

OCTOBER 2025

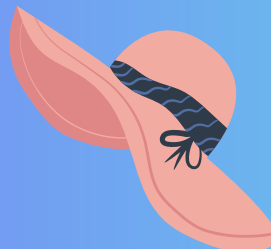
# DOWNHAM MARKET U3A NEWSLETTER



**Monday October 13th**  
**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 Amanda Sutherland with  
her demonstrations of her hats  
and jewellery making



# Spotlight

## Canasta



Canasta Group started in April this year on second Thursday mornings.

We had played Canasta in both Card Games 1 and 2 and most of us really enjoyed it. Several members wanted to keep playing it, so Canasta Group was born. Fifth and first Thursday mornings were soon added to give us all further opportunities to play.



Canasta is a very sociable and enjoyable game. It is a versatile game, usually played in pairs, but can be played by individuals. A group of four, in two pairs is ideal. It is a Rummy based game, but has a few more rules. It is a real thinking game and can take a while while to learn. But our group are really friendly and helpful and of all levels (including absolute beginner).

Canasta Group runs from **10 to 12:30** with game play starting at 10:30 after refreshments. Our card games usually fill the whole of our time but can take a little longer so we often play until the last hand finishes.

New members are always welcome



# Group Updates



## Walking Group October



Photos by Lynda Sexton

Monday **06/10/25**

3.5 miles

West Dereham Circular Walk.

Park/Start on St Andrews Walk opposite St Andrews Church, West Dereham. Going easy on paths, and quiet lanes. Distance from Downham 5.5 miles

Post code **PE33 9RT.**

Walk leader John Cowin

07519 846050



# Group Updates



## Walking Group October



Monday **20/10/25**

3 or 5 mile options

Downham Wimbotsham Circular Walk

Park/Start Memorial Playing field car park on Lynn Road  
Downham.

Going easy on paths and pavements

Post code **PE38 9AG**

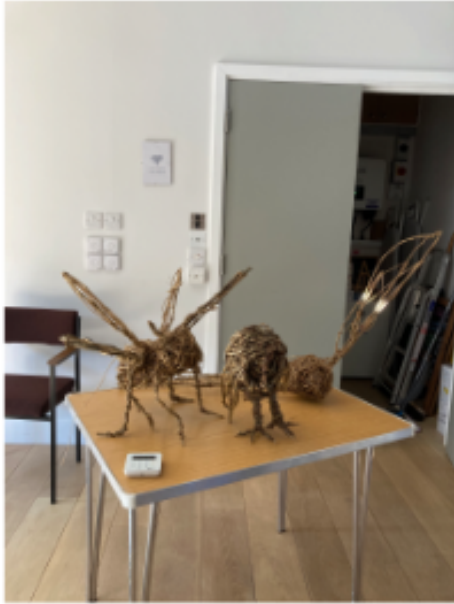
Walk leaders Lynda and John Sexton

07866 955770



# Group Updates

## Craft Group



Our August meeting was a workshop. We had much fun experimenting with weaving with willow. Our tutor for the afternoon, Rich Love, was extremely patient and encouraging. I think we were all surprised how physical it was manipulating the willow. It was a lovely afternoon.



**Belinda Gee**

## Singing For Pleasure

Dates  
1<sup>st</sup> Oct  
15<sup>th</sup> Oct  
29<sup>th</sup> Oct



**The Curry Club** will  
meet on  
**October**  
**2<sup>nd</sup> at**  
**Phansa**



# Group Updates



## One Step at a Time



Life is a journey, or so it seems  
We start with many hopes and dreams  
Which way to go? Which path to choose?  
It's all a gamble-win or lose.  
The first part is easy, we just go along  
Following our parent's song  
Then out of the nest, a bit at a time  
Unburdened as we walk towards our prime.  
Then we reach a crossroads and must decide-  
Which way to go for this part of the ride.  
No one can help you-it's all down to you  
The next step on the journey- "No way" or "I do".  
The road now gets steeper, the luggage it grows  
The journey gets quicker-why, nobody knows.  
And if you are lucky, then you may arrive  
Where you hoped to be, dreamed of at twenty-five.  
Or you may have let the journey take you  
To faraway places like Timbuktu  
Or an exotic isle where you walk in the sand  
The journey does not always end where you planned.  
Each journey is different, but all must end  
Enjoy each step, make a new friend.  
With someone, or happily on your own  
The journey is yours, and yours alone.

**Elaine Carpenter**



# Group updates



## Vintage Film Appreciation

*Great camera shots*

*'Emotional but not  
overly physical'*

*'Not all buttocks and bosoms'*

*'It's awfully easy to  
lie when you know  
that you're trusted  
implicitly. So very  
easy, and so very  
degrading.'*

**In September the film group  
watched**

**Brief Encounter (1945 )**

A British romantic drama with a screenplay  
by Noël Coward,  
with

Celia Johnson and Trevor Howard



**We will be meeting on October 15th**

Discover Downham Centre  
to watch:

**The Great Gatsby (1974) (51 years ago)**

**Starring Robert Redford and Mia Farrow**



This is a change to our scheduled film to celebrate the life and achievements of

**Robert Redford**, who sadly passed away on Tuesday, 16<sup>th</sup> September this year.

# Group updates

## The 60's Music Appreciation Group

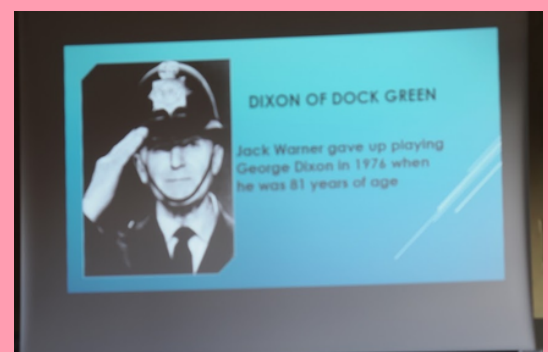
We had was a very interesting session with a fabulous talk by **Kevin** and an amazing display of memorabilia.

Everybody enjoyed the trip down memory lane with slides, anecdotes, and a great choice of music. It certainly brought back memories for me as some of the songs chosen were family favourites !

We covered the period from 1960-65 including some current affairs and everybody attending said how much they enjoyed the session and singing along to the music.

I am hopeful Kevin may do us another talk-he has several more in hand. We ended the session with a sing-along to maestro Hugh and his ukulele-great fun!

Elaine Carpenter





# What's on in Discover Downham this month?

**Downham Dementia  
Coffee Morning**  
**Friday 10th October 2025**  
**10 am to 12 noon**

**At Discover Downham  
In Priory Road**

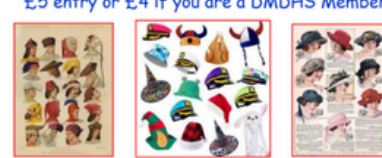
Come and join us  
to enjoy some lovely  
Homemade Cakes,  
Scones and Sausage  
Rolls a Raffle &  
sometimes a Craft Stall



**Discover Downham**  
The Old Fire Station  
Priory Rd, Downham Market, PE38 9JS

**"In Praise Of Millinery"**  
A talk about the creative and cultural  
significance of the humble hat  
by local Milliner, Molly Blacknell

**Wednesday 15th October 2025 - 7.30 pm**  
£5 entry or £4 if you are a DMDHS Member



Molly has been making hats for 16 years, crafting her own  
bespoke creations as well as working in couture Millinery  
workshops creating designs for Vogue, Lady Gaga and the royal  
family, to name but a few!  
Her talk gives a wonderful insight into the historical and cultural  
significance of hats and headwear, delving into the fine art of  
Millinery and the history of the trade.  
Everyone is welcome to come along - no booking required but  
perhaps you'd like to wear a favourite hat or bring one along?

**OPENING HOURS:** Thursday & Friday 10 am - 4 pm, Saturday 10 am - 1 pm  
Downham Market & District Heritage Society (DMDHS) Registered Charity No. 1154267  
The Old Fire Station, 30 Priory Rd, Downham Market PE38 9JS  
01366 384428 info@discoverdownham.org.uk www.discoverdownham.org.uk

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**EXHIBITION ENDS 26TH OCTOBER**  
**Downham Market  
Women's Institute  
celebrates 100 years**



The Exhibition shows how Downham Market's  
Women's Institute has developed over the past  
100 years and how it has influenced and inspired  
women to use their voices and talents to benefit  
others in the local community and beyond.

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# Editor's Note



We had a very successful Open Afternoon in September with our groups proudly demonstrating their passions.

A big thank you to everyone who helped to make it a successful afternoon.

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.

