



Chair's Message From Jan Hayes-Griffin

At our meeting at the beginning of the month, we were treated to a tour of Norfolk's best wildlife locations by **Dr David Horsley** from the **Norfolk Wildlife Trust**. An expert on local wildlife and a keen photographer, David's presentation gave us a stunning oversight of the different habitats in Norfolk with breathtaking photographs and birdsongs. After a career teaching in Norfolk, David now spends his time guest lecturing and supporting the work of the Norfolk Wildlife Trust. We heard about the current projects of the Trust - the oldest Wildlife Trust in the country - and the challenges of climate change and wildfires on places and wildlife.



He focussed on both coastal and heathland habitats including some in the Brecks where the fauna and flora is unique and in some cases rare and endangered. A fascinating talk and perfect timing as we are in the process of setting up a Bird Watching group! [Home | Norfolk Wildlife Trust](#)

30th Birthday Party



Next month of course is our 30th birthday celebration and so far over 150 people have booked to attend- that's a lot of cake! Instead of our usual speaker there will be a presentation on the history of the Wissey and Swaffham u3a, a quiz and a play, singing and dancing. Best bib and tucker as the Lord Lieutenant Lady Dannatt will be attending and opening the festivities!

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

At the request of Julia from the Singing for Pleasure Group, you may wish to brush up on your dance moves for the **Macarena** Link [Facebook](#) or you might like this lively version! [dance the macarena on youtube - Search](#)

Jolly Days Out



Places are still available for the **Chatman Dockyard** and **Call the Midwife** trip on 9th September [The Historic Dockyard Chatham and Call the Midwife Tour – Wednesday 9th September - Swaffham and District](#), and **Henry Moore Museum and Cambridge American War cemetery** [Henry Moore Museum & American Military Cemetery - Wednesday 7th October - Swaffham and District](#) trip on 7th October.

Tickets are selling fast for the **Ely Christmas Market** [Jolly Day Out: Ely Christmas market - Swaffham and District](#) on Thursday 19th November and **Great Yarmouth Hippodrome Christmas Extravaganza on Wednesday 9th December** [Jolly Day Out Circus and Water Spectacular - Swaffham and District](#)

Book your places by following the link to the Jolly Days Out page.

Please remember! You must complete the booking form on-line in the links above and pay before your booking is confirmed. You may also book through Dereham u3a <https://dereham.u3asite.uk/outingsjolly-days-out/>

Christmas!

At our **October and November** meetings **Ian Clews** will be taking bookings for the **Christmas lunch** at the **George Hotel** on **Thursday 10th December 2026**. Always a sell out so book early to avoid disappointment and having to go cold turkey!

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.

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



5th November: Behind the Scenes at Waitrose

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

3rd December: Our Members' Christmas Party...

What have some of our Groups been up to?



Westacre Theatre (Let's Go), Southwold and Belvoir Castle (Jolly Days Out)

Swaffham & District u3a Interest Group News

Bird Watching - [New Group Starting Spaces](#)



On the subject of Norfolk's nature, Jan Foster Bartlett and Mary Lejeune of the bird watching group came to the August meeting and 12 people signed up to join. Their 1st meeting will be on September 8th.

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

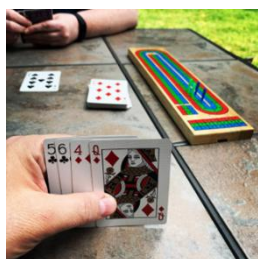
Art Group - [spaces](#)



Also at the meeting, the Art Group set up a display of their recent work to showcase their talents - a very talented bunch they are too with a variety of different styles and techniques on show. They are very keen to attract new members to join the group so please get in touch with Trevor Lewis [Contact Us - Swaffham and District](#) if you

are hiding your talents under the easel or would like to brush up on your techniques! [Art Group - Swaffham and District](#)

Cribbage [Spaces](#)



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

The first meeting of the new Cribbage group was held on Monday 10th August at the Community Centre in Swaffham - nine members tested their ability to count to 15 and race to the finish line! More members welcome at the next meeting at 10am on the 24th August.

Contact Garry Fuller [Contact Us - Swaffham and District](#) or Paul Hayes-Griffin [Contact Us - Swaffham and District](#) if you're interested.

Poetry Writers :A Brand New Group [Spaces](#)



On 21st September James Knox Whittet will hold the first poetry writing group at his home in Beachamwell. To find out more go to the Swaffham and District website, click on the groups tab and then on to the Poetry Writing group entry. [Poetry Writing Group - Swaffham and District](#)

Soft Ball Tennis - Waiting List



The soft ball tennis group has proved very successful and is already full but if you wish to put your name on a waiting list please contact the leaders of the group.

Full details: [Soft Ball Tennis - Swaffham and District](#)

Swaffham & District u3a Interest Group News

Board Games and Cards - [New Group Spaces](#)

Note the change of start date for the free Taster session



Fancy Scrabble, Rummicub, Othello, Chess, Draughts or Uno No Mercy? This could be the group for you... **A FREE boards game taster session will be arranged on Friday 18th September** 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? 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](#)

Creative Writing 2 - [spaces](#)

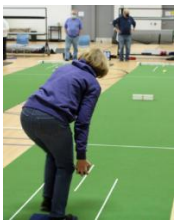


We have created a script to be performed by willing (or press-ganged!) script reading members, for our 30th Birthday Bash.

Many writers from Creative Writing 1 and 2 attended the FREE writing workshop based on the novel The Go-Between in Bradenham Village Hall on Friday July 17th. All

who attended were offered free tickets to attend a performance of the new play at Norwich Theatre. [Creative Writing 2 - Swaffham and District](#)

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](#)

Hate Waiting? Have a chat with Pat!



Several groups are now full, and you are welcome to add your name to a waiting list.

We don't want you to have a long wait - so **we are looking for people who would be interested with others to start second groups.**

It's a lot of fun, and help is available to get you started.

Contact Pat Weir Groups Coordinator. [Contact Us - Swaffham and District](#)