



Chair's Message From Jan Hayes-Griffin

At this month's meeting, we heard from the inspirational **Paula Hall, Chief Executive of the Purfleet Trust** about the work of this King's Lynn based charity. With a whole person approach to supporting people who become homeless, Paula challenged the often-held myth that homeless people are all down and outs, living on the streets with a drug or alcohol problem. She explained many people become homeless because of relationship breakdown or are not eligible for support under current rules.

Paula became the Chief Executive of a 'not a lot' organisation in 1993 and since then has developed strong partnership links with local councils, the NHS, the Police, local businesses and other charities winning vital funding contracts and grants.



Today the Trust supports over 1000 people a year and provides housing to over 50 people, runs a Furniture and Clothing store and the Purfleet Pantry - a social supermarket and cafe providing over 5800 healthy meals at modest charge last year. They help people to help themselves by signposting them through the benefits system if needed, helping them to budget and run a home, accessing GP services and

acquiring skills training and work. Every person is assigned a mentor and support is tailor made to their individual needs. Paula employs specialist staff with a variety of different expertise needed to help those who are homeless and has an army of volunteers to help run the various services on offer. Last year people gave 11000 hours of volunteer time.

In the past, the Trust provided 30 places in the Training House accommodation but this year the Trust is about to open their latest accommodation in a converted hotel in Downham Market providing self contained flats for 18 people with everyone having their own front door. I found the talk inspirational and humbling. I was particularly struck by how having a safe place to call your home was vital for so many aspects of having a decent life and being able to see a way forward. And the difference between just a roof over your head and a home. Paula said the charity provided everything someone needed to set up home - a bed and bedding, curtains, sofa and table, chairs, kitchen equipment, towels a few ornaments and pictures for the wall. As someone who has a lot of 'stuff' in the loft I will definitely be donating some home comforts to the Purfleet Trust in future.

Continues on page 2





From very small beginnings Paula and her team have developed a very well-regarded charity which was awarded the King's Award for Voluntary Service last year and which provides a vital service in the King's Lynn and West Norfolk area. Thank you to you all for your generous contributions to the charity on the day. Paula was delighted and most appreciative of the £270 we collected.

At our next committee meeting we will be discussing how we can continue to support the Purfleet Trust - wouldn't it be wonderful if the Swaffham u3a could pledge a 100 hours of voluntary help between us all to the Trust this year? Let me know if you are interested in helping for a few hours a month and I'll get in touch with Paula to see what's needed. STOP PRESS - we have already had an offer of help from one member - let's add more. More information: [About The Purfleet Trust](#) | [The Purfleet Trust](#)

6th August David Horsley of the Norfolk Wildlife Trust

Next month our speaker is **David Horsley from the Norfolk Wildlife Trust** so if you're a nature lover this is for you!



He will talk about some of Norfolk's wildlife gems, the work of the Trust and the challenges facing wildlife today

[The Work of the Norfolk Wildlife Trust with David Horsley - Swaffham and District](#)

3rd September *See page 3*

1st October Nelson's Journey

Our speaker will be from this Norwich based organisation that supports children who are bereaved through loss of a parent, grandparent, siblings or other loved ones.

**Nelson's
Journey**

[The work of Nelson's Journey - Swaffham and District](#)



5th November Waitrose



Our speaker will reveal what goes on behind the scenes to make sure our weekly shop goes smoothly. In view of the date, we anticipate some explosive facts!

Look out for our leaflets on display in Waitrose.

[Behind the Scenes at Waitrose 5th November 26 - Swaffham and District](#)

3rd December Our Members' Christmas Party...



3rd September Swaffham & District u3a 30th Birthday Bash!



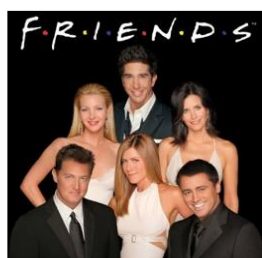
Countdown to our 30th Birthday Celebrations!

We'll be 30 years young this year and we are devoting September's meeting to a bit of a celebration. Lots of plans under way...

[September Swaffham & District u3a 30th Birthday Bash 3rd September 2026! - Swaffham and District](#)

Swaffham & District u3a are 30 Years Young This Year!

Founded in 1995 as The Wissey u3a - can you name what was happening then?



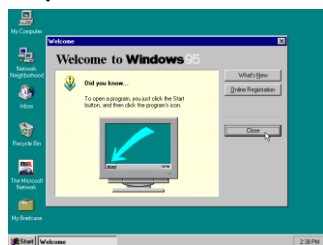
Time for a party...

THERE WILL BE CAKE!

We have a very special meeting on September 3rd, with visiting guests and a quiz. We are looking forward to entertainment from our singers and a specially written play from our Creative writers, performance by our Script Readers, memories from founding members and fascinating documents from our archives.

What else?

Dance the Macarena, anyone? [How To Do the Macarena | Ultimate Beginner Step By Step Tutorial](#)



Jolly Days Out & Camera Club Groups Combine!



Ahoy there me hearties!
Last month 40 members
from Swaffham and
Dereham u3a boarded the Victor Sailing
Barge in Ipswich for a days sailing around
the River Orwell.

The weather was perfect and the crew
gave a great commentary on all the sights
along the river. No pirates or mermaids
were spotted!



A number of keen photographers were on
board and we are delighted to share with
you some great photos taken by Alan
McNeal of our Swaffham & District
Camera Club. The trip was enjoyed by
everyone on board and being
oversubscribed, we will certainly be
considering running something similar in
next year's Jolly Days Out Programme.



Coming up...

Southwold and Bungay - Thursday 6th August



An outing to the seaside, and a visit to the historic market town of Bungay in the afternoon. Free time to explore both of these lovely towns.

With its sandy beach and beach hut-lined promenade, Southwold offers a wonderful a thriving market town atmosphere with plentiful greens, a 31 metre tall working lighthouse and pier that stretches 190 metres into the sea.

Cost per person: £25 - £10 deposit will secure your place, with the balance payable at the beginning of July (a reminder will be sent).

Sign up for your place here: [Jolly Day Out: Southwold and Bungay - Thursday 6th August - Swaffham and District](#)

Also...

[The Historic Dockyard Chatham and Call the Midwife Tour – Wednesday 9th September - Swaffham and District](#)

[Henry Moore Museum & American Military Cemetery - Wednesday 7th October - Swaffham and District](#)

[Jolly Day Out: Ely Christmas market - Swaffham and District](#)

IMPORTANT Jolly Days Out

Our preference is for you to complete forms on the Outings page of the Dereham U3a website to book. The system will send a confirmation email of your booking but payments will not be acknowledged. If you book but payment isn't received, you will be contacted. If you aren't able to complete the application online, either email jollydaysout@gmail.com, or call Trudy on 07748 991522. The links on the **Swaffham & District u3a website for each trip will take you through.**

See All Forthcoming Events at the links below:

[Events/Trips - Swaffham and District](#) Swaffham Site

<https://dereham.u3asite.uk/outingsjolly-days-out/> Dereham Site

Swaffham & District u3a Interest Group News



Cribbage - **New Group**

Garry and Paul attended May's meeting to tell members how to play cribbage and they collected the names of several people who were interested. The **first meeting of the Cribbage group will be on 10th August 10 -12 at Swaffham Community Centre**. People will be partnered with someone who knows how to play and boards will be provided.

[Cribbage - new Group! - Swaffham and District](#)

Swaffham & District u3a Interest Group News

Soft Ball Tennis - Revived Group!



It has taken a while to organise the venue, but Group Leaders Jane and Yvonne are ready to start weekly meetings of the Soft Ball Tennis Group.

The first day will be the Monday 13th July. They will meet every Monday between 10 - 12 at Ashill Community Centre. **Be**

inspired by Wimbledon! Full details: [Soft Ball Tennis - Swaffham and District](#)

Board Games and Cards - New Group



Fancy Scrabble, Rummicub, Othello, Chess or Draughts? Perhaps you prefer traditional card games, or would like to try Uno and Uno No Mercy? This could be the group for you... There is growing evidence that board games helps mental well-being and keep you sharp! A FREE boards game

taster session will be arranged on Friday 21st August at North Pickenham Hub (the old North Pickenham school) where drinks and snacks are available in the Pickenham Pantry - great for an after Games lunch perhaps? [How Board Games Improve Mental Health: A Screen-Free Hobby for Stress, Connection and Confidence – Here for Games Knowledge](#) More details [Board Games - Swaffham and District](#) or ring Laurene 07942 820590 How to find the North Pickenham Hub? [North Pickenham Community Hub - Swaffham and District](#)

Bird Watching - New Group Starting



Jan Foster Bartlett and Mary Lejeune are planning to start their bird watching group and plan to meet on the **2nd Tuesday of the month starting on September 8th.**

They will be attending the **August meeting** to talk to people and take names of those interested as well as having leaflets and information. The website will be updated

continuously, as new information comes in. See link:

[Birdwatching: nature, fresh air, gentle exercise and enjoyment - Swaffham and District](#)

Art Group - spaces



Keep an eye out for the Art Group's new posters, which will be going up around Swaffham. Trevor Lewis will be at the August Meeting with a selection of artwork on display. There are spaces for new members of the Art Group - no previous experience needed and you will be made most welcome! [Art Group - Swaffham and District](#)

Swaffham & District u3a Interest Group News

Short Mat Bowls - [spaces](#)



Thank you to our versatile Treasurer, David Henderson, who devised a more efficient mat-winding handle to make life easier for the short mat bowls group. The group have changed their status from full-with-waiting-list to **active and open to applications**.

[Short Mat Bowls - Swaffham and District](#)

Creative Writing 2 - [spaces](#)

We are beaver away on a script to be performed by willing (or press-ganged) script reading members, for our 30th Birthday Bash. Meanwhile many of us will be attending the FREE writing workshop in Bradenham Village Hall on Friday 17th (see below and see article on page 10). [Creative Writing 2 - Swaffham and District](#)

The workshop is FREE to all – not just Creative Writing group members.

FREE CREATIVE WRITING WORKSHOP IN BRADENHAM

The past is another country: we did things differently there...

Join award-winning playwright Ben Musgrave for a **free creative writing workshop** inspired by L.P. Hartley's classic novel *The Go-Between* - often thought to be inspired by the Breckland village of Bradenham.

Friday 17th July, 10.30-12.30 at Bradenham Village Hall

The *Go-Between* tells the story of an older man looking back on a tumultuous summer from his childhood and discovering how deeply the past continues to shape the present. Using the novel as a frame for an exploration of our own pasts, these workshops will explore memory, place, and childhood - and in particular memories of Breckland.

Participants will be invited to bring an object that connects them to an earlier part of their lives. Through a series of enjoyable and accessible writing exercises, we will use these objects as gateways into memory, imagination and creative writing.

The workshops are open to anyone aged 50 and over.

No previous writing experience is required.

If you're interested, please email Ben

Musgrave: b.musgrave@uea.ac.uk

The workshops, in association with UEA, form part of the wider engagement programme accompanying Eastern Angles' 2026 production of *The Go-Between*:



Date:
Fri 17th Jul 2026

Time:
6:00PM

Location:
St Andrews Church, Bradenham, IP25
7QT

[Book Tickets](#)

There is a performance of *The Go Between* by the Eastern Angles Theatre Company in St Andrews Church, Bradenham on 17th July 6:00pm. Book tickets here:
[The Go Between... a return to Bradenham - Eastern Angles Theatre Company](#)

Swaffham & District u3a Interest Group News

Let's Go Group - for those who want to go places with others



We have been to several events at **Westacre Theatre**, including a screening of the National Theatre Les Liasons Dangerous, a live open air production of Lady Windemere's Fan, and we are looking forward to a picnic by the lake and a performance of the talented and highly original **Bowjangles**.

Find out more about the group here: [Let's Go \(u3a\) - Swaffham and District](#)

Music Appreciation Group



Music to be remembered by.... At the last meeting of the Music Appreciation group our lovely new member Carolyn had suggested the theme - What music would you like your friends and loved ones to remember you by.

At first it sounded a bit funereal as a subject, but as usual our music group interpreted the concept widely and chose a variety of tunes that meant something to them - some serious, some hilarious!

Here are the results of the Swaffham jury- no, there wasn't anything vaguely Eurovision thankfully!

Carolyn and David revealed their patriotic English roots and chose Elgar's Nimrod and Parry's I was Glad. I was torn between Shostakovich Piano Concerto no 2 and Mozart Cosi Fan Tutte Soave Sia il Vento. Big old romantic that I am!



I chose the evocative Mendelssohn Scottish Symphony and Sister Elaine chose Tchaikovsky Dance of the Flowers, whilst Sister Francis offered a Celtic Blessing by The Priests.

Bernard's choice was the hauntingly beautiful Villa Lobos Bachianas Brasileiras No 5 aria - new to many of us but extraordinary vocals.

Andrea Bocelli reminded us all to be brave and live life to the full in Rivere chosen by Pam, and Sue moved us with her choice of Bridge over Troubled Water sung by a Welsh Male Voice Choir.

Lorraine told us to Move over Darling by Doris Day. and Not to let the sun go down on us by the iconic duo Elton John and George Michael. Sue chose her mum's favourite Jackie Wilson To be Loved.



Swaffham & District u3a Interest Group News

And finally.... Mike revealed himself as a cheeky chappie! He introduced us to Barefoot Calypso Man's rendition of Lawyers Preachers and Politicians and followed it up with Shame and Scandal in the Family. Next month he's promised to play Who put the chilli in the Vaseline? I can tell you we saw a very different side



to Mike!

Every piece of music chosen by members of the group has a story behind it - some poignant, some funny, some just because it's beautiful music and takes you to another place in a busy day. Next month our theme is the Piano so I'm expecting some Scott Joplin and Beethoven's Emperor!

If you're interested in checking us out please contact me - we're not hi-brow just Classic FM meets Radio2 plus the Musicals and film scores. And we always have a good laugh and cake. [Music Appreciation Group - Swaffham and District](#)

Jan HG, Music Appreciation Group

Garden Visits Group



On Tuesday, 7th July, we visited Dunbheagan, Dereham Road, Westfield NR19 1QF. The garden is situated on the outskirts of Dereham. We have visited this plantsman's garden several times and it is a firm favourite of members. It's a relaxing garden, with beds and borders full of unusual and rare plants as well as traditional ones. The owners are always on hand to impart their wisdom and the

refreshments were always a treat and usually comprise of savoury as well as cakes, which are served in their conservatory. A hot day, but a lovely one!

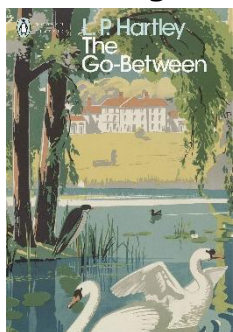
[Garden Visits - Swaffham and District](#)



Swaffham & District u3a Interest Group News

A Case of Mistaken Identity - leading to Swaffham u3a publicity!

Ben Musgrave of UAE (University of East Anglia) was researching the novel *The Go-Between* by L.P. Hartley, widely believed to have been inspired by the author's experience of Bradenham, Norfolk. You may recall the film adaptation [The Go-Between \(1971\) Original Trailer \[HD\]](#)



As part of this research, he had visited Bradenham and he was now planning a free creative writing workshop in the village hall. He sought local contacts to help promote this event. I found out about this was when I was copied into an email between Ben and Diana McMullan of St Andrew's Church. The relevant part of the conversation was thus:

But of particular relevance - is we have a UEA lecturer in Creative Writing : Laurene Henderson (long-term village-res; generally one of the regular coffee-group) - and I am strongly advised to put the two of you in touch.

I had to advise Ben that I was merely a Group Leader of Creative Writing for Swaffham & District u3a - nonetheless our conversation was very productive.

I advised Ben on suitable venues and who to contact. I suggested a way in which I could publicise it to my u3a Creative Writing Groups (we have 2) and Playscript Readers (again 2) via Beacon, and I put him in touch with other u3as in the immediate area.

As a result, Ben increased his bookings for the free course, and has alerted the Development Manager at The Eastern Angles Theatre Company, and his UAE department, about Swaffham & District u3a, the u3a movement in general, and its potential.



So, I was a Go -Between for our u3a, the UAE and The Eastern Angles! And all because of a misunderstanding !

Laurene Henderson

holly@easternangles.co.uk musgrave.ben@googlemail.com

[Creative Writing Group - Swaffham and District](#) [Playscript Reading Group 1 - Swaffham and District](#)

[Creative Writing 2 - Swaffham and District](#) [Playscript Reading 2 - Swaffham and District](#)