

DOWNHAM MARKET U3A NEWSLETTER

May, June and July 2026

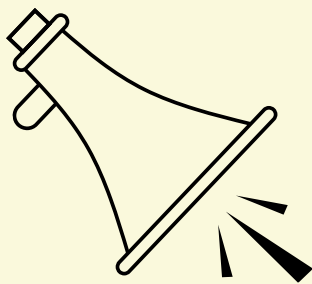


Monthly meetings are held at
the Town Hall on the 2nd
Monday of each month at 2pm.

May 11th

June 8th

July 13th



Speakers

May-

NEIL HANSON-'Inn at the Top'. A laugh-a-minute tour of the quirks and foibles, the highs and lows, of running Britain's highest Inn back in the 70s and 80s, grappling with eccentric characters, bizarre local customs, naturist weekends, police raids, and much more.

June-

Philip Caine- Novelist, raconteur, and public speaker.
Barrow to Baghdad and back again.

July-

The Dogs Trust

Group Updates



Walks for May.

Monday 4 th May No Walk(Early Spring Bank Holiday)



Monday 18 th May 10.00 am

Pott Row/Roydon Common Circular Walk.

4.3 miles.

Park/Start at Recreation Ground carpark on Chapel Road, Pott Row (between Lynn Road and Chequers Road) .

Going easy on paths and tracks.

Distance from

Downham 15 miles.

Use postcode PE32 1BP for Satnav or Google

Maps for Start

location.

Walk leader Jeremy White

**Potential new group members,
please contact John Cowin,
orrycowin@aol.com for the
Walks Programme.**

Monday 1 st June 10.00am

Downham, Wimbotsham Circular Walk 3 miles.

Walk leaders Lynda and John Sexton

Monday 15 th June 10.00am

Arboretum Circular Walk 3 miles.

Walk leader Jeremy White

Monday 6 th July 10.00 am

Shouldham Thorpe, Sincks Circular Walk 3.5 miles.

Walk leader John Cowin

Monday 20 th July 10.00 am

Shouldham Warren Perimeter Walk 4 miles.

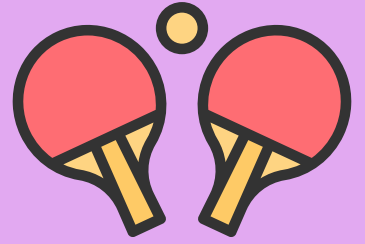
Walk leader Jeremy White

Details about the June and July Walks will be emailed to Walking Group members shortly before the Walks.





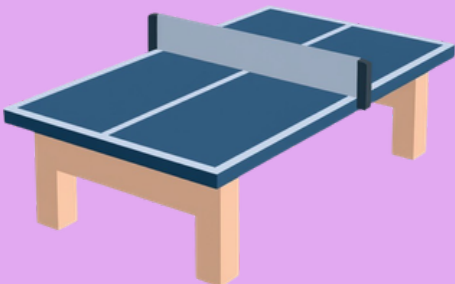
Table Tennis



If it's Monday, and if it's not the monthly meeting or a bank holiday, then the Table Tennis group will be at Denver Village Hall from 2 until 4, playing table tennis and chatting between games. New faces are always welcome – including complete beginners!

Further information from Helen Cross

07940 170265



Group news

Singing For Pleasure
WEDNESDAYS 10 am - 11 am -
Methodist Church Rooms.



Wed 15th April

Wed 29th April

Wed 13th May

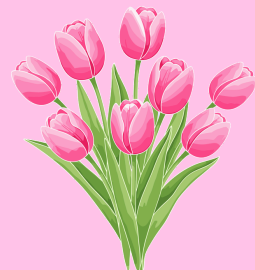
Wed 27th May

Wed 10th June

Wed 24th June

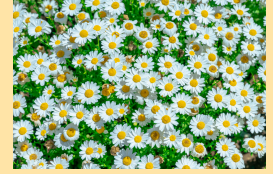
Wed 8th July

Wed 22nd July



Group news

Curry Club



Our Curry Club has been active for just over the year.

We meet once a month on the **first Thursday** at 6.30pm. We currently support our local restaurants which are **Downham Tandoori, Phansa Thai** and **Titash.**

We are quite a large group but are sensibly divided up into 4's 6's or 8's for ease of conversation and serving food. So far it seems to work.

We may well try restaurants further afield but will only do that in the light summer evenings, and hopefully car share too.

If you are interested in joining us or just want to try it out then here are the contact details



Group Leader Fay Greaves

Mob 07709926102

Email fvgu3a@gmail.com

Group news



Knitting Group



A bunch of very enthusiastic ladies will be welcoming those wanting to learn to knit or improve their skills.

(Open to both ladies and gents)

This new group will meet in the side room at the **library** on the **1st Tuesday** morning, 10.30 to 12..00 and on the **3rd Wednesday** at 13.30 to 15.00.

**Contact Linda Berkery 07906
628255**



Our thanks to the following businesses in **Downham Market** for their kind donations to our fund-raising monthly raffle;

The Greenhouse Restaurant £10 voucher
Words and Wonder Bookshop £10 voucher
Richard Gill the Butcher- 2lb sausages



Fay's Green Finger
Anagram challenge.

greenrio

garden hay

ilput

remunchymaths

fermentstogo

beerhall

*Answers can be found as
visual prompts throughout
the newsletter!*

Group updates

Board Games

We meet every **3rd Thursday** evening from 7-9pm at **Discover Downham.**

We play a variety of games and always welcome new ones!

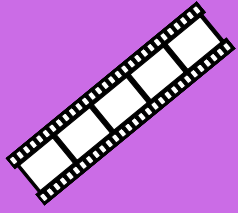
Come along and try a new game!



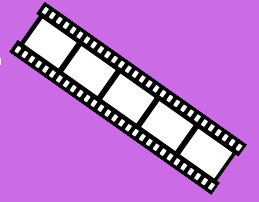
May 21 st
June 18th
July 16th



Group updates



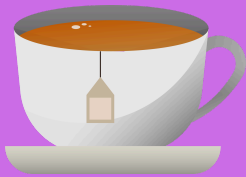
Vintage Film Appreciation



We will be meeting on the 3rd Wednesday of each month

2.0pm

Discover Downham Centre



May 20th-

A Countess From Hong Kong,

Starring Sophia Loren and Marlon Brando

June 17th-

Funeral In Berlin

Starring Michael Caine



July 15th-

Marnie,

Starring Tippi Hedren and Sean Connery



(If you would like a chuckle, then watch the YouTube snippet from director Alfred Hitchcock about his new movie, Marnie)



Editor's Note

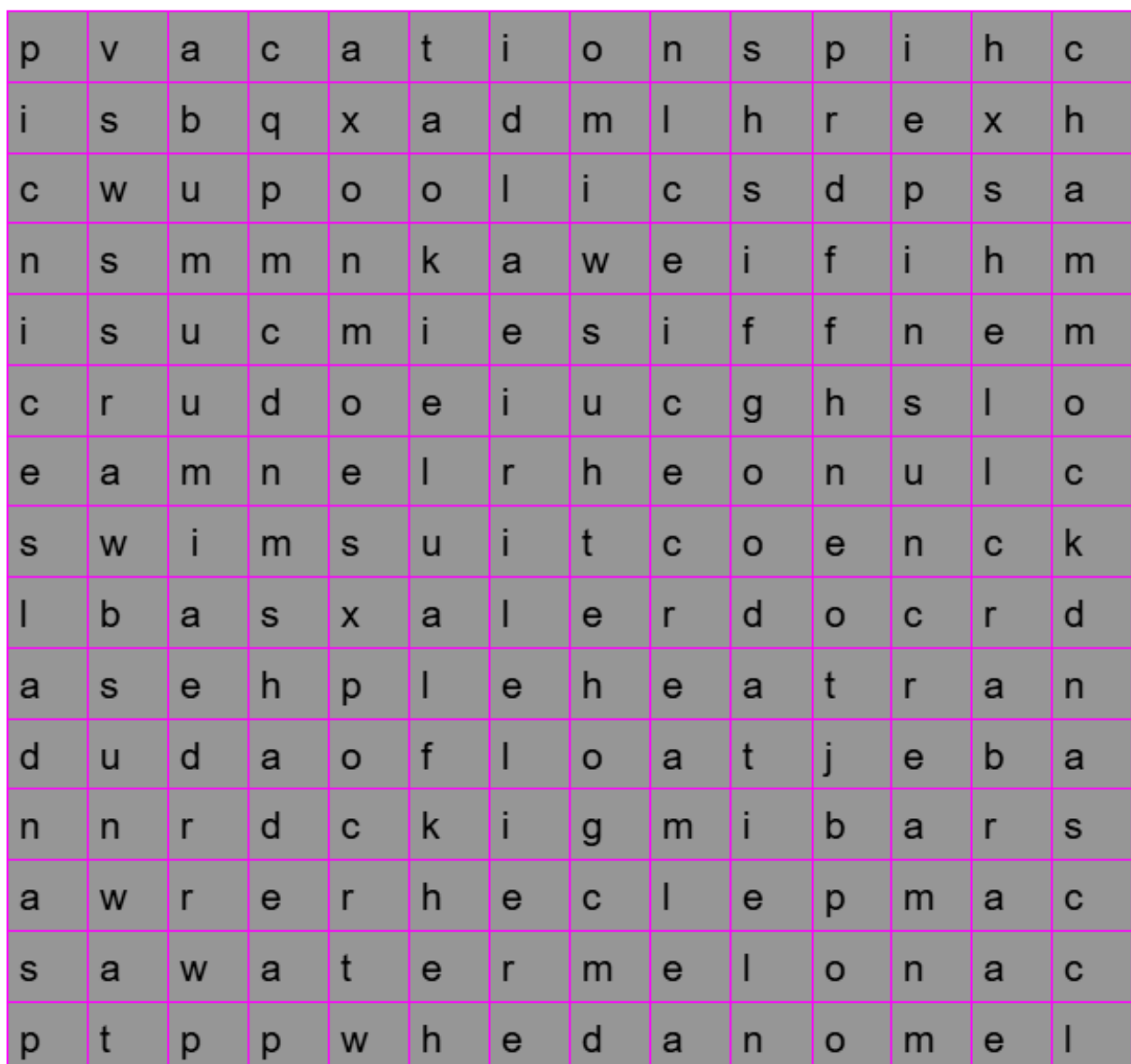


I hope you are all able to enjoy the warm weather as May progresses into Summer.

If the groups you enjoy aren't represented in the newsletter, please email me with details about the activities you have enjoyed.

Summer wordsearch

chips, crab, cod, sun, float, ice, beach, fish, hammock, icecream, lemonade, park, picnic, pool, sunscreen, vacation, shade, shell, relax, watermelon, sandals, camp, swim, swimsuit, sand, summer.



What's on in the community?

Downham Dementia Coffee Morning
Friday 8th May 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. 1105466

theWI **DOWNHAM MARKET WOMEN'S INSTITUTE**
 Inspiring Women Registered Charity No 101658

COFFEE MORNING
FRIDAY 8TH MAY
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


Coffee Morning
Friday 29th May 2026
9.30 am to 12 noon
Everyone welcome
Meet a friend - Make a friend



Prize Raffle
 Table Service
 In aid of Discover Downham
 Homemade Cakes


DISCOVER DOWNHAM HERITAGE CENTRE
 OPENING HOURS: Thursday & Friday 10 am - 4 pm, Saturday 10 am - 1 pm
 Downham Market & District Heritage Society (DMDHS) CIO: Registered Charity No. 1154287
 30 Priory Rd, Downham Market PE38 9JS
 01366 384428 info@discoverdownham.org.uk www.discoverdownham.org.uk

Downham Market Macular & More



Macular & More is a peer support group for all those living with sight loss. Come listen to monthly speakers; covering a range of topics from assistive technology, health and wellbeing to local history. Also connect and make friends with other people experiencing sight loss in the local area.

3rd Tuesday of the month
1:30pm - 3:30pm
Downham Methodist Church



For more information call 01553 660808 or email abigail.waters@visionnorfolk.org.uk

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

Law & Order with a local twist!
 A talk by Charlotte Paton

Wednesday 20th May 2026
7.30 pm – 9.00 pm
Admission: £5 or £4 if you are a DMDHS Member
Everyone welcome – no booking required

Why do people break the law? The harshness of the punishment never stops them. Being bundled into a bag tied to the stirrup of a horse which was then encouraged to run off, never stopped poaching. Were they simply hungry or was there more to it when the Normans conquered England?
 Did a day in the stocks being publicly shamed work any better? Deportation removed over 200,000 criminals but they went on committing crime. Do we do any better today in deterring people from committing crime?
 Charlotte Paton will give you the facts about the coming of Law and Order and tell how Downham's first police constable went about keeping his patch trouble free.
 And leave you to decide who breaks the law and why!

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Weaving words: creative writing workshop

at
Discover Downham Heritage Museum

on
Sunday 3rd May 2026
1.30 - 3.30pm
FREE ENTRY

Contact Holly for further information or to book a place
 Email: hlexmaria@btinternet.com or tel: 07956-258094

Life Drawing

LIFE DRAWING WORKSHOP

Join us for an inspiring and supportive day of life drawing led by local artist Richard Burton, who studied at The Slade School of Fine Art and The Royal College of Art, and now teaches at the Royal Drawing School.

This workshop is designed to help you refine your observational skills, deepen your understanding of the human figure, and build confidence drawing from nude life models in a relaxed and encouraging environment.

- Individual tutor feedback
- Drawing a mixture of short and longer poses
- Guidance on anatomy and proportion
- The relationship between line and shading
- Creating a balance between light and shadow
- Art historical references throughout

Key details:
 Date: Sunday 30th May 2026
 Time: 10am - 4pm
 Venue: Discover Downham (the old fire station), 30 Priory Rd, Downham Market, PE38 9JS
 Places available: 8
 Age restriction: 18+ only
 Price: £30

What's included?
 - 2 models (male and female)
 - All materials provided
 - Paper
 - Charcoal, rubbers, chalk, ink, brushes
 - Tea & coffee provided
 - Free on site parking
 - Accessible venue
 Please note: Lunch not provided

To book, email Hannah at downhamlifedrawing@gmail.com