



Wroxham and District  
Membership Number: 962/940/13

Chairman: John Long, 01603 722254    Secretary: Jan Barrington 01603 712150

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## **Newsletter for SEPTEMBER 2018**

### **NOT LONG NOW**

I hope you have all remembered the Open Day on the 18th and that you are planning to call in sometime between 11 and 3. A lot of preparation has gone on behind the scenes to make sure this is a success so please come and see us.

As usual we didn't have a general meeting in August but the groups seem to have all been busy.

#### **FROM THE GROUPS**

**Photographic Group:** We don't usually meet in August, but this year we did to sort out the display for the U3A Open Day on 18th September.

Jim Cobb brought some very impressive equipment and took some very good portrait photos of the group as well as giving a brief talk and demonstration of how to use a tripod for different photographic needs. Both he and Garry Marchant will be taking portraits at the Open Day. They will either be in the small room, or if there is space next to the Photographic Group stand.

Many thanks to Jan for her hospitality and thank you to all the members of the group for their loyalty and the fresh ideas that they bring to each meeting.

Our monthly meeting will be on **Friday 21st September at 2 pm** at The Hub. Mary Long 01603 722254

**Communications Skills Group:** **At first there were six and then there were three and then two.**

The four week course was, I am told, really good. The two people who stayed the course learnt to lip read, finger spelling, and a few BSL signs, and they were good at the end of the course. We discussed briefly the structure of the ear, how it works, and what happens when it goes wrong. Hearing aids were discussed as was good lighting positioning, facial expressions, body language and how to manage to hear in groups and other difficult places. Tinnitus and other situations that affect the hearing were also discussed, and the

difference in hearing with and without a hearing aid. Just the tiniest sound while listening can obliterate the spoken word. Old wives tales "she can hear when she wants to" were put to bed. We learned to be confident in our social life, and not afraid to say "I don't hear clearly, please can you raise your voice very slightly and speak a little slower". Many types of letters have the same lip shape and are therefore difficult to read.

We also discussed the difficulty using the telephone and fire alarms, and how we can manage the situation. We spoke about the many items there are to help people like hearing dogs and lip reading groups in the Norwich area.

I would like to thank Mary and Merrion for their kindness in letting us use their conservatory. Mary Long.

**French conversation Table ; Weekly Thursdays 15.00 – 16.30** at Bijou Wine Bar (opposite Hoveton station). We have a regular core of 6 people dropping in and out. We are comfortable with those who come just mainly to listen while they gain confidence. We encourage everyone to prepare a few words on a subject of their choosing. It might be a question of vocabulary, or you could bring a photo or an interesting object. If you give me your email address I can let you know of any changes, and I occasionally forward a snippet I have found on line. If I cannot be there the regulars meet anyway. I don't teach as such, but give advice, help with vocabulary and suggest on-line methods such as *Duolingo* which is free for those who want to improve their French. *Venez nous rejoindre, vous serez bienvenue(s)*. This group is dementia friendly (as are all groups). Jane Monks 01603 782496

**Bird Watching:** Outings to bird reserves take place on the first Saturday of the month, usually meeting at Di Stagg's home (by the double roundabout in Hoveton) at 10.am, where we organise car sharing. So the September meeting will be **Saturday 1st September at 10 am**. That will be followed **on Friday 14th September at 10.30 – 12** by **Bird Banter**, when we meet in Bijou cafe (opposite Hoveton Station) to talk about birds, look up lap tops and books and drink coffee. Di Stagg 01603 784214 for further details.

**Lunch Out:** You may receive this newsletter before **Friday 31st August**, when anyone who wants to come can join at The Kings Head in Ludham at 12.30 pm. Please let me know by 29th if possible.

The September outing will be to The Bridge Inn at Acle on **Friday 28th September at 12.30 pm**. Again please let me know if you want to come so I can book. Corrie Mould 01603 782755

**Evening Dining:** takes place once a month, and the September meeting will be on **Wednesday 19th September at 6.30 pm** at The Horse and Groom in Tunstead. Everyone welcome. Please inform Nicole Rufford if you wish to come. Nicole 01603 781880

**Poetry Reading:** This is a new group that is finding its feet. It meets on the first Tuesday of month at The Horse and Groom in Tunstead, and the next meeting will be **4th September from 2 – 4 pm**. Anyone can come along and bring a poem to read twice, which gives everyone a chance to appreciate it more. A list will be kept so that later the poems can be looked up on line. *Poemhunter.com* is a good website to try. The group is dementia friendly. Jane Monks 01603 782496 will contact everyone if there are any changes.

**Classical Music:** this group meets fortnightly on a Wednesday afternoon for a relaxing presentation of classical music at the home of Brian Keane, Prior Thatch, Beech Road, Wroxham. Brian has such a varied selection of records, CD's and tapes, and sometimes he asks one of the members to present a programme.

Tea and cake are kindly supplied by Brian! The meetings in September will be **Wednesday 12th and 26th at 2.30 pm**. About 10 of us meet, but there is room for more, so do come along. Brian Keane 01603 782774

### **History Group:**

On July 26th 12 members of the History Group enjoyed an end of term celebration lunch at the Briton Arms followed by a fascinating visit to the Strangers Hall - a good time was had by all!

Despite no formal meeting in August the group are visiting the Roman Dig at Aylsham Garden Centre and, hopefully, metal detecting in Tunstead.

Our September meeting is on Thursday September 27th when we are looking forward to Ted Doe taking us on an historic Ber Street , Norwich walk. The walk will take approximately an hour and is starting at 11.00am.

New members always welcome.

**New Art Group: Start Date TUESDAY 25TH SEPTEMBER 2.00 TO 4.00** at The Hub Room 2. This may extend to 3 hours in future.

**FIRST MEETING:** Bring two or three of your paintings and talk about them. What medium did you use? Why did you choose that medium? What made you decide on the subject you painted? Did you paint from life, from a photograph, or out of your head? Do you paint in your living room, kitchen, or purpose built art studio? Do you display your work or sell it? Have you turned your paintings into cards? Are you a member of SAA? What equipment do you have? What sort of art group do you want? Constructive criticism would be welcome.

Liz Smith says "I am a self taught artist and have only been painting since March 2017". She has already had two exhibitions and sold one painting, and she says if she can do it you can; come and join the art group and see what we can do together. Liz Smith 01603 670468

As you see quite a busy month ahead

Looking forward to meeting you on the 18th

Jan