

JUNE 2025

DOWNHAM MARKET U3A NEWSLETTER



Dates for
the diary

Monday June 9th
2025

Monthly Meeting in
the Town Hall
from 2-4 pm



*Don't miss out!- collect your free
raffle ticket when you sign in!*



This month sees the return
of Richard and the popular
Norfolk Owls.



Spotlight



Photography for Fun -

Photography for Fun - Group visit to Ickworth Estate – April 2025

If you think the photography group visit to Ickworth Estate in April was about madly clicking away, taking hundreds of shots in the hope of getting one or two good ones, then think again!

‘Photography for Fun’ visits are all about slowing down, connecting with your inner self, and taking a closer look at the surroundings in order to capture a few well-composed shots.

Our April outing was all about absorbing culture and losing ourselves in nature as we explored Ickworth House and its estate near Bury St Edmunds. The house and estate have lots of photo opportunities: landscape, nature, architecture, abstract, travel, and even food photography.

The great advantage of ‘Photography for Fun’ is that we help each other become better photographers. We are always practicing techniques at our monthly Discover Downham meeting so we can use them when out and about with our cameras.

We take our visits seriously. Coffee, tea, cake, lunch, walking, and talking are our highest priorities. The photography is just a by-product of having a camera and attempting the ‘Nine Shot Challenge’ (a kind of treasure hunt for photographers).

Mostly, we explore places by splitting into small groups (having a chat and helping each other as we go). We always have a plan for when and where to meet up for lunch, and our two group leaders (Sue and Stew) keep check that all is running smoothly throughout the day.

We started our visit with a hot drink at 10:30 to share the ‘Nine Shot Challenge’ before heading off to explore the house and estate. The photo challenge is always fun. It’s not difficult, and there’s always someone to point you in the right direction if a photo location is proving elusive. There’s no need to take part in or finish the challenge, but most of us complete it in ample time.

We met for lunch around 12:30 in the West Wing Café before a few final afternoon photos. Most of us were on our way home by 2:30. Car sharing helps reduce our carbon footprint.

Our ‘Nine Shot’ photos are shared at the next monthly meeting. It’s always fascinating to see the different interpretations in our ‘Nine Shot’ photos (a reminder that we are all creatively unique in how we see things and take photos).

You don’t need a DSLR to take compelling photos. About half the group uses a smartphone camera. There’s a saying that “The best camera is the one you have in your hand at the time”.

In summary, our photography is all about meeting up, enjoying the activity, sharing our photos, and learning from each other to help become better photographers. It’s great to share our photos at the monthly meeting, but it’s nice to look back through our own photos every now and then as a reminder of places visited, times shared, and fun that makes our photography special.



Group Updates



Walking Group June



Monday 2nd June. 10-00 am

4.3-mile **Pott Row/Royden Common** Circular Walk.

Park/Start Recreation Ground carpark on Chapel Road, Pott Row (between Lynn Road and Chequers Road)

Going easy on tracks, paths and field margins.

Distance from Downham 16 miles

Use postcode PE32 1BP for the Start location using Satnav or Google Maps.

Walk leader John Cowin.

Monday 16th June. 10-00 am

SUMMER SPECIAL 5-mile **Wicken Fen Circular Walk.**

Park/Start at National Trust carpark, Lode Lane, Wicken near Ely.

Going easy on field paths and lode/river banks. Opportunity for refreshments halfway at 'Five Miles from Anywhere Inn '.

Distance from Downham 28 miles via A10 to Stretham south of Ely then A1123 to Wicken.

Use postcode CP7 5XP for Satnav or Google Maps for the Start location.

The car park at Start is free to National Trust members, otherwise a small charge.

Walk leader John Cowin.

U3A SINGING FOR PLEASURE



Date

Wed 16 th April

Wed 30th April

Wed 14 th May

Wed 28 th May

Wed 11 th June

Wed 25 th June

Wed 9 th July

Wed 23 rd July

AUGUST –

NO MEETINGS

SEPTEMBER –

First meeting –

Wed 3rd September

Group Updates



Playground Sounds

From my house I can hear children in the school
playground

Many mixed emotions are remembered in that
sound.

Childhood griefs and simple joys, experiences profound
That still replay with clarity, even as the years go
round.

Walking to school wondering just what that day might
bring-

A word or smile from your secret crush to make your
heart sing?

Being picked on by the bully over some stupid thing?
Not being picked for a team at games-such a powerful
sting.

Or the joy-oh the joy- of getting a gold star
When teacher tells you "Keep that up, and you'll go
far"

When nothing, and nobody, your self-belief can mar.
Days you stand up strong and sure, pleased with who
you are.

Yet still inside my aging head, the sound of the school
bell

Makes me wonder-was it heavenly, or hell?
I learned strength and to rise up whenever I
fell.

And for today's children-time alone will
tell.



The local
**Friends of the
Earth** group is
very keen on
starting up a
community
garden and/or re-
siting the
allotments in
Downham
Market. If you are
interested in
joining this
exciting project,
then please
contact the
**Climate
Conversation**
group.

CLIMATE CONVERSATIONS GROUP

JUNE – OUT AND ABOUT

We know that there are a number of keen cyclists in our u3as. If you feel like joining them, why not polish the handlebars and dust off the pedals ready for [Bike Week](#) (9.6 - 14.6)?

There's a transport theme to the month, with the aim of helping you to save money:

- 'Careful Driving Saves Money!' suggests ways to conserve fuel, and eco-friendly alternatives to petrol and diesel cars.
- 'The Train Lady' celebrates the delights of rail travel, with added information about CO₂ savings.
- 'The Essence of Carpooling' introduces a nationwide scheme for car sharing called '[Liftshare](#)'.

The more we walk and cycle; drive sensibly and share lifts, the fewer emissions we produce – good for us and good for the planet!

Check out the articles in the [booklet](#) on our group page on the u3a website.

Summer is well and truly on its way!

The Climate Conversations Group

Group Updates

Shanty Singers



The Shanty Singers have now held their third meeting and as you can see from the pictures a good time was had by all! New members always welcome for an hour of hearty singing, fun and good fellowship.

Next meeting **July 24th 2.00PM** at Downham Market Methodist church.

Curry Club



The **Curry Club** had a delightful meal at Phansa last month.

If you are interested in joining this lovely group, then please contact Fay on;

fvgu3a@gmail.com



Group updates



Vintage Film Appreciation

In May, the film group watched 'An Affair to Remember' (1957 Drama /Romance)

Starring Cary Grant and Deborah Kerr

We will be meeting on
Wednesday 18th June
at 2 pm

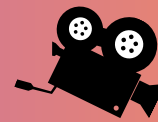
Discover Downham Centre
to watch:



"I Know Where I'm Going (1945
Drama/Romance) Starring **Wendy Hiller**
and **Roger Livesey**



(Popcorn - just for Barry!)



Barrie's Movie Trivia

1. Who played police chief Martin Brody in the iconic thriller 'Jaws' (1975)?

2. Which iconic film actress once said "I have had a talent for irritating women since I was 14 years old"?

In **July** we will be watching
" **The Trouble With Harry**"
(1955 Black Comedy) Starring Shirley
MacLaine and John Forsythe

Answers to the Movie Trivia:
1. Roy Scheider
2.. Marilyn Monroe



Rita



Tuesday 20th May saw Mintlynn and the Downham Methodist Centre full to capacity with family and friends to celebrate the long life of **Rita Deighton**.

Rita had an extraordinary gift for making friends, she loved introducing friends to friends and she loved encouraging us all to support the many clubs and groups that are such a feature of Downham life. Many will remember her as the meeter and greeter for U3A - her perfect job! She was also a long-standing member of the WI, Discover Downham, the Twinning Club, the Red Hatters, and, when Bill was alive, their net was spread even wider. For many years after retiring, the couple spent the winter months travelling around Europe in their motor home - making many more friends along the way.

We join her family in mourning her loss.

Simone Marshall

The photo is Rita in her 'western' outfit for Vintage Film. Such a great sense of fun and style. We will all miss her greatly.



 What's On – May and June 2025 CURRENT EXHIBITION AT DISCOVER DORCHESTER <i>"Dorchester Museum's intricate carvings 120 years"</i> <i>Learn how the Victorian World influenced events and communities during the past century</i>	
Info	See for more and women of all ages and abilities. For more details contact: www.huntercarnegiearts.co.uk
12, 22, 29 Jun	1400 - 1300
13, 23, 30 Jun	1400 - 1300
14, 24, 1 Jul	1400 - 1300
15, 25, 2 Jun	1400 - 1300
16, 26, 3 Jun	1400 - 1300
17, 27, 4 Jun	1400 - 1300
18, 28, 5 Jun	1400 - 1300
19, 29, 6 Jun	1400 - 1300
20, 30, 7 Jun	1400 - 1300
21, 1 Jul	1400 - 1300
22, 2 Jul	1400 - 1300
23, 3 Jul	1400 - 1300
24, 4 Jul	1400 - 1300
25, 5 Jul	1400 - 1300
26, 6 Jul	1400 - 1300
27, 7 Jul	1400 - 1300
28, 8 Jul	1400 - 1300
29, 9 Jul	1400 - 1300
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15 Oct	1400 - 1300
16 Oct	1400 - 1300
17 Oct	1

What's going on in the Downham Community?

Bereavement Café

Bereavement Café is a welcoming space for anyone coping with loss. It's a place where people with similar experiences can share their stories and memories, support each other – or just have a cup of tea together.

- King's Lynn – Tuesday, 12-2pm
- Dersingham – Wednesday, 11am-12pm
- Hunstanton – First and fourth Wednesday of the month, 2-3pm
- Gaywood – Thursday, 11am-12pm
- Downham Market – Thursday, 12-1pm

Downham Market
Library

JUNE

**at Doughton Market Library
for adults**

MINDFUL MUSIC
Thursday 19th June - 1.30pm

Experience beautiful, relaxing harp music in the library - step away from a busy day into a space of stillness, rest & mindfulness

VETERANS CARE - 10.30am - 12.30pm - **FREE** - drop in. **only*

LIBRARY BOOK GROUP - 5.30 - 7pm - £1 - drop in - 1st Tuesday of month

CAFÉ CONNECTION - 2 - 3.30pm - get together & have fun with different weekly craft projects - £3 per week (*Booking Essential, pay at session*)

INTERNATIONAL CLUB - 5.30pm - 7pm - **FREE** - 2nd Tuesday of month.

FREE EVENT

WEDNESDAY

STITCH HAPPENS - 2 - 3.30pm - FREE - drop in - 1st/3rd Weds of each month - All needlecrafters welcome. (*Term Time Only*)

CONVERSATIONS IN COLOUR - 1.30 - 3pm - **FREE** - Mindfulness colouring for adults. (*Term Time Only*)

THURSDAY

ENGLISH EXCHANGE - Improve your English skills - **FREE** - drop in sessions at 10.30am [all levels] & 12.15pm [intermediate - advanced]. (*Term Time Only*)

BEREAVEMENT CAFE - 12 - 1.30pm - **FREE** - drop in or call for the bereaved.

JOBS CLUB - 2pm - 3.30pm - **FREE** (*Booking Essential*)

JUST A CUPPA - 10.30am - 12.30pm - **FREE** - drop in and meet others for a friendly chat over a brew.

SEN SOCIALS - 1pm - 2pm - 25 April - drop in - **FREE** - Support group for SEN parents.

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Library Opening Hours
Staffed hours
Tue - Fri 8am - 7pm
Sat 10am - 4pm
Open Libraries:
Mon 8am - 7pm
Tue - Fri 8am - 10am
Sat 10am - 4pm

Working Well Norfolk Job Help
Drop in every Wednesday and Thursday 10am - 12 noon
Help for Norfolk residents living with long term health challenges - start work and to stay in work.

This includes mental health challenges - physical impairments

<https://tinyurl.com/mnr4xhwm>

To book events

bit.ly/3pw52Q

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Editor's Note



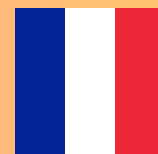
I hope you have all enjoyed the move into the Summer months...we should get some rain now! (Great news for gardeners)

The committee are still looking for ideas on raising funds and welcomes any ideas you might have. If you are interested in taking part in organising or helping at fundraising events, then please let me know.

We would appreciate any raffle prizes, you are able to contribute.

Has your group had a particularly interesting/fun session? Then, please send in the pictures or a few words for next month's newsletter!

If you have the skills/interest to lead a new group, then please let **Linda Elder** know. She can support you to set things up and get a group going.





Editor's Note



Fiona Bembridge has worked hard as Business Secretary and has now completed her term of office. The committee would like to thank her for all of her hard work and commitment over four years. She is kindly continuing to support us as website manager.



"I would like to say how much I have enjoyed my four years on the committee. I thank all the fellow committee members I have worked with and who made our time together so constructive and companionable. I highly recommend joining, helping and supporting our committee. I have made lots of friends and met many interesting people during my term of office.

Joining our u3a has been a real lifeline to me. When I had very limited mobility, due to my spinal injury, hosting groups at my home meant I could still participate in our u3a. Downham Market & District u3a made my move away from full-time work so much easier and I now

feel part of the community,

Fiona



Sad news

Many of you will have known **Rita Deighton**, who has been a long time, much-loved member of the u3a. I was informed today that unfortunately Rita passed away yesterday. She has been a wonderful friend to so many people and she will be so sadly missed.