

NOVEMBER 2025

DOWNHAM MARKET U3A NEWSLETTER



Dates for
the diary

Monday 10th

November 2025

Monthly Meeting in
the Town Hall
from 2-4 pm



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



There will be a **Tea for NEW
MEMBERS**

5th November from 2-4pm at
Discover Downham Heritage Centre

Crime writer **Ken Ward**
will be talking to us, and
some of his books will also
be available to purchase.



Spotlight

Mahjong Reborn!

Our **Mahjong group** has restarted!

We met in the new premises, a room off the main DM library, on Thursday 23rd October at 2.30.

Members were a mixture of experienced players, those needing to refresh their skills, and complete beginners.

With four sets to study, members familiarised themselves with the suits of characters,

bamboo and circles as well as winds, dragons, gardens and seasons. We then played two hands, mastering Pung, Chow and Kong...and even reached Mahjong!



The Library offers refreshments for a donation and chat flowed freely too. Some members were unable to attend this first meeting, but we'll be playing every **4th Thursday**, the next one being **27th November, 2.30-4.30** and then again on **22nd January**.

Come and join us if you're interested!



Caroline Hansford

Group Updates



Walking Group November



Monday 3rd November

10.00 am Outwell and Upwell Circular Walk
3.5 miles.

Park/Start on Lowside near the junction with Church Terrace.
Going easy on quiet lanes, tracks, and pavements.

Distance from Downham is 9 miles.

Use postcode **PE14 8RQ**
for Satnav or Google Maps for Start location.

Walk leader **John Cowin**

Monday 17th November

10.00 am Kings Lynn Ferry Walk.
3 miles.

Park on South Quay, or another town centre parking of your
choice.

Start by the George Vancouver statue near
Customs House on Purfleet

Going easy on pavements, riverside paths, and tracks.

Ferry Toll approx. £2

Distance from Downham is 11 miles.

Use postcode **PE30 1RD** for
Satnav or Google Maps.

Walk leader **John Cowin.**





Mick Stacey

We were very sad to hear that Mick died peacefully at home on 16th September after battling this year with a brain tumour.

He loved to sing and enjoyed the Singing for Pleasure, Shanty Singing and 60s Music Groups.

His easy-going cheerful manner will be very sadly missed by all those who knew him.

Group Updates

1918 and Beyond

November 1918. The great war is done
So many families to mourn the passing of a son
Young men of many nations volunteered their lives
Tanks and mud and machine guns made widows of their wives.
But-the enemy was beaten, home they came with pride
To find a new society, divisions pushed aside.
For many men had seen too much to once more bend the knee
They had fought and watched their pals die for King and country.



Women too had slipped their chains, and proved they had the right
To take part in decisions that would set the country right.
So with a few restrictions, I am very pleased to note
That these vallant women were enfranchised for the vote.

It was the year that warfare started a new course
Intrepid sailors of the sky became the Royal Air Force
Dashing chaps with courage high, their skills learned well
For twenty two years later, the RAF faced hell
To keep our people safe and our homeland free
They duelled in the skies above this fair country.
They kept the enemy at bay-so many lost along the way.

A hundred years on, we still remember
The events leading up to that November
When the world stood poised for peace
The day they let the horror cease.
A hundred years, so many wars we've seen- And still the killing is obscene
What have we learned? I wish I knew
So let's salute the "Many" and the "Few".

Elaine Carpenter



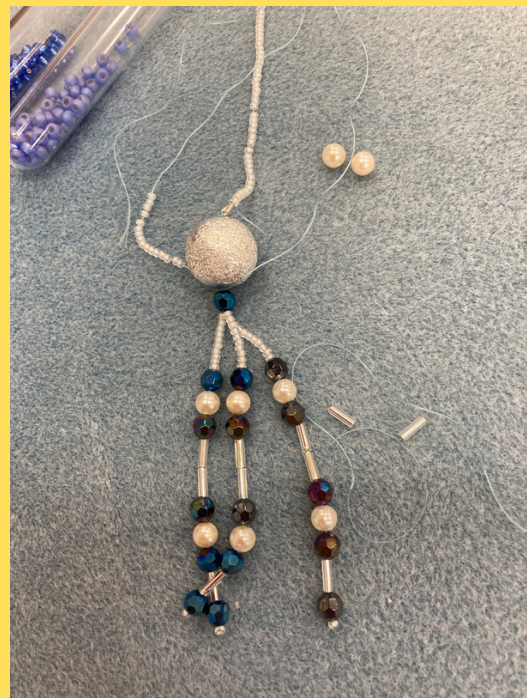
The Curry Club will
meet on
November
6th at
Titash

Craft Group

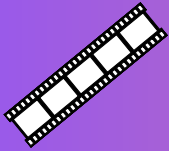
The usually chatty atmosphere of the room in Barton Bendish fell silent, all that could be heard was the sharp intake of breath and the whirring of brains in deep concentration. We were making crystal ornaments for a Christmas tree.

The afternoon was led by Wendy, whose cheerful patience never seemed to vary. After the initial struggle of threading a needle (so fine the eye wasn't readily visible) with virtually invisible thread. The chat returned and the designs materialised. Although hard, it was fun seeing the creations grow. It reminded us that handmade items are precious when considering the time and skills that go into the creations.

We meet on the 3rd Friday of every month 2pm at Barton Bendish village hall.



Group updates



Vintage Film Appreciation

In October, the film group were due to watch *The Great Gatsby*, but due to technical issues, sadly, this did not happen!

(Apologies to everyone!)



SO

We will be meeting on November 19th

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, 16th September this year.



Barrie's Trivia

1. Who wrote 'No Regrets', and who had a hit with it?

When was Carole King's 'Tapestry' released?



What's on in Discover Downham this month?

theWI INSPIRING WOMEN

DOWNHAM MARKET WOMEN'S INSTITUTE CELEBRATING 100 YEARS
Registered Charity No 151655

COFFEE MORNING

FRIDAY 14TH NOVEMBER
10.00 AM – 12 NOON

at Discover Downham
Priory Road PE38 9JS

Homemade Cakes
Prize Raffle
Books and Puzzles
All Welcome

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

Table Top Sale

Sunday 16th November 2025
9.30am - 12 noon

Enjoy browsing
Craftwork, paintings, bric a brac and bargains galore
Refreshments available

Book your pitch - £6 (table provided)
Payment at time of booking email: info@discoverdownham.org.uk

OPENING HOURS: Thursday & Friday 10 am - 4 pm, Saturday 10 am - 3 pm
Downham Market & District Heritage Society (DMDHS) CIO 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

Discover Downham
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Victorian Swaffham

A talk by Christopher Welander
Wednesday 19th November
7.30 pm - 9.00 pm

Admission:
£5 or £4 if you are a DMDHS Member
Everyone welcome - no booking required

Chris is a retired History teacher with family connections to Norfolk who has been researching - and publishing booklets on - the history of Swaffham in the 19th and early 20th c. for some years.
In this illustrated talk, he will be giving an overview of the enormous changes that took place in the town from 1832 until 1872 and of the struggles of the inhabitants to improve their lives. Despite numerous challenges to their authority, the Conservative, Anglican, Establishment remained in power but the cost to those who fell foul of the system was high.
Come along and discover a time when Swaffham was anything but a sleepy market town!

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Coffee Morning

Friday 28th November 2025
9.30 am to 12 noon
Everyone welcome
Meet a friend - Make a friend

Prize Raffle
Table Service
Homemade cakes
In aid of Discover Downham

DISCOVER DOWNHAM HERITAGE CENTRE

What is on in the community?

St. Andrews' Day Afternoon
Friday 28 November 2025

COMMUNITY EVENT DOWNHAM MARKET

Course 6 sessions £5
Friday mornings from 26 September 2025

LEARN Scottish recorded music AMANDA

SCOTTISH SOCIAL PARTNER DANCING

HIGHLAND SCOTTISCHE
ST. BERNARD WALTZ
WALTZ
MILITARY TWO STEP
GAY GORDONS
CANADIAN BARN DANCE
EIGHTSOME REEL
QUICKSTEP

ST. ANDREW'S DAY TEA DANCE
2.30-4.30 pm
FRIDAY 28 NOVEMBER 2025

ENTERTAINMENT
Choir Scotland
Violin solo
OBSERVERS u3a Members £2.50 Scottish Sketch

bring a plate of savoury/sweet food to share

Elizabeth Jarred 07709287318
elizabethjarredance@gmail.com

rscds
Dance Scottish

Downham Dementia Coffee Morning

Friday 14th November 2025
10 am to 12 noon

At Downham Market
Town Hall

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

Downham Dementia



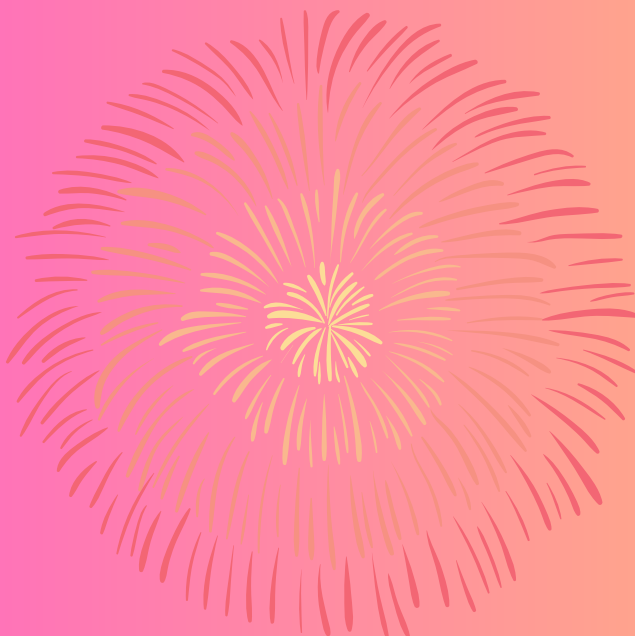
Editor's Note



Christmas Party tickets are selling fast (only 30 remaining) so don't forget to buy one at the meeting this month if you would like to join us.

Please make sure you make any dietary requirements clear to either Linda Elder or Christine Dawson.

My thanks to everyone who has kindly contributed to the newsletter this month. Please keep your photos/articles coming!!



Answers to Barrie's Trivia Questions.

1. Tom Rush, Walker Brothers

2. 1971