

JFEBRUARY 2026

# DOWNHAM MARKET U3A NEWSLETTER



Monthly meeting at  
the Town Hall on  
Monday 9th  
February 2pm

Our Speaker for **February** will  
be **Helen Cross**, sharing her  
experiences of the Ashanti  
region of Ghana.



# Group Updates



## Walking Group February



**Monday 2nd February. 10.00 am.**

Beachamwell Circular Walk. 3-and-5-mile options.  
Park/Start on grass outside Beachamwell Village Hall,  
(just off Old Hall Lane in the centre of the village. )

Going easy on paths and farm tracks.

The distance from Downham is 12 miles.

Use postcode PE37 8BG for Satnav or Google Maps for Start  
location.

Walk leaders

Lynda and John Sexton.

**Monday 16 th February. 10.00am.**

Shouldham Thorpe Circular Walk. 4.15 miles.  
Park/Start at All Saints Church carpark off Norwich Road,  
Shouldham.

Going easy on paths, tracks and quiet country lanes.

Distance from Downham 6 miles.

Use postcode PE33 0DB for Satnav or Google Maps for Start  
location.

Walk leader John Cowin





## Valentine's and Every Day

How do you describe love? Passion and desire

All consuming, agony, misery so dire?

Perhaps it's gentle, kind and sweet

Pattering hearts, and dancing feet?

You'll know when it comes for you.

Valentine's Day, a chance to show

A special person, you love them so.

Little tokens, flowers, a card

Even cliches from the Bard.

Nothing can be spared, you see

To make you see that you love me.

I know it's true, it must be so

Never going to let you go.

Each day together will be bliss

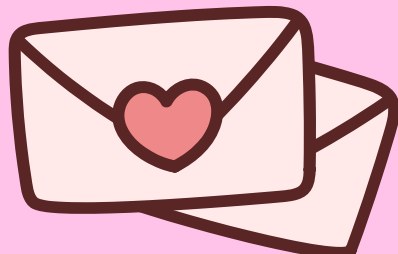
So, hurry up- I need a kiss.

Destiny or chance? Who knows what's true

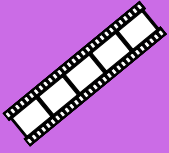
About what love can do to you

Yet-without it, what would poets do?

Elaine Carpenter



# Group updates



## Vintage Film Appreciation

We will be meeting on **February 18th**  
at 2pm

Discover Downham Centre  
to watch:

**This happy Breed (1944)**

Starring: Robert Newton, Celia Johnson, Stanley Holloway and  
John Mills

We will also watch a short film by Barrie Gordon about  
Snettisham .



### Barrie's Movie Quiz

1. In 'Withnail & I, who played 'I'?
2. Who played a struggling actor who cross-dresses as a woman in order to land a part, in the Oscar-winning movie 'Tootsie' (1982)?



# Editor's Note



Please do send in details of anything your group has enjoyed during the month or things you are planning.

*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. Paul McGann

2. Dustin Hoffman