



<https://www.uea.ac.uk/about/working-at-uea/retirement-association>

## UEA Retirement Association Newsletter

No. 67

October 2022

### INTRODUCTION.

The majority of Retirement Association activities are back to pre-Covid levels of attendance. Since the June edition of Renaissance Art, Book, Knit and Natter, Film, and Games groups have all met on their usual monthly basis; walks have been led in Norfolk; the Garden group has visited the Manor Farm estate and gardens; the History group has organised a guided tour of the Plantation garden and a history based walk along Norwich riverside and talks by visiting speakers have been held. In addition, in June members went on a four night gentle walking holiday in the Brecon Beacons in Wales and by the time this newsletter hits your doormats a four night walking holiday will have been undertaken at Lulworth Cove in Dorset.

In the coming months a variety of activities and events are planned including the annual Christmas social gathering which is our largest social gathering of the year; further details are in this newsletter. There are also two new holidays for 2023 (see Holidays section). Please do support events whenever you can.

As stated in previous newsletters membership numbers are unfortunately gradually declining. If you know someone who is eligible, a former colleague at UEA or the Research Park, please encourage them to join us and help the Association continue to thrive. A Members Application form can be downloaded via a link on the Association's welcome web page at <https://www.uea.ac.uk/about/working-at-uea/retirement-association>.

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### 2023 MEMBERSHIP RENEWAL

A membership renewal form for 2023 has been included along with the posted copy of this newsletter. As renewal is due by 1st January 2023 a reply before this date would be appreciated to avoid unnecessary reminders. I will be available to collect renewals at the Christmas Social Gathering on 5 December, so if you are attending why not bring your renewal form with you (and also save the postage).

Denis Brown (Treasurer)

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# NOTICE BOARD

## GENERAL DATA PROTECTION REGULATIONS 2018

In order to comply with the General Data Protection Regulations 2018, the UEARA Committee has previously agreed a Privacy Statement, which is published along with the Membership Application Form on our website. The Privacy Statement is also included on a separate page towards the end of this newsletter.

## CONTACTS

Secretary:	Alison Ward	01603 452330
Membership Secretary:	Keith Woods	01603 810980
Website/Renaissance Editor:	Steve Mosley	01603 437176

Email: uearetired@gmail.com

Website: [www.uea.ac.uk/about/working-at-uea/retirement-association](http://www.uea.ac.uk/about/working-at-uea/retirement-association)

## Note from Treasurer

**BACS Payments:** As we have set up internet banking to access UEARA Bank Accounts I am now able to accept payments by Bank Transfer as well as by cheque or cash. Should you wish to make payments in this way in the future the UEARA account details are as follows:

Account Name: U E A Retirement Association

Sort Code: 20-62-53

Account No: 70487589

**Please note that there are spaces between the U and E and A.** This is important when typing in the name the first time as UK Banks carry out name checks to prevent fraud (called Confirmation of Payee) and if the spaces are omitted it will not be able to match the name.

*Denis Brown*

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## CHRISTMAS SOCIAL GATHERING

Members are invited to the 2022 Christmas Gathering at the Costessey Centre, Longwater Lane on Monday 5 December 2022 Starting at 12.30 pm (please do not arrive before 12 noon)

There will be mulled wine, salad lunch, mince pies and good company. There will also be a raffle and craft stalls. Please inform Alison Ward, contact details below, if you would like to bring a craft stall.

There is no charge for this event but we do ask that you **book** your place, so that we can match the catering to the number attending and do not exceed the safe capacity of the Hall. This is a **members only** event.

Please book your place by e-mailing Alison Ward ([aliward@talktalk.net](mailto:aliward@talktalk.net)) stating clearly the name or names of those for whom you are booking **no later than Monday 21 November 2022**. Alison will acknowledge all e-mails received. Colleagues without an internet connection can ring 01603 452330.

As in 2021 Jan Woods and her team will provide a choice of menu. Please identify your choice clearly by letter A, B or C in your e-mail to Alison. The choices are:

**A Cheese Ploughman's**

**B Ham Salad**

**C Tuna Salad**

*If no choice is made, a Cheese Ploughman's (menu A) will be provided by default.*

## Prize Crossword Solution

David Marshall kindly compiled another of his popular Prize Crosswords for our June issue of Renaissance. The first correct entry drawn from the hat was from Liz Brown who should receive their prize shortly.



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## HOLIDAYS

### HF Discovery Tour at Malhamdale, Yorkshire 26-30 June 2023

After this holiday became available, I only had a brief time to book and so I contacted members who have previously shown interest in Discovery Tours. There are still some twin/double rooms available but single rooms will be on the waiting list.

The holiday is based at HF Newfield Hall in Malhamdale in the Southern Yorkshire Dales with easy access to Malham Cove. The itinerary for 2023 is not finalised but will include some of the following or similar places: the World Heritage Site of Saltair, the villages of Grassington and Pateley Bridge, Fountains Abbey and Studely Royal Water Gardens, Kipton Castle and York and its Minster.

The price for 4 nights is £689 per person for full board including dinner, bed and breakfast and packed lunches. All travel for the tours on each day is included. If you would like to come on this holiday, please email me at [j.johnson@uea.ac.uk](mailto:j.johnson@uea.ac.uk). A deposit of £75 will be required by HF Holidays. We will organise a coach from Norwich with the cost shared between passengers.

*John Johnson*

### Walking Holiday at Bourton-on-the-Water 23-27 October 2023

Our Walking Holiday in 2023 will be at Bourton-on-the-Water in the Cotswolds. This is a Monday to Friday holiday with walks on the Tuesday, Wednesday and Thursday. On this holiday we will have fully guided walks with HF Leaders and they will provide transport to and from the walks. More details at: <https://www.hfholidays.co.uk/holidays-and-tours/guided-walking-bourton-4>

We have booked the whole house. The cost of the walking holiday is currently quoted at £565 per person. All rooms are en suite. The price includes bed, breakfast, packed lunch for walks and an evening meal. We will organise a coach from Norwich with the cost shared between passengers.

A deposit of £75 is needed, with the booking form to secure your booking. A booking form can be found towards the end of this newsletter. Please do ensure you have appropriate travel insurance. If you need to cancel for any reason, you will lose your deposit. The final balance will be due at the beginning of August 2023 and is not refundable.

Keith & Jan Woods. Tel: 01603 810980, Email: kandjwoods@waitrose.com

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## TALKS

*All talks begin at 2.15pm (unless otherwise stated) in the Costessey Centre, Longwater Lane, Costessey.*

No response slips are required, just pay £1 per association member and £2 per guest at the door, which includes tea and biscuits. Each member may bring up to two guests.

**Tuesday 25 October 2022**     **'East Anglian Air Ambulance' by Andrew Egerton-Smith MBE**  
How it all came about and where is it now?

**Tuesday 22 November 2022**     **'Up and Down in the Pyrenees' by Rosemary Ward**  
This is an illustrated talk on alpine and Mediterranean flowers, with a sprinkling of history covering other interesting aspects of the Pyrenees. Thank you to John and Katherine Gray for arranging this talk.

**Tuesday 24 January 2023**     **'The History and Future of the Sainsbury Centre' by Jago Cooper**  
Details to follow.

**Tuesday, 28 February 2023**     **'The Hijacking of Edith Cavell' by Tony Diamond**  
Since her execution in 1915 the image and message of Edith Cavell has been perverted and hijacked by many to serve their own warped agenda. Where does the truth lie?

**Tuesday, 28 March 2023**     **'Miss Savidge Moves her House' by Christine Adams**  
This is about an eccentric aunt who moved her medieval hall and rebuilt it by the seaside. Her strange life is told in a book and is soon to be a film on general release by Pathe.

**Tuesday, 25 April 2023**     **'The Samaritans' by David Boyce**  
Beginning with one phone line in 1953, the Samaritans listening service now answers over 9,000 calls for help each day. This talk explores how Samaritans has evolved over the years to a national organisation of around 22,000 volunteers and more than 200 branches and locations across the UK and Ireland. It looks at the Samaritans 'approach' to listening, the current need for the service, and how the organisation tries to achieve its stated vision that 'fewer people die from suicide'.  
David works for the Samaritans Central Charity as well as being a listening volunteer for the local Norwich branch.

*Margaret Robins*

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## WALKS

There are both short walks of 2 to 3 miles and longer walks of around 5 miles, but occasionally longer. All walks start at **10.30am** (unless otherwise stated) but please arrive at the meeting place by at least 10.15am, especially if a pub lunch is planned in case we have to pre-order food. Car sharing would be appreciated. Walking boots or sturdy shoes are recommended.

Places on the walks must be booked by contacting the walk leader via email or telephone, by the deadline date shown. Please ensure emails contain your name, contact telephone number, number of places and, where appropriate, the number of lunches required. This is particularly important for walks with pub lunches so that the managers may reserve appropriate space for us. Please note that there may be limited numbers for some pub lunches, and these will be allocated on a strictly 'first come first served' basis (so it pays to contact the walk leader as early as possible!).

**These walks, and all other sporting and leisure activities, have inherent hazards associated with them. In spite of the safety of members of each walk being of paramount concern to its leader/leaders, accidents will occasionally occur. It is important therefore that, before taking part in any of our walks, every member appreciates that they each have an individual responsibility to be aware of possible hazards, and will each be expected to take all reasonable steps to minimise any potential for an accident to occur.**

**i.e. each walker takes part at his/her own risk.**

## **Longer walks**

**Tuesday 8 November**

**North Elmham**

Leaders: Jan and Pam Janacek

Tel: 01603 455285

Mobile: 074841 60766. Note new number

Email: g.janacek@uea.ac.uk

Deadline for receipt of emails (preferred) or phone calls: **Tuesday 25 October**

This will be a walk of approximately 5 miles starting in the village of North Elmham. We will start at the Kings Head and cut through the village to reach the (disused) railway line. We will follow this old line up to the County School station, also disused. As some of this walk parallels the river Wensum there may have to be changes if there is flooding. We will then retrace our steps to a point where we can walk across fields to the site of the Anglo Saxon cathedral and the current village church. From there we walk back down the hill to the Kings Head

We will meet at the Kings Head at 10.00 in time to leave by 10.30 and return there for lunch.

PS No stiles.

Grid ref OS Explorer 238 TF9821 Kings Head address is 2 Holt Rd, North Elmham, Dereham NR20 5JB

**Tuesday 13 December 2022**

**Aldborough near Aylsham**

Leader: Alan Jones email jonesalan9@hotmail.com

Tel 01362 860423

Mobile on the day 07845 963213

Deadline for the receipt of emails or telephone calls: Monday 5 December 2022

The walk starts and finishes at The Black Boys pub, The Green, Aldborough where we will have lunch. This is a 4.75 mile walk on footpaths, field edges and a few quiet roads. We will leave Aldborough on the Weavers' Way passing Aldborough Mill (now residential accommodation) and All Saints' Church, Thwaite, then continuing along the northern edge of Thwaite Common before returning to Aldborough via St Ethelbert's Church, Alby. Some sections may be muddy in December. A short cut is possible. Parking is around the Green.

Please arrive at 10.15 to order lunch and be ready for a 10.30 start.

Grid ref OS Explorer 252 186343

Post Code for the Black Boys is NR11 7AA

**Tuesday 14 February 2023**

**Salhouse and Rackheath area**

Leaders: Iain Duncan and Karen Pierce

email iainmduncan@hotmail.co.uk

Tel 01603 454341

Deadline for the receipt of emails or telephone calls: Tuesday 30 January.

This 5.5 mile walk is around the Salhouse and Rackheath area (NB not Salthouse), starting at the All Saints Salhouse church. Lunch following the walk will be arranged at the Fur and Feathers pub, adjacent to Woodforde's Brewery. Further details about the walk will be published closer to the date.

Grid ref OS Explorer OL40 303150 Address for Salhouse church is Bell Lane, NR13 6HD

### **Shorter Walks**

**Tuesday 10 January 2023**

**Norwich Riverside and Mousehold**

Leaders: John and Rosemary Johnson

Tel: 01603 456465

Email: j.johnson@uea.ac.uk

A short walk of just less than 3 miles will start from the Adam and Eve Car Park by the River Waveney in Norwich. It will cross the Jarrold bridge and head for Mousehold Heath, visit the panoramic view of the City and Thorpe Heights before returning to the car park via Bishop's Bridge and the Riverside walk. A lunch venue will be arranged in one of the local pubs, probably the Red Lion at Bishop's Bridge.

If you would like to join this walk, please email j.johnson@uea.ac.uk or phone 01603 456465 by Tuesday 3 January 2023. Please say if you would to book lunch.

**Tuesday 14 March**

**Norwich Textiles Trail**

Leader: Anne Guyon

Tel: 07950 680303 (text preferred)

Email: akguyon@gmail.com

Expressions of interest by Tuesday 28 February. Deadline for confirmation Tuesday 7 March.

This 3 mile walk takes in sites and buildings relating to the textile trade in Norwich prior to industrialisation. Its starting point is Rose Lane, off Prince of Wales Road. The end point is St James Mill, Whitefriars. It is suggested we allow at least 2-3 hours for looking at and discussing points of interest. On the whole this is a gentle walk, although there is one steep hill (for Norwich!) and some steps, which could be avoided if necessary.

There is the option for a pub lunch either at the Adam and Eve or Red Lion, Bishopgate. Arrangements to be confirmed. Final details will be provided nearer the time.

The nearest parking to the start is Rose Lane car park. The start is also very close to the railway station for access by train or bus. Please arrive by 10.15 for a 10.30 start.

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### **ART GROUP**

The Art Group meets on the **third** Monday of the month (except Bank Holidays) at 2:00pm at the Colney Lane Pavilion. Refreshments will be provided, but please bring your own painting and drawing materials with you. Brenda Mace has kindly agreed to act as mentor to the group.

The Group will meet on the following dates:

- 17 October**
- 21 November**
- 19 December**
- 16 January**
- 20 February**
- 20 March**

*Brenda Mace*

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### **BOOK GROUP**

Informal meetings, lasting about one and a half hours, will be held at 40 Brettingham Avenue, Cringleford at 2pm on the **second** Monday of the month. Books to be discussed are listed below and all titles are available in paperback and from the library, some as downloads.

The group will meet on the following dates.:

- |                    |  |
|--------------------|--|
| <b>14 November</b> | <b>The Girl with the Louding Voice by Abi Dare</b>   |
| <b>12 December</b> | <b>Cleopatra’s Sister by Penelope Lively.</b>        |
| <b>9 January</b>   | <b>Small things like these by Claire Keegan</b>      |
| <b>13 February</b> | <b>A pale view of hills by Kazuo Ishiguro</b>        |
| <b>13 March</b>    | <b>We need to talk about Kevin by Lionel Shriver</b> |

Anyone is welcome to come along and join us and to suggest titles for future sessions. There is no charge and tea, coffee and biscuits are served. For more information please contact Janet Havers ([janet.havers@btinternet.com](mailto:janet.havers@btinternet.com) or tel: 01603 759644).

*Janet Havers*

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### **FILM GROUP**

This small, lively group normally meets once a month, on a Monday, at Cinema City. Whenever possible we go for a late morning/early afternoon screening to allow time afterwards for refreshments and to discuss the film before going our separate ways.

New members are most welcome.

For more information please tel: 01603 743464 or email: [evelyn.mould@ntlworld.com](mailto:evelyn.mould@ntlworld.com)

*Evelyn Mould*

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### **GAMES AFTERNOONS**

Games afternoons are held on the third Tuesday of the month starting at 2.00pm at the Pavilion. We generally have regular tables for Cribbage, Dominoes and either Rummikub, Whist or Scrabble. Additional board games and cards are available at each session with the opportunity to learn something new.

The emphasis at games afternoons is on enjoying playing games rather than skill and you are welcome to bring your own games for other members to try. Refreshments are provided.

Future dates are:

**18 October**  
**15 November**  
**17 January**  
**21 February**  
**21 March**

Contact Details: Denis Brown Tel. 01603 409905 E Mail lizden144@btinternet.com

*Denis Brown*

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## **GARDEN GROUP**

Garden Group meetings may be held throughout the year, actual dates are given below and in the Renaissance diary. Activities include talks, open gardens and garden visits. I circulate occasional emails about Garden Group events and gardening activities. If you would like to be included in this circulation, or for general enquiries about the Garden Group, please contact Pam Janacek (pamjanacek@googlemail.com).

Please pay £1 per person at the door for talks, including tea and biscuits. This payment goes towards the cost of speakers and refreshments.

***Tuesday 22 November***                      **Talk at the Costessey Centre**  
**'Up and Down in the Pyrenees' by Rosemary Ward**

This is an illustrated talk on alpine and Mediterranean flowers, with a sprinkling of history covering other interesting aspects of the Pyrenees. Thank you to John and Katherine Gray for arranging this talk.

This will be a joint talk at the Costessey Centre, Longwater Lane, Costessey, starting 2.15pm.

***Monday 6 March 2023. Talk***    **Talk at the UEA Colney Lane Pavilion**  
**'The flora, fauna, history and scenery of Chile' by Kathy Gray**

A return to talks at the UEA Colney Lane Pavilion. Our speaker will be Kathy Gray of Norfolk Plant Heritage. Thank you to Val Weaver for arranging this talk.

The talk will start at 2pm in the UEA Colney Lane Pavilion. Please remember to display your parking permit (a permit can be obtained at the door on arrival). Please do bring along any surplus plants you may have, donations to help Garden Group funds.

Please check the February 2023 edition of Renaissance for any further information regarding the talk.

*Pam Janacek*

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## **HISTORY GROUP**

There are no History group events planned over the winter months, but details of future events will be published in next February's edition of Renaissance. Although not organised by the History group some people may be interested in the short walk on Tuesday 14 March, the 'Norwich Textiles Trail'. See the Walks section for details about this.

*Suzanne Cunningham & Evelyn Mould*



## KNIT and NATTER GROUP

We are a small group who appreciate the company, friendship and fellowship of meeting with like-minded people. We have people knitting a variety of pieces from garments and baby items through to novelty items and toys; tapestry making; felting; fresh lavender bags; Christmas decoration construction and beading/jewellery making. It is interesting to see what other people are doing and to help each other with our projects. Some of our group have been knitting items for charity which are delivered via the Norfolk Knitters and Stitchers to whom we are affiliated. If anyone is interested in coming along (you don't have to commit to every month) we meet at the Colney Pavilion, 2-4pm on the **third** Monday of the month. If anyone would like further information, please contact me [mndholland76@gmail.com](mailto:mndholland76@gmail.com)

The Group will meet on the following dates:

**17 October**  
**21 November**  
**19 December**  
**16 January**  
**20 February**  
**20 March**

*Mandy Holland*

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## LUNCH GROUP

Since the last Renaissance lunches were enjoyed at the Red Lion, Eaton for 16 members and at the Rushcutters, Thorpe St Andrew for 10 members.

**Thursday 3 November**      **Paolo's Restaurant**

Please meet at 12.15 for 12.30. Paolo's Restaurant is at 1 St Giles Street, Norwich NR2 1JJ. Nearby is the Guildhall and the St Giles car park. If you wish to attend, please email [j.johnson@uea.ac.uk](mailto:j.johnson@uea.ac.uk) or phone 01603 456465 by Thursday 27 October.

**Thursday 5 January 2023**

For the first lunch group meeting in 2023, details will be given out at the November lunch and sent to regular members of the group. If you would like to be informed by email, please contact [j.johnson@uea.ac.uk](mailto:j.johnson@uea.ac.uk)

*John Johnson*

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## MUSIC GROUP

There are no planned Retirement Association visits or events for this report but the following events featuring the UEA Chorus and Symphony Orchestra may be of interest to members.

**Italy Home and Away**

Thursday 24 November 19:30 St Andrew's Hall, Norwich

Two movements from the 22-year-old Richard Strauss' travelogue Aus Italien depict firstly the pastoral beauty of the Roman Campagna, the most painted landscape in Europe, and secondly the tumultuous street life of Naples (the latter using an instantly recognisable tune that brought Strauss a whole heap of trouble!). These are framed by two of Puccini's most important stepping stones. The Preludio Sinfonico and The Messa di Gloria.

West Gallery full price: £13, seniors: £11, students: £8  
Stalls full price: £9, seniors: £7, students: £5,  
Side aisles: £5 (restricted views)

### **UEA free lunchtime concerts**

These will take place on the second Wednesday of the month in the UEA Music Centre, beginning 12 October. Performers will include UEA Music Award holders and scholars, as well as established musicians. Doors will open at 13:05 and admission is free. Just turn up and enjoy the music.

### **Christmas with the UEA Chamber Choir**

Sunday 4 December 18.30, St Georges Church, Tombland

Under the direction of renowned conductor Tom Primrose, the 30-strong chamber choir will perform a programme of seasonal a capella vocal gems. Doors open at 18:00 and latecomers will not be admitted. The concert is free to attend. However, places are limited and must be booked online in advance.

For more details about any of the above events or other upcoming UEA music events see the Music Centre What's on page via the link below, or email [musicevents@uea.ac.uk](mailto:musicevents@uea.ac.uk) . There is also a link on the web page to book and purchase tickets.

<https://www.uea.ac.uk/uea-life/campus-life/campus-facilities/music-centre/whats-on>

N.B. in addition to any planned events, information about musical activities in Norwich is circulated to members who have shown interest. If you would like to be included in this circulation or wish to publicise any concert or musical event of your own, please email Verity at [vj.lyall@outlook.com](mailto:vj.lyall@outlook.com) or phone 01603 613698.

*Verity Lyall*

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## **UEA Retirement Association: Privacy Statement**

### **What information do we hold about you and where does it come from?**

The information we hold about you is taken from the membership application form which you complete each year. On that form we ask for your name, address, telephone number and email address so that we can contact you for the purposes set out below. Also, for joint membership, we ask for the name of your spouse/partner.

### **Who has access to this information and how is it used?**

The information you provide is held confidentially by the Executive Committee and is used, for example:

- as a basis for distributing the copies of Renaissance that members receive during the year;
- as a basis for publishing notices to wider groups of members;
- by Group Organisers to contact participants of the interest group concerned;
- by Outing or Holiday Organisers to contact participants in an outing or Holiday.

Communication with you may be via any of the contact details you choose to give us on your membership form but for speed and convenience, as well as cost, the Committee uses email where possible, rather than letter post or telephone, to notify members of important events, notices, holidays and confirmation of outing bookings. No data will be shared with any other organisation or individuals without your permission (other than Executive Committee members and RA members who organise activities of the kind noted above, where needed for the purpose of contacting members who participate in those activities).

### **How long will we hold the information about you?**

We will hold your information for as long as you continue to be a member of the Association. Membership is renewed annually and the data we hold about you will be updated each year from your membership form or during the year, if you advise us of changes to your details. If we do not receive a renewal form from you we will retain the information we already hold about you for up to one year. If we do not hear from you by the time of the next annual renewal date we will delete your details.

### **Your rights**

Data Protection legislation gives you a range of rights in relation to your personal data including access, amendment, erasure and restricting how it is used. Information about your rights can be seen on the Information Commissioner's website. To advise us of updates or other requests in relation to the information we hold about you please contact the Membership Secretary (Keith Woods).

### **Keeping in Contact with our members**

From the 25th May 2018, new General Data Protection Regulations mean we will need your consent to hold and store data on our members and to communicate with them in a manner which has their consent, and which is in line with UK law on data protection.

In order to comply with GDPR provisions, we are asking members (and/or their partner/spouse) who **do not** wish to continue receiving communications from the Retirement Association and wish us to delete their contact details from our database, or who wish to change any of the contact details provided on their last membership application form to advise:

Keith Woods, UEARA Membership Secretary and Data Protection Officer,  
113 School Lane, Little Melton, Norwich, NR9 3LA. Email: [kandjwoods@waitrose.com](mailto:kandjwoods@waitrose.com)

No action is required if you wish to continue receiving communications from the Association using current contact arrangements. The 2019, and subsequent, membership renewal forms will ask you to give consent to the Association holding and processing your data for the purposes set out in this Privacy Statement.

*The Executive Committee*

*May, 2018.*



**Please book me on the Bourton-on-the-Water Walking Holiday: 23-27 October 2023**

Name(s) :

Telephone :

Mobile:

Email:

Postal Address:

Accommodation preferred (please tick) Twin ( ), Double ( ), Single ( )

I would prefer to travel by Coach ( ), Car ( ), Either ( )

Walking Programme – please indicate the grade of walk which you are likely to choose:

Harder ( ), Medium ( ), Easier ( )

Any Special Requests, e.g. dietary requirements:

**Please post this form to Keith Woods, 113 School Lane, Little Melton, Norwich NR9 3LA.  
or email to: [kandjwoods@waitrose.com](mailto:kandjwoods@waitrose.com)**

**Cheques:**

Please make cheques payable to:  
UEA RETIREMENT ASSOCIATION

**I enclose a cheque for £**  
*(£75 per person deposit)*

**BACS Payments:**

Account Name: U E A Retirement Association  
Sort Code: 20-62-53  
Account No: 70487589

**Please note there are spaces between the U and E and A**  
This is important when typing in the name the first time as UK Banks carry out name checks to prevent fraud (called Confirmation of Payee) and if the spaces are omitted it will not be able to match the name.

**I have paid £**                      **by BACS**  
*(£75 per person deposit)*



## DATES FOR YOUR DIARY 2022/2023

Booking/decision deadline dates are shown where appropriate.

2022:

Oct	10-14	Walking	Holiday at Lulworth Cove, Dorset
	17	Art Group	
	17	Knit and Natter	
	18	Games afternoon	
	25	Talk	'East Anglian Air Ambulance' by Andrew Egerton-Smith MBE

Nov	3	Lunch Group	
	8	Walk	North Elmham (deadline 25 Oct)
	14	Book Group	'The Girl with the Louding Voice' by Abi Dare
	15	Games afternoon	
	21	Art Group	
	21	Knit and Natter	
	22	Talk	'Up and Down in the Pyrenees' by Rosemary Ward

Dec	5	Christmas Social	
	12	Book Group	'Cleopatra's Sister' by Penelope Lively
	13	Walk	Aldborough near Aylsham (deadline 5 Dec)
	19	Art Group	
	19	Knit and Natter	

2023:

Jan	5	Lunch Group	
	9	Book Group	'Small things like these' by Claire Keegan
	10	Short walk	Norwich Riverside and Mousehold
	16	Art Group	
	16	Knit and Natter	
	17	Games afternoon	
	24	Talk	'The History and Future of the Sainsbury Centre' by Jago Cooper

Feb	13	Book Group	'A pale view of hills' by Kazuo Ishiguro
	14	Walk	Salhouse and Rackheath (deadline 30 January)
	20	Art Group	
	20	Knit and Natter	
	21	Games afternoon	
	28	Talk	'The Hijacking of Edith Cavell' by Tony Diamond

Mar	6	Talk	'The flora, fauna, history and scenery of Chile' by Kathy Gray
	14	Short walk	Norwich Textiles Trail(expressions of interest 28 Feb, deadline 7 Mar)
	13	Book Group	'We need to talk about Kevin' by Lionel Shriver
	20	Art Group	
	20	Knit and Natter	
	21	Games afternoon	

Apr	25	Talk	'The Samaritans' by David Boyce
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