

MARCH 2026

# DOWNHAM MARKET U3A NEWSLETTER



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



## Our Speaker for **March** is **Bobbie Darbyshire**

A Beginning, a muddle, and an end.

Bobbie Darbyshire explains how the complex world of character, location, plot, and subplot arrives in a writer's mind. Author of five novels,

Bobbie has had a varied career, from a mushroom picker to a cabinet minister's private secretary. An entertaining and informative talk.

# Group Updates



## Walking Group March



Two of this month's walks are re-offerings of walks cancelled in January and February because of adverse weather conditions.

An additional walk is included at the end of the month because there will only be one Group walk in April.

**Monday 2 nd March** 10.00am Wretton Circular Walk 3.5 miles Park/Start on Church Road, Wretton near All Saints Church.

Going easy on paths pavements and tracks.

Distance from Downham 7 miles.

Use postcode PE33 9QT for Satnav or Google Maps for the start location.

Walk leader John Sexton

**Monday 16 th March** 10.00am Shouldham, Shouldham Thorpe Circular walk 4.15 miles Park/Start at All Saints Church car park 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

**Monday 30th March** 10.00am Beachamwell Circular Walks 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/forestry tracks.

Distance from Downham 12 miles.

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

Walk leader John Sexton



# Spotlight



## Poetry



Do you like to read poetry for pleasure? Our u3a **Poetry group** is celebrating its first year back together this month. It has flown by with lovely, gentle afternoons of sharing favourite poems on various topics, chosen each month by the members in turn.

We are a smallish group and new members (gentlemen too) are always welcome-no need to be able to write your own, although if you do, we are always pleased to listen!

Humour, good conversation, making friends and sharing memories, plus the poems, of course.

Meetings are held in the Group Leader's home and hot drinks are, very kindly, provided by her. Biscuit treats are provided by whoever has chosen the month's topic.

Come and have a trip down memory lane with old favourites like "Daffodils" bringing back schooldays and finding new writers to enjoy amongst the group's choices.

**Two hours of self- indulgence-why not!**

If this appeals to you please contact

Rosemary Tappin **rosemarytappin@icloud.com** for details of the next meeting.

## Poetry Corner

### Images of Springtime

The yearly Mart lights up the sky  
We know that Springtide is now nigh.  
Valentines' day-such fun for the single  
Cards sell fast, florist's pockets jingle.  
Pretty girls in promenade glory  
Eastertide-the greatest story.  
Birds that sing in blossomed trees  
Playful lambs at their mother's knees  
Hot cross buns in every shop  
Eating chocolate 'til you drop.  
Walks through woods, alive with flowers  
Every day has more bright hours.  
Daffodils shining from the verge  
Trying to resist the urge  
To take a dip in the cold bright sea-  
That's what Springtime means to me!



Elaine Carpenter

## Group news

### U3A Downham Market Art Appreciation Latin American Collage

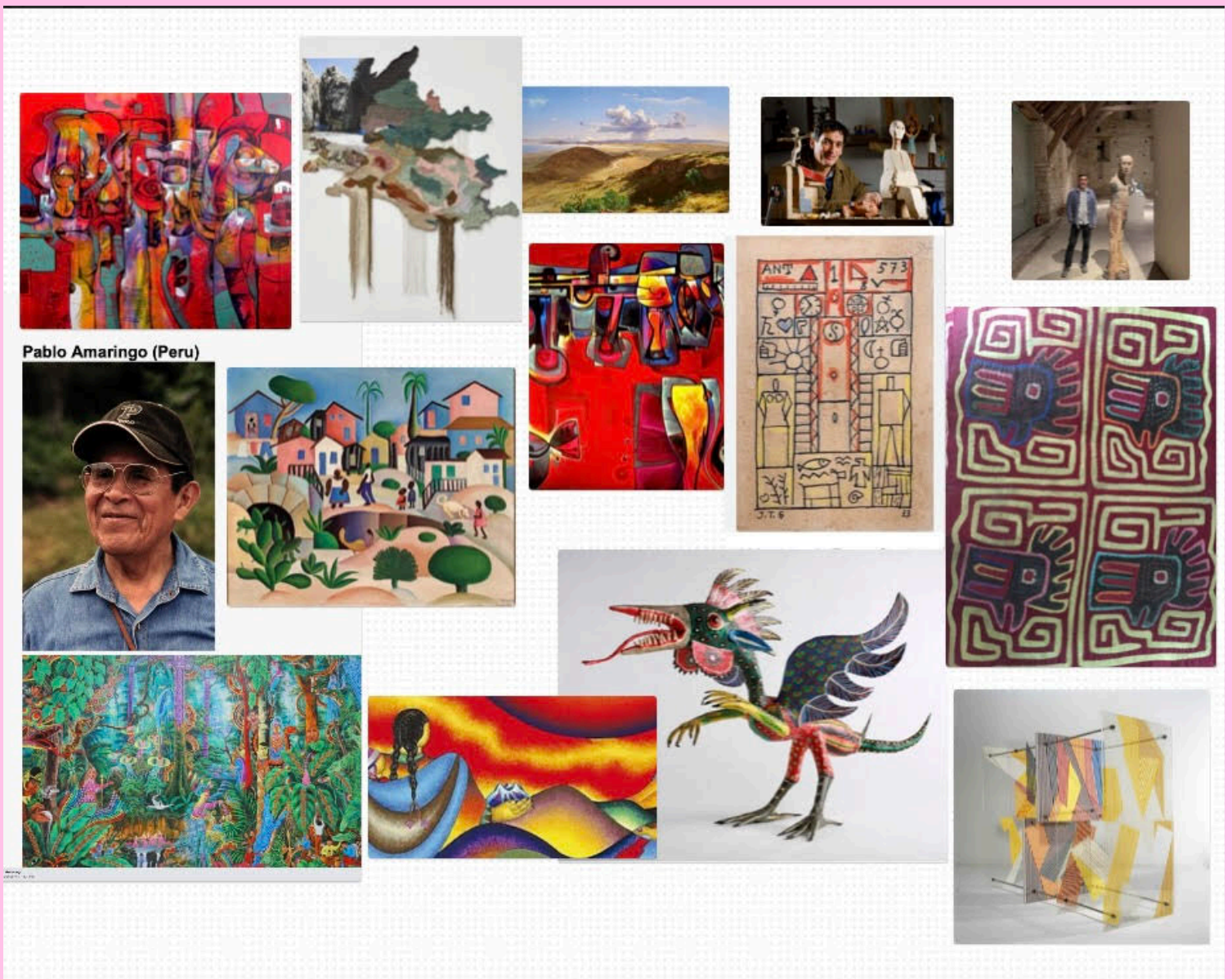
We've been looking at Latin American art for some of our sessions with the group leader, Simone Marshall. Here is a collage of some of the art.

# Group news

'The 'Mola' is an example of a hand-made textile from Panama'.  
On the right, middle.

'Ana Teresa Barboza is a **Fibre Artist**, where she creates three-dimensional fibre art that spills out of the canvas and into the canvas space'. 'Cascading embroidery from Peru'.  
Top paintings, 2nd from left.

'Fantastic creatures from Latin America, particularly Mexico, are dominated by Alebrijes, which are brightly colored, surreal, and often nightmarish sculptures of mixed animals, typically crafted from papier-mâché or copal wood'.  
Bottom, second from right.



Pablo Amaringo (Peru)

# Group news

## Downham Market Ukulele Group



The **Ukuele group** continues to thrive, and currently has 18 regular members. We meet at the Methodist Church in the **1st 2nd and 4th Monday** of the month.

At the beginning of February. The Ukuele group did a performance at The Grange residential Home, Downham Market. This was very well received.

If anybody wishes to join us please contact  
Judith Baker 07586345345

# Group updates

## Downham Market u3a Sea Shanty Group



This March sees the first anniversary of our Sea Shanty group-the year has flown by. The group continues to flourish, and the repertoire is growing with traditional songs, newer songs, anything with a nautical theme really- a group favourite is Sailing, made famous by Rod Stewart.

Simon, the group leader, is always willing to give your favourite songs a try.

The emphasis is on fun and enjoyment-the group had a lovely Christmas get together at the Whalebone and is planning to go there in March after singing to celebrate the anniversary! There are no performance pressures-just come along and have a good old sing. It's a mixed group and all are welcome-as are any ideas for the future.

We meet on the third Thursday of every month at Downham Market Methodist Church at 2.00 pm. Meetings last an hour.

Any queries please contact Simon Carpenter at [the.blandings@btinternet.com](mailto:the.blandings@btinternet.com) . Avast me hearties!



## Downham Market u3a Curry Club

February's Curry Club saw 25 of us celebrating our first anniversary at Titash. A very busy evening for them and an enjoyable evening for us. This is a club you don't have to commit to every month so if you like curry and joining in every now and then suits you better why not get in touch. Curry Club is always the first Thursday each month at 6.30pm at the chosen venue( currently the choices are the two Indian and one Thai restaurant in Downham Market) Contact details Group Leader Fay Greaves email [fvgu3a@gmail.com](mailto:fvgu3a@gmail.com) Mobile 07709926102

Fay



# Group updates

## Vintage Film Appreciation

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

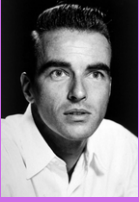


Photo from-Revista Atticus



Discover Downham Centre  
to watch: 'A Place in the Sun.' (1951)

Starring

Edward Montgomery Clift and Elizabeth Taylor.

We will also watch a short film by Barrie Gordon - 'From  
Paradise to Grandchester'

### Barrie's Movie Quiz

1. 'Rope' (1948) was the first colour film of which legendary director?
2. Which future screen heartthrob was turned down for a part in the 1980 film 'Fame' because he wasn't pretty enough?



## Editor's Note

I would like to appeal for anyone with the necessary skills to sit alongside our **Treasurer** to support her in the role with a view to taking over next year. It is a vital role which is fundamental to the running of the branch. The website manager would also appreciate support from anyone with IT skills. All of the officer roles are going to become vacant fairly soon, and it would be better to have volunteers to sit alongside us on the current committee to become familiar with the running of the branch, before the AGM in 2027 when we will be in a position of many of the committee stepping down. Please keep sending in your group news. It's always great to see !

# What's on in the community?

## Downham Dementia Coffee Morning

Friday 20 th March 2026  
10 am to 12 noon

At The Town Hall



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



Registered charity no. 1195466

Answers to Barrie's Trivia  
Questions.

1. Alfred Hitchcock
2. Tom Cruise

## Group Update

Is anyone interested in **Family History** and willing to lead this group? If so, please contact Linda Elder to discuss this further.07951947802