

DECEMBER 2025

DOWNHAM MARKET U3A NEWSLETTER



Christmas Party
December 8th 2-4pm

Featuring the Rock Choir



Food ,music, dancing
and great company!
(We may also persuade
The Man himself to pay
a fleeting visit!)

Remember
this is a
ticketed
event so
don't forget to bring
your ticket with you !



Spotlight



Patchwork and Quilting



The Patchwork and quilting group are led expertly by Judith, who provides inspiration for everyone with her wonderful creations. Whilst projects are suggested, people interpret them in a variety of ways with many different materials and produce some amazing results.



Wendy, modelling her wonderful patchwork jacket.



Group Updates



Walking Group December



Monday 1 st December 10-00am
Shouldham and Shouldham Warren.

Circular walk.3.7 miles

*Park/Start at All Saints Church carpark off Norwich Road
Shouldham.*

Going easy on paths and tracks.

Distance from Downham 6 miles.

Use postcode

PE33 0DB for Satnav or Google Maps.

Walk Leader John Cowin.

Monday 15 th December NOTE 11-00AM Start.

Hilgay Circular Walk followed by

1.00pm Lunch at Baytree Garden Centre.

Park/Start on grass by bus stop on Bridge

Street opposite East End, Hilgay.

Going level on quiet lanes, farm tracks and paths.

Distance from Downham 4 miles.

*Use Postcode PE38 0LH for Satnav or Google
Maps.*

Walk leader John Cowin.

*Members of the Walking Group who can't make the
walk are welcome to join the 1.00pm Lunch at Baytree.*

*Menu will be circulated
shortly.*





Christmas Contrasts

Rushing in the lunch hour to find that perfect gift
Mulled wine or spiced chocolate to give a little lift
Fretting about prices as you calculate the bill
Putting “just one more” treat through the self scan till
Yawning as you head for work through the cold and snow
So cosy in the evenings by the firelight’s glow.

So much to do, no time, will it all get done
A very special thank you from a daughter or a son
Christmas carols in the shops, glitter everywhere
Sacred silence in the church, hope is in the air.
Bittersweet memories of Christmases gone by
Turkey and the trimming, oh, and just one more mince pie.

Black tie and velvets for the Christmas ball
The simpler clothes in the greatest tale of all
Pretending to like that present that you hate
The charities who really need us to donate
A feast for all the senses to end the year just so-
The poor and the hungry, with nowhere left to go.

The awful ache of empty spaces
The happiness on children’s faces
War in the world, when will it end
A phone call from a special friend.
Hearts and wallets open to provide good cheer
Here’s to another Christmas-and the coming year!

Elaine Carpenter



Group Updates

The Walking Group on their walk around Upwell and Outwell in November.
Photos by Barrie Gordon



Photography for Fun had a lovely trip to Wimpole Estate.

It was a rather cold day but the sun did shine and as usual the group had fun.

Thanks to Barrie Gordon for the photos .





Group updates



Vintage Film Appreciation

We will be meeting on **December 17th**
at 2pm

Discover Downham Centre
to watch:

White Christmas (1954)
starring

Bing Crosby

Danny Kaye and Rosemary Clooney



A short film compiled by **Barrie Gordon**, will precede the start of the main feature, entitled **Pilgrimage to The Holy Land** (1999) with some stunning photographs by **Chris Burton** with instrumental music (**Richard Koechli** version) of **J.J Cale's 'Sensitive Kind'**

Available on
You Tube @barriegordon5799



Barrie's Trivia

1. Which major character only has 12 minutes of screen time in the film 'Star Wars' (1977)?
2. What was the Tin Man lacking in the 1939 film 'The Wizard of Oz'.



What's on in Discover Downham this month?

Discover Downham
The Old Fire Station
Priory Rd, Downham Market, PE38 9J5

Medieval Feasts
A tasting session with time travelling cook
Rosie Wilkin
Wednesday 17th December - 7.30 pm-9.00 pm
Admission: £5 (£4 for DMDHS Members)
Everyone welcome – no booking required



An hour focusing on historic foods and drinks, with Rosie in full period costume, where you will not only get to learn about Medieval food and drink but will also be able to taste recreated versions of them.

The session begins with a short introduction with comparisons to our modern health and safety measures (there was none way back when!). Having worked in catering for nearly 10 years, Rosie is well versed in food handling hygiene and allergen awareness.

Above is a 'cooking and eating' scene from the Bayeux Tapestry and Rosie uses similar techniques to replicate these culinary delights. Around five foods and two drinks can be tasted during the evening (various breads, mead, roasted meats and potage, of course!) using disposable, sustainably resourced cups, spoons and sticks.

Join us for an entertaining and fun evening - you might even pick up some ideas for your own Christmas celebrations!

DISCOVER DOWNHAM
OPENING HOURS: Thursday & Friday 10 am - 4 pm, Saturday 10 am - 1 pm
Downham Market & District Heritage Society (DMDHS) CIO. Registered Charity No. 1154267
The Old Fire Station, 30 Priory Rd, Downham Market PE38 9J5
01366 384428 info@discoverdownham.org.uk www.discoverdownham.org.uk

Discover Downham
The Old Fire Station
Priory Rd, Downham Market, PE38 9J5

Get a little 'Retail Therapy'
Visit our exhibition and look back at the shops that formed the heart and soul of our historic market town

Butcher, Baker, Basketmaker . . .



OPENING TIMES

THURSDAYS	10.00 AM - 4.00 PM
FRIDAYS	10.00 AM - 4.00 PM
SATURDAYS	10.00 AM - 1.00 PM

FREE ADMISSION

www.discoverdownham.org.uk email: info@discoverdownham.org.uk Telephone: 01366 384428
Charitable Incorporated Organisation Reg. Char No. 1154267

Discover Downham
The Old Fire Station
Priory Rd, Downham Market, PE38 9J5

CHRISTMAS COFFEE MORNING



In aid of Discover Downham

Table Service

Christmas Cakes and Mince Pies

Prize Raffle for Christmas Hampers and other Christmas goodies!

Friday 19th December 2025
9.30 am to 12 noon
Everyone welcome

What is on in the community?

RBL
ROYAL BRITISH LEGION
DOWNHAM & DISTRICT BRANCH
In aid of branch funds

QUIZ

Friday 5th December
Downham Market Heritage Centre
Doors open 6:30pm for 7pm start
£5 per person, teams of up to 4
Booking is essential!
Call Lesley on 07986261241 or email spoiltcats27@gmail.com



Editor's Note



Wishing you all a very Happy Christmas!

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

Please send photos of your celebrations!

Anyone willing to join us on the committee in ANY capacity PLEASE let me know as we would really like support to ensure there are plenty of people ready to take the committee forward.

Answers to Barrie's Trivia Questions.

1. Darth Vader

2. A heart