



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

UEA Retirement Association Newsletter

No. 70

October 2023

INTRODUCTION.

Since the last edition of Renaissance all activity groups have met on their usual monthly basis. Visits to the Brick Kilns House garden, the Victoria Bowling Club and John and Rosemary Johnson's garden have been organised and enjoyed. There have also been monthly walks in various locations around Norfolk, a holiday in Malhamdale and well attended talks by visiting speakers.

As we move forward into autumn and winter we still have a varied programme of events and activities planned, further details of which are in this newsletter. For a quick view and check on dates see the 'Dates for Your Diary' page towards the end of the newsletter. Please do try to support these events whenever you can.

We have a holiday still to come, a walking holiday at Bourton-on-the-Water in October with one room for one or two people still available (see Holidays section for details). There are also details and a booking form for next year's October holiday in Whitby.

Although encouraging that we have had several new members join this year, overall the number of members is still 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>

Some of our committee members have been on the committee now for a number of years and are looking forward to the time when they might 'hand over the reins' to someone else. We also would like to have a couple more ex-officio members on the committee to help with running the association and planning events etc. If you think you may be interested in this please contact a member of the committee.

2024 MEMBERSHIP RENEWAL

A membership renewal form for 2024 has been included along with the posted copy of this newsletter. As renewal is due by 1st January 2024 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 4 December, so if you are attending why not bring your renewal form with you (and also save the postage).

Denis Brown (Treasurer)

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 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

BACS PAYMENTS

Internet banking has been set up to access UEARA Bank Accounts and we are able to accept payments such as for subscriptions, outings etc by Bank Transfer as well as by cheque or cash. Should you wish to make payments in this way 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

CHRISTMAS SOCIAL GATHERING

Members are invited to the 2023 Christmas Gathering at the Costessey Centre, Longwater Lane on Monday 4 December 2023 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. As in the past two years, numbers will be limited to 78. This is a **members only** event.

Please book your place by e-mailing Alison Ward (aliward@talktalk.net) stating clearly the name or names of those for whom you are booking **no later than Monday 20 November 2023**. Alison will acknowledge all e-mails received. Colleagues without an internet connection can ring 01603 452330.

As in 2022 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.

HOLIDAYS

STOP PRESS – Owing to a cancellation, due to ill health, we do have a single or double room available for this year's holiday at Bourton on the Water 23-27 October 2023. Please ring us on 01603 810980 today!

Walking Holiday at Whitby 14-18 October 2024

Our Holiday in 2024 will be at Whitby on the Yorkshire coast for Walkers and non-Walkers. 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 under “Version 1” of the Itinerary at:

<https://www.hfholidays.co.uk/holidays-and-tours/4-night-north-york-moors-guided-walking-holiday>

We have booked the whole house, which is slightly bigger than the houses we have used in recent years. We will have space for non-walkers too. The HF house, Larpool Hall, is on the edge of Whitby with a bus service a short walk away.

The cost of the holiday is currently quoted at £554 per person. All rooms are en suite. The price includes bed, breakfast, packed lunch for everyone and an evening meal. We will organise a coach from Norwich and share the cost between all the passengers.

Booking the whole house has great benefits for us, not least we don't pay single or other supplements! However, we do have to pay our deposits very early to secure the whole house. A deposit of £75 is needed, with the booking form to secure your booking.

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 2024 and is not refundable.

Keith & Jan Woods. Tel: 01603 810980, NEW! Email: woods521@icloud.com

OUTINGS

There are no definite outings planned at the time of Renaissance going to print, but it is worth mentioning that another visit to the Mancroft Ringing Discovery Centre could be arranged if there is sufficient interest. See the Music Group section.

TALKS

All talks begin at 2.15pm (unless otherwise stated) in the Costessey Centre, Longwater Lane, Costessey (NR8 5AH).

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, 24 October 2023 'Forty Years at BBC Radio Norfolk' by Wally Webb

Wally Webb is a founder member of BBC Radio Norfolk. Over forty years he presented almost every programme including over 350 Village Voice documentaries. He travelled Norfolk almost daily with the radio car and took listeners on a world tour. In his time mobile phones and the internet changed broadcasting and the BBC moved into the Forum. He also got to meet many celebrities and has many amusing tales to tell.

Tuesday, 28 November 2023

'Exploring Norfolk and the Norwich School of Painting through the eyes of James Stark'

by Professor Andrew Watkinson

Andrew is an Emeritus Professor in Environmental Science at UEA. He was the Director of the Tyndall Centre for Climate Change Research at UEA. After retiring he has become very interested in local history, particularly through paintings.

Tuesday, 23 January 2024 **'Healthier Foods - Healthier Minds' by Professor Anne Marie Minihane**

Anne Marie is Professor of Nutrigenomics at Norwich Medical School and Head of the Nutrigenetics group within the Department of Nutrition and Preventive Medicine.

Tuesday, 27 February 2024 **'Curious Characters from Cathedral History' by Nick Brewin**

In 1096, the Cathedral was created as a pile of stones reaching towards the heavens. For nine hundred years, the life of the Cathedral has been intertwined with that of Norwich itself. The talk will illustrate this rich tapestry by describing some of the colourful characters and curious incidents that have enriched the narrative. Nick Brewin was an emeritus fellow at the John Innes Centre, and he is currently a guide at the Cathedral.

Margaret Robins

WALKS

Walks are generally around 5 miles, but occasionally longer or shorter walks are arranged and wherever possible there are shortcuts available. 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!).

We are always looking for members willing to lead walks so if you have a favourite walk which you are willing to share with others, please contact Alan Jones at jonesalan9@hotmail.com

Alan Jones

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.

Tuesday 14 November Lynford Lakes and Arboretum

Leaders: Jan & Pam Janacek Tel: 01603 455285
Email: G.Janacek@me.com

Deadline for receipt of email or telephone call: Tuesday 31 October

This will be a new walk of around 4.5 miles using the Forestry Commission paths around Lynford Hall starting from the new cafe by the arboretum at 10.30 and taking in the forest, the lakes and the church. There are no stiles!

We aim to have lunch at the Crown Hotel in Mundford. They will provide me with their menus a couple of weeks before the walk and I will circulate these when I get them. If you would like more details please contact us otherwise I will circulate chapter and verse to those who sign up.

Please arrive at 10.15 for a 10.30 start.

Arboretum car park OS grid ref: TL 81953 94110 Post code IP26 5HW
Crown Hotel, Crown Road, Mundford, IP26 5HQ

Tuesday 12 December **Reepham, Whitwell and Marriott's Way**
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 4 December 2023

This circular walk starts and finishes at Kings Arms, Market Place, Reepham where we will have lunch. Parking at a nearby free car park or on a street.

From Reepham we take a footpath to Whitwell Station to join the old M&GN railway line (now Marriott's Way) in the direction of, but not as far as, the Thelme Thorpe Loop. We cut across the loop on a quiet road to rejoin the Marriott's Way for the return section towards Reepham station and our starting point. The walk is a little under 5 miles. There are no stiles but there are steps up and down from the Marriott's Way. Some parts may be muddy.

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

Post code for the Kings Arms is NR10 4JJ and the map ref OS Explorer 238 TG 102 228

January 2024 - No walk, as no offer to lead.

Tuesday 13 February 2024 **UEA and Earlham Park**
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 February 2024

This walk will be around the UEA campus and Earlham Park, probably about 3-4 miles, and with lunch either in the Sainsbury Centre or the Red Lion, Eaton (tbc). Further details available from Alan Jones nearer the date.

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:

- 16 October**
- 20 November**
- 18 December**
- 15 January**
- 19 February**
- 18 March**

Brenda Mace

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.:

9 October	'Under the Greenwood Tree' by Thomas Hardy
13 November	Poetry on the Seasons
11 December	'Stoner' by John Williams
8 January	'Appetite: a story of family and food' by Ed Balls
12 February	'Lessons' by Ian McEwan
11 March	'The Marriage Portrait' by Maggie O'Farrell
8 April	'The Queen's Gambit' by Walter Tevis

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 or Tel. 01603 759644).

Janet Havers

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.mould46@gmail.com

Evelyn Mould

GAMES AFTERNOONS

Games afternoons are held on the third Tuesday of the month starting at 2.00pm at the Pavilion. We have regular tables for Cribbage and Rummikub and additional board games and cards are available if required. If you don't know how to play any of the games, we'll teach you.

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:

17 October
21 November
December - No Games session
16 January
20 February
19 March

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

Denis Brown

GARDEN GROUP

22 members enjoyed fine weather, and afternoon tea and cakes in my garden on Monday 4 September. The programme for the Garden Group in 2024 will be published in the February 2024 Renaissance.

John Johnson

HISTORY GROUP

There are no events organised at present.

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

The Group will meet on the following dates:

16 October
20 November
18 December
15 January
19 February
18 March

Mandy Holland

LUNCH GROUP

I am sorry that for family reasons, I have not been able to organise the normal number of Lunch Group meetings as usual. Below are the next two lunch dates.

Wednesday 8 November The Red Lion, Eaton

Please meet at 12.15 for 12.30. The Red Lion is at 52 Eaton Street, NR4 7LD. There is a large car park. Buses from Castle Meadow on routes 5B,10,10A,11A stop outside the Cellar House, a short walk from the Red Lion.

If you wish to attend, please email j.johnson@uea.ac.uk or phone 01603 456465 by Wednesday 25 October.

Thursday 1 February 2024. The Cellar House, Eaton

Lunch has been arranged at the Cellar House, 2 Eaton Street NR4 7AB, meeting at 12.15 for 12.30. There is a large car park. Buses from Castle Meadow on routes 5B,10, 10A,11A stop outside the pub.

If you wish to attend, please email junewoodhouse1944@gmail.com or phone 01603 457754 by Friday 19 January 2024.

Details of further lunches will be sent to members who are on the list of occasional attenders. If you would like to be added to this list, please email j.johnson@uea.ac.uk .

John Johnson

MUSIC GROUP

The Mancroft Ringing Discovery Centre - another chance to visit

The two visits that took place earlier this year having been much enjoyed I am thinking of organising another. There were several people who could not manage the first two and there may be others who picked up the word of mouth afterwards. If you are interested please let me know your names as soon as possible.

UEA Chorus and Symphony Orchestra

Verdi and Rachmaninov

S Andrew's Hall Norwich, Thursday 23 November 19.30

Sergei Rachmaninov - Piano Concerto No.2 in C minor, Op.18,
Arrigo Boito - Mefistofele: Prologue In Heaven (choir & orchestra)
Giuseppe Verdi - Stabat Mater and Te Deum (choir & orchestra)

UEA Choirs Christmas Carol concert, The Cathedral of St John the Baptist, Wednesday 13 December 19.30

And now for something completely different. Many of you will be aware that we are losing the use of St Andrew's Hall from January 2024. Stuart Duncan, the UEA Director of music, and Tom Primrose have arranged an exciting event to fill the gap next spring.

Felix Mendelssohn - Elijah

Saffron Hall, Saffron Walden

Saturday 2nd March 2024, 19.30pm

This is a collaboration with the Cambridge Philharmonic Society, also conducted by Tom. We will learn the work at UEA and meet for a couple of rehearsals at Saffron Hall before the performance. It's going to be hard work but a very exciting challenge!

Possible lunch-time concert

I am looking into the possibility of arranging a lunch-time concert at UEA, a piano recital of 45-50 minutes. The programme would include short classical, jazz and modern pieces, designed to appeal to the widest possible audience.

To gauge the audience please let me have your names as soon as possible if you would be interested. It would also be most helpful if you could mention any weekdays that you CANNOT manage.

In addition to 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, please email Verity at vj.lyall@outlook.com or phone 01603 613698.

If you are interested in musical events at UEA, see the Music Centre's 'What's on' web page via the link below, or email 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>

Verity Lyall

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:

1. as a basis for distributing the copies of Renaissance that members receive during the year;
2. as a basis for publishing notices to wider groups of members;
3. by Group Organisers to contact participants of the interest group concerned;
4. 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: UEA.RA@icloud.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, revised Oct, 2023

Please book me on the Whitby Holiday 14-18 October 2024

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 (), Non-walking ()

Any Special Requests, eg. dietary requirements:

**Please post this form to Keith Woods, 113 School Lane, Little Melton, Norwich NR9 3LA.
or email to: woods521@icloud.com Please note NEW email address**

Cheques:

Please make cheques payable to:
UEA RETIREMENT ASSOCIATION

I enclose a cheque for £

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

DATES FOR YOUR DIARY 2023

Booking/decision deadline dates are shown where appropriate.

2023

Oct	9	Book Group	'Under the Greenwood Tree' by Thomas Hardy
	16	Art Group	
	16	Knit and Natter	
	17	Games afternoon	
	23-27	Walking holiday	Bourton on the Water
	24	Talk	'Forty Years at BBC Radio Norfolk' by Wally Webb
Nov	8	Lunch Group	Red Lion Eaton
	13	Book Group	Poetry on the Seasons
	14	Walk	Lynford Lakes and Arboretum (deadline 31 Oct)
	20	Art Group	
	20	Knit and Natter	
	21	Games afternoon	
	28	Talk	'Exploring Norfolk and the Norwich School of Painting through the eyes of James Stark' by Professor Andrew Watkinson
Dec	4	Christmas Social	
	11	Book Group	'Stoner' by John Williams
	12	Walk	Reepham, Whitwell and Marriott's Way (deadline 4 Dec)
	18	Art Group	
	18	Knit and Natter	

2024

Jan	8	Book Group	'Appetite: A story of family and food' by Ed Balls
	9	No Walk	
	15	Art Group	
	15	Knit and Natter	
	16	Games afternoon	
	23	Talk	'Healthier Foods - Healthier Minds' by Professor Anne Marie Minihaue
Feb	1	Lunch Group	Cellar House Eaton
	12	Book Group	'Lessons' by Ian McEwan
	13	Walk	UEA and Earlham Park (deadline 5 Feb)
	19	Art Group	
	19	Knit and Natter	
	20	Games afternoon	
	27	Talk	'Curious Characters from Cathedral History' by Nick Brewin
Mar	11	Book Group	'Lessons' by Ian McEwan
	12	Walk	Tbc
	18	Art Group	
	18	Knit and Natter	
	19	Games afternoon	
	26	Talk	Tbc