We first went around the table with Q&As then, where possible, one to one help was given on lap tops, tablets and phones.

At the end, it was unanimously decided that we should continue in the same vein, so another meeting has been arranged for June.

If you have any C&T queries, please post a question on our forum page....

<https://tinyurl.com/U3AQ-A>

Everyone is welcome!

Peter Dakeyne

Coming up...

April 17th: "Acquainting Afternoon"

.....Meet friends old and new

May 15th: (meeting at The MIX)

"The building of the Sutton Hoo ship"

Paul Constantine.

June 19th: "Annual Outing" see page 2'

July 17th: (meeting at The MIX)

"Café 200 Project" Institute of Civil Engineers - talk on a Stowmarket related topic.

Walking Group



Since the last news update we have enjoyed a significant boost to our numbers with new members joining at the showcasing event in September.

With two walks a month, we've covered quite a few miles in recent times. We have enjoyed some very interesting walks all of which have been around 5 miles starting around 10.30 in the morning and finishing at an appropriate hostelry for lunch (not compulsory). There have been walks around Mendlesham, taking in Mendlesham Green and Tan Office, Cockfield, and Rattlesden on a sunny and frosty day, which included a superb lunch at the Brewers Arms,

There have also been a number of walks around Stowmarket and Onehouse, including one for new members to acquaint themselves with the regular members of the group. The walk from Onehouse passed Finborough School where a regional cross-country run was in progress - made us all feel old!

One of our earlier walks, in October last, took us to Swilland where 16 of us walked a 5 mile plus circular route, starting and finishing at the Moon and Mushroom Pub, where afterwards we partook in lunch and "refreshments".

We were fortunate to have chosen a dry, relatively warm day.

The walk comprised a variety of landscapes, following footpaths through wooded areas, field boundaries and across fields (newly harvested but not yet ploughed) and along a quiet lane. We had just enough time to walk through Swilland Churchyard and have a look at the church. As you can see from the photographs (provided by Roger Crouch) St Marys Church is quite unusual.



From a distance it looks like a Victorian Folly and (as described by some) as if a giant hand had picked up a Tudor cottage and threaded it delicately over a lantern spire and onto the stump of the tower.

As you enter the porch you can spot



"the most spectacular Norman doorway in the Ipswich area". It has been recut, which is a shame, but it acts as a reminder that the church was already old before the 15th century tower and bell were installed, and ancient before John Corder came along.

He was the Ipswich architect who designed the church, perhaps best remembered by Corder Road, where several houses echo a Brothers Grimm Gothic fairy tale.

In December and following a short walk around Haughley Green, we all gathered at Robert and Anna Bradshaws house for our (now traditional) Bring and Share pre-Christmas party. Thanks again to Robert and Anna for hosting yet another memorable event to add to our year.

Phil Webb

01449 614 616

Bridge (Intermediate/Improvers)

On Friday February 22nd the Bridge Group met for the last time at Mike Last's house. Mike and his wife Pauline are moving house to be nearer to their daughter and grandchildren. We wish them well in their new area.



Mike founded the group about three years ago and has led it since. He has

shared his love for the game and developed our skills and confidence with patience and his ability to take each of us

forward at a pace that suits us. We play to Acol rules and Mike introduced us to a crib sheet that underpins our play and which several of us still rely on to take us through the contracting and beginning stages of our game.

Two members have also recently become members of the Abbeygate Bridge Club.

Our thanks, Mike and Pauline!

The group plans to continue their **Friday Afternoon meetings at 2.00 pm but at a new venue - Stowmarket Library**. There is parking available behind the library. If you are interested in joining us you can contact **Carol Gibson (07918 743 154)** or any other group member for more information.

Discussion Group

We meet on the 2nd Tuesday of each month, from 10am -12 noon at a member's house in Stowmarket and recently we've had a regular attendance of 9 from a membership of 11. This has provided many different viewpoints with enough time for everyone to make their contribution. It is always a lively discussion with us all having plenty to say. We have a relaxed, informal gathering and start with tea, coffee and biscuits and any admin that needs attention before moving on to our "Topic of the Day". All the topics have come from members' suggestions made before the summer break so we all have a chance to put forward our favourite subjects.

Our most recent topic in February was "*Discipline, Respect and Responsibility*" which gave us all lots to talk about. We

saw many advantages of discipline although some were aware of the need for freedom too, especially freedom of speech.

Can discipline be problematic when it is too authoritarian? The importance of explaining to children was mentioned. We considered the significance of respect and someone linked this to empathy too. One view was that it was more important to respect those with nothing or no status as those with wealth or authority. Some people feel that they are respected less as they have got older.

Do people have respect these days for us older people or do we find ourselves becoming more and more invisible? There were many suggestions for what we have responsibility for including ourselves and the environment. Will we be leaving the world a better place than we

found it?

Our topic in March is "*Dreams*" with several possible angles. What do our dreams mean to us, do they provide useful information from our subconscious or can we never remember them? Alternatively what dreams and aspirations do we have for the future? We may have our own ideas what we want to talk about and we will probably be surprised by the many different contributions and ideas that others bring.

Our membership is full but if you are interested in going on our waiting list please get in touch. The current 2018/19 programme can be found on our web site at:

<https://tinyurl.com/Discussion18-19>

David Warner 01449 612 730

or 07789 002 828

Gardens and Things

Unlike other interest groups the G&T group has no formal membership; every member of Stowmarket U3A is welcome to join in any of our activities. Simply decide which you fancy and sign up at the general meeting prior to the trip.

Payment, if appropriate, will be required when you sign up and will not normally be refundable.

After a very pleasant lunch at the Cedars last November we had a discussion about the 2019 programme and what those present felt was the way ahead. Unfortunately the other 'travelling' group, Town and Village History is no more so G&T has tried this year to widen its interest areas. Other comments made were about the problems associated with car sharing and the desire to include a meal on any full day trips.

Hopefully you will see some of this re-

flected in the **2019 programme, below.** It does mean more planning ahead by us all and a financial commitment in the way of deposits for transport and meals which are often not refundable. If you see a certain aviation slant on events for this year that you don't like, the answer is in your hands. Stop me doing this by suggesting (and offering to research and organise!) where we go and what we see. October 2019 is still free.....

Stewart, G and T Co-ordinator

Thursday 18th April

Afternoon trip to **WOODWARDS**, a private garden at Coddendam. 25000 new bulbs add Spring colour to this well established garden. By car share, afternoon tea to follow the visit.

Cost £6.00 pp, pay on the day. Organiser – Stewart

Thursday 16th May

Day trip to the **BAWDSEY** Radar museum, recently refurbished with a lottery grant. Visit Dobbies garden centre and retail outlets at Woodbridge with optional lunch on the way back. Travel by minibus or coach.

Cost for the museum is £6.00 pp, travel cost depends on take up. Organiser – Stewart

Thursday 27th June

Afternoon visit to **HELYG**, a garden in Coney Weston. Helyg features a woodland walk, raised flower and vegetable beds, a small orchard, pond and greenhouse. By car share, cream tea to follow visit.

Cost expected is ~£9.00pp, pay on the day. Organiser – Shirley

Thursday 15th August

Day trip to **STOW MARIES** and **HYLANDS PARK** Chelmsford. Morning visit to Stow Maries, the only known WW1 aerodrome to survive largely intact. Then to Hylands Park with the chance to have lunch and then take a walk in the extensive grounds.

Travel by coach. Cost ~£20.00pp, final cost depends on take up. Organiser – Stewart

Thursday 19th September

Afternoon trip to **URBAN JUNGLE, NORWICH**. A nursery and plant centre with a difference; walk through settings of exotic plants and fishponds and end the visit with afternoon tea. By car share.

Free entry to the jungle, cost of tea ~ £6.00. Organiser - Lorraine

Thursday 17th October

HELP PLEASE! Ideas (and volunteer needed)

In November

End of season lunch and planning meeting for 2020. Convenor: Stewart Dorward Tel. 01449 774 213

Updates from the Groups Co-ordinator, Andrea Burton

Italian and Spanish: In spite of everyone's best efforts the Italian group was not able to get off the ground, but there has been a recent resurgence of interest in Spanish. More information will be available shortly.

Geology: This group has made a very good start and is very enthusiastic. They plan to study local geology and the lie of the land in our area first. There will be plenty of other subjects to cover in the future - each member of the group taking a turn to lead a session (see Linda's notes on p4).

French for Beginners: I am trying still trying to set up a group for anyone who would like to learn French from the beginning. There are a few names on my list and room for more. If you have not already contacted me about your interest, please do so very soon. We will have a get together to sort out venue, dates and times and also methods of learning.

French Conversation (2): Zuleika Dobson is now looking for more French speakers for this group, which is a little more advanced than French (1). They meet fortnightly at Zuleika's house. Anyone who would like to try it out can contact me, or Zuleika (as below) for further details.

Scrabble: I believe there are two Scrabble groups (meeting twice a month) at the moment. They work independently and make their own arrangements. Mike Last has now left the area, so for the time being please contact me if you would like to set up/join another Scrabble group.

Theatre Visits: For all those interested in going to the theatre, the first outing - 'The Calendar Girls' at the Theatre Royal Norwich- was a great success. See Carol's report on (page 4). The next visit is to the Wolsey Theatre in Ipswich on 1st May to see 'Grandma Saves The Day', a musical featuring the Giles Family. Due to the need to confirm numbers with the theatre, all the tickets were sold early March. If you would still like to go, please give your name to Sharon Jeeves who will let you know if there are any cancellations.

Table Tennis: Peter Dakeyne is trying organise a group to play twice a month. Provisional arrangements have been made with Stowmarket table Tennis Club to use their equipment. At the moment there are just two people who have registered an interest, which together with Peter and his wife is insufficient to form a viable group. Peter's contact details are on the last page, please let him know if you are interested.

STOWMARKET U3A, ACTIVITY & INTEREST GROUPS – March 2019. Please contact the Leader/Convenor for more information

ART APPRECIATION (SAAG)	Monthly: Agreed Tuesday	LUNCH CLUB (2)	Monthly: 4 th Thursday
Tony Taylor 01449 258 192	9.30am	Bryan Hilton 01449 258 152	12.30pm
BOOK CLUB	Monthly: 4th Monday	LUNCH CLUB (3)	Monthly: 4 th Thursday
Mary Bradley 01449 775 628	2.00pm	Pat Griffiths 01449 721 137	12.30pm
BRIDGE INTERMEDIATE/IMPROVERS	Weekly: Friday	MUSIC – Classical	Monthly:- 4 th Tuesday
Carol Gibson 07918 743 154	2.00pm	Ian Hooper 01449 770 179	10.00am
BROADENING HORIZONS in ART	Monthly: 3 rd Monday	MYTHS, STORIES AND LEGENDS	Monthly: 1 st Monday
Devam Hendry 07954 162 989	2.00pm	Philip Weir 01449 676 528	2.30pm
CANASTA	Weekly: Wednesday.	PAINTING FOR PLEASURE	2/Month: 2 nd , 4 th Fridays
Hazel Burl 01449 615 581	9.30am (Stowupland)	Nina Rouse 01449 612 042	10.00am - 12noon
COMPUTING & TECHNOLOGY	Online Q&A forum -	PATCHWORK	Monthly: 3 rd Monday
Peter Dakeyne 01449 781 562	Quarterly meetings only	Kate Riddleston 01449 612 871	2.00pm
DISCUSSION	Monthly: 2 nd Tuesday	PHOTOGRAPHY	Monthly: 3 rd Tuesday
David Warner 01449 612 730	10.00am	Peter Dakeyne 01449 781 562	2.00pm
FRENCH CONVERSATION (1)	2/Month: 2 nd , 4 th Tuesdays	PLAY READING (1) & (2)	2 nd Mon (1), 4 th Mon (2)
Andrea Burton 01449 258 865	10.00am	Maureen Wingham-Eaton 01449 771 200	10.00am – 12 noon
FRENCH CONVERSATION (2)	Alternate Wednesdays	POETRY	Monthly: 4 th Thursday
Zuleika Dobson 01449 615 811	10.00am	Jenifer Adams 01449 615 581	2.00pm
FRENCH for BEGINNERS	To be arranged	SCRABBLE PLAYING GROUPS	Variable - by arrangement
Andrea Burton 01449 258 865		Contact Andrea Burton 01449 258 865 for more information	
GARDENS & THINGS	Monthly: 3 rd Thursday	SINGING	2/Month: 1 st , 3 rd Thursdays
Stewart Dorward 01449 774 213	9.30am (variable)	Hilary Foster 01359 241 773	2.00pm
GEOLOGY	2/Month: 1 st , 3 rd Tuesdays	THEATRE OUTINGS	By arrangement
Linda Renolds 07880 516 926	2.00pm	Sharon Jeeves 07904 026 864	
LUNCH CLUB (1)	Monthly: 2nd Thursday	WALKING	2/Month: 1st, 3rd Fridays
Angela Bentley 01449 780 274	12.20pm	Phil Webb 01449 614 616	9.30am (variable)
		Anna Bradshaw 01449 745 829	

National Summer Schools' programme for 2019.

This year there are two schools, in August and September, providing an exciting programme covering 20 courses with a wide range of subjects (see below).

This is only possible because the tutors – who are members of U3As from across the UK – bring with them an impressive array of experience and knowledge. They give up a significant amount of their time to provide attendees with a high quality, active learning experience which is both participatory and enjoyable.

Summer School History

Exactly 21 years ago (1998), the U3A Standing Committee for Education (SCE) came up with the idea of organising a nation-

al Summer School programme to provide U3A members with the opportunity to take their learning into a residential setting.

A year later the first Summer School started in York and soon the national Summer School became a regular feature of the Third Age Trust's active learning programme.

Summer Schools are a wonderful example of the peer to peer learning model which U3A has helped to pioneer. U3A members learn from each other in a hands-on-learning experience. Residential study also gives students the opportunity to spread their learning over four days, meet with members from other U3As and share knowledge and experience.

To find out more and book your place, go to....

<https://summer-schools.u3a.org.uk/>

School 1: Aston University, Aston Street, Birmingham, B4 7ET
Monday 12th to Thursday 15th August 2019

Art History & Archaeology – Ancient Civilisations of the Americas

Creative Writing – The Big Novel

English Poetry -During the Reign of Queen Victoria 1837-1901

Film - International Films

Italian - La Bella Italia - Lingua e Cultura

Linguistics - Child Language Acquisition

Literature/Philosophy – Irisland (Iris Murdoch)

Music - Jazz – The Sound of Surprise

Ukulele - Play Ukulele

Singing - Singing for Pleasure

School 2 : Royal Agricultural University, Cirencester, GL7 6JS
Tuesday 10th September to Friday 13th September 2019

Crosswords - Cryptic Crosswords for Beginners

Drama - Mid Twentieth Century Drama

Garden History -Influential Women In English Garden History

History - Bede and the Conversion of England

Language - Latin for Roman Britain and Beyond

Literature - Shakespeare and the Props Department

Mathematics - Surprised by Maths

Opera - Donizetti's Three (and a bit) Queens

Stowmarket U3A Committee Members 2018/2019



Ken Snow



Phil Webb



Jean Roche



Diane Plester



Keith Shelton



Lorraine Shelton



Andrea Burton



Evelyn Russell



Connie Harford



Anne Webb

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Next Issue July 2019 Last Date for Copy 30/06/2019

www.u3astowmarket.org.uk

STOP PRESS

Theatre group outing: Wednesday 14th August 2019

Theatre Royal, Norwich.

We have 40 tickets for **"Matilda"** at the matinee performance, 14.30 hrs, on Wednesday 14th August.

The production is very popular as it's on tour from the West End and tickets are selling fast.

Ticket Price: **£46** in the Circle (access to the seats is restricted)

Plus Coach including Driver's tip: **£13**

Total: £59

The coach will leave the car park at Combs Ford at 12.15 and we will return straight after the performance.

Please let **Sharon Jeeves** know if you wish to join this outing.

Email: sharonjeeves@live.com

Or phone: 07904 026864

Please note, cheques made payable to S.T.A.R. to be paid at the April Meeting.

POTENTIAL GROUP for Sunday Lunch

If you would be interested to meet for Sunday lunch once a month, please send an email to **Andrea Burton** kingburton99@gmail.com

Giving your name, email id, contact phone number, whether or not you have your own transport and your budget for 2 course lunch.

Suitable for singles or couples.

TABLE TENNIS

There are now six potential members for the proposed TT group, although I think we need at least 10 to make this viable.

Provisional arrangements have been made with the Stowmarket Table Tennis Club; for a very small fee we would become Affiliate Members which would enable us to use their equipment and give us Personal Accident cover (which is not available through the U3A insurance). Initially, 1½ hour sessions would be held twice per month on Monday afternoons.

There is also the possibility of some free coaching from a club member.

You don't have to be an expert player to enjoy table tennis and it's a very good way to keep fit in mind and body. If you are interested, please let me know.....

Peter Dakeyne 01449 781 562