



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

## **UEA Retirement Association Newsletter**

**No. 72**

**June 2024**

### **ANNUAL GENERAL MEETING**

**The 24th Annual General Meeting of the Retirement Association will take place on**

**Tuesday 25 June 2024 at 2.00 pm  
in the Costessey Centre, Longwater Lane, Costessey.**

**To be followed by the talk 'A Skip to the Future' by Elizabeth Talbot**

*The agenda and a sheet for nominations of officers can be found at the end of this newsletter.*

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### **INTRODUCTION.**

Since the previous edition of Renaissance all activity groups have met on their usual monthly basis and regular talks and walks have been enjoyed by members.

As we move into summer there's 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 this newsletter. It is well worth remembering the hard work and planning that enables all these activities to take place, so please do try to support these events whenever you can.

Looking further ahead we have a four night walking holiday to come in October in Whitby. This is now fully booked but if you wish to go on the waiting list should there be cancellations, please contact Keith and Jan Woods (see Holidays section for details).

Although encouraging that we have had some new members join in the last year or so, 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; an application form can be downloaded via a link on the Association's web page at <https://www.uea.ac.uk/about/working-at-uea/retirement-association>. It is also worth noting that alumni could be eligible and those who have done some occasional lecturing, or even retired NNUH staff, at the discretion of the Chairman.

Once again a reminder that 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. Without a strong committee it will be difficult to maintain a thriving Retirement Association. If you think you may be interested in this please contact a member of the committee.

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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.

### CONTACTS

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

Email: [uearetired@gmail.com](mailto: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)

### 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.

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### OBITUARIES

#### **Marianne Coddington**

We are very sorry to report the death of Marianne Coddington on the 12th March 2024, aged 91 years, in the care home where she spent her last few weeks. Her life was celebrated at Earlham Crematorium and later at the Friends Meeting House: she was an active member of the Quakers.

Marianne was born and grew up in Switzerland, and retained a strong Swiss identity throughout her life. She had a scientific background in Switzerland and subsequently came to work in the UK at the John Innes Laboratories in Hertfordshire where she met, and later married, her husband Alan. They moved to Norwich when Alan became a lecturer in BIO at UEA. Marianne devoted much of her time to helping others, e.g. as an adviser at the CAB and

later as a bereavement visitor at Priscilla Bacon Lodge. Her many interests included music particularly, and anthroposophy: she was involved in the setting up of the Rudolf Steiner School in Norwich. She was a sculptor as is evident around her home which also has a fine collection of indoor plants that she carefully nurtured.

We extend our sincere condolences to Alan, to their children Sandy and Peter (and daughter-in-law Catherine) and to their grandchildren Sebastian and Connor.

*David and Jenny Whitehouse*

### **Personal message from Alan Coddington**

Marianne was first diagnosed with mixed type dementia in 2021. This deteriorated slowly at first but eventually she had to go into a care home where she died. She was born in and grew up around, Zurich in Switzerland. She trained as a Medical Laboratory Technician and ended up there working for the Red Cross blood transfusion service. In 1957, to widen her experience and improve her English, she got a job as a research assistant to a Dr. Harris in the Sir William Dunn School of Pathology in Oxford. There, she helped him grow human cancer cells in tissue culture, in the lab. In 1960, Dr. Harris became head of a newly -created Cell Biology Department at the John Innes Institute, then in Hertford. She moved there with him and that's where I came on the scene. I got a job there too, in the Genetics Department. We quickly got friendly and the rest, as they say, is history. We married in 1963 and in 1965. I got a job in BIO. So we moved to Norwich. I retired in 1997 but I had already got involved with a small group who had the idea of starting an association for retired UEA staff. In 1999 this was eventually established. This allowed us, as a couple, to get involved in getting the RA going. We took part in all the talks, walks and outings and were overjoyed when the HF Walking Holidays became part of the programme. Not forgetting the sightseeing holidays for the less active! So you can see that the RA came at good time in our lives. Finally, a personal thank you to you all for your friendship and companionship over the, years.

*Alan Coddington*

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## **OUTINGS**

### **Outing to JIC Church Farm - Thursday 11th July**

This outing is now fully booked with two people on the waiting list. We will take our own cars as it is not far, sharing where people do not have their own transport as we did when we visited Wells last year. A morning visit starting around 10am, where we will have a short tour of the field station then head outside on to the fields with a tour of this year's trials in pea, wheat and oilseed rape noting wildlife friendly measures at the farm. Footwear for rough ground is recommended. The proposal is to start with tea and coffee, and I suggest that after the visit some of us might like to have lunch together at the King's Head which is nearby.

They do not charge for these visits, but suggest a donation which would go towards further research.

*Mandy Holland*

### **Possible outing to Mancroft Ringing Discovery Centre**

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 for details.

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## **HOLIDAYS**

### **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. The cost of the holiday is currently quoted at £554 per person. All rooms are ensuite. The price includes bed, breakfast, packed lunch for everyone and an evening meal. At the present we have filled the house. We will send out the bill for balances in August for those already booked. We may have cancellations before then and you can join our waiting list by contacting us.

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

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## 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, 25 June 'A Skip to the Future' by Elizabeth Talbot (preceded by AGM)**

"A Skip to the Future" by Elizabeth Talbot, a Director of TW Gaze Diss Auction Rooms, is a timeline of auction house evolution, 1985 - 2024; a talk presented from her personal perspective across the years. It incorporates interesting insights into changes and developments within the industry, and contrasts them with how the profession once worked. It will touch upon how auctions are compiled and marketed; what defines and influences value; the impact of legislation, and the power of media, modern technology and communications. For better or worse, things are certainly different.

### **Tuesday, 24 September 'Why the Wreck of the Gloucester in 1682 Matters: The Secrets of a Restoration Warship' by Professor Claire Jowitt**

Claire is Professor of Renaissance Studies in the School of History at UEA. She is the Historical Lead of the Gloucester project.

The Gloucester was an English warship launched in 1654 and participated in several global conflicts before it was lost on 6 May 1682 when it struck a sandbank off North Norfolk. It was transporting James, Duke of York (later James II) from London to Edinburgh when it was lost.

### **Tuesday, 22 October 2024 'Music doesn't quite tell all' by Frank Lawlor**

"What's it called and who wrote it"? These are perhaps the first things we want to know about a piece of music which comes to our attention for the first time. However, the circumstances behind the writing can often be revelatory and enhance our understanding and our listening pleasure. This talk/performance, will focus on a few examples.

### **Tuesday, 26 November 2024 'Flowers of Norfolk, with some mention of Wildlife' by Simon Harrop**

Anne and Simon Harrop own and manage Natural Surroundings at Bayfield, near Holt. It is also called the Norfolk's Wildlife and Wildflower Centre, and recently became an RHS partner garden.

*Margaret Robins*

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## 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](mailto: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 11 June                      Saxmundham, Benfield and the Layers**

Leaders: Eleanor Cockerton and Stephen Morgan                      Email [eleanorcockerton@yahoo.co.uk](mailto:eleanorcockerton@yahoo.co.uk)  
Mobile on the day 07811052252

Deadline for receipt of emails or telephone calls: Monday 3 June

This is a walk of just over 5 miles (with a slightly shorter option). We meet at the Bell Hotel in the centre of Saxmundham and we suggest you park in the town car park (50 yards away).

From there we head east and up Church Hill to turn south following a footpath through agricultural land reaching the edge of Sternfield via a sunken lane. We then take a quiet road into Benhall, crossing the ford and having an opportunity to explore the small community nature reserve. Continuing through the village we cross the B1112 taking footpaths across The Layers to return to Saxmundham for lunch at The Bell. There is a ditch to scramble through but this can be avoided by taking the shorter route back to the town.

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

Grid ref OS Explorer 212. 648387, Postcode for the Bell Hotel is IP17 1AF

**Tuesday 9 July                      Cley next the Sea**

Leader: Anne Guyon                      Tel: 07950 680303 (text preferred)  
Email: [akguyon@gmail.com](mailto:akguyon@gmail.com)

Deadline for receipt of emails or telephone calls: Friday 5 July.

This approx. 4.5 mile walk will start and end at the Norfolk Wildlife Trust Cley Marshes Visitor Centre.

The walk takes us mostly along footpaths through Salthouse and up onto heathland above Salthouse and Cley. We will need to cross one busy road and there will be short distances on quiet roads. Going can be slightly rough in places along narrow paths and there is a fairly steep uphill section.

This will be a picnic walk. Food and drink are also available from the Visitor Centre Café and there is outdoor seating.

Parking is free for Norfolk Wildlife Trust Members (remember to bring your parking permit). There is a small charge for non-members.

Please arrive by 10.15 for a 10.30 start.

Map: OS Landranger 133. Postcode NR25 7SA

**Tuesday 13 August**

Leaders: Steve & Joan Mosley

**Outney Common, Bungay and Bath Hills**

Email: s.mosley@talktalk.net

Tel: 01603 437176

Mobile on the day: 07887399106

Deadline for receipt of emails or telephone calls: Tuesday 6 August

This is a circular walk a little over 5 miles long starting from the Outney Common car park on the edge of Bungay. The walk is mainly along grassy tracks with a short distance on minor roads. There are no stiles and it is generally good underfoot. Some parts of the walk have tree cover providing shade if it is very sunny. There are no booked lunch arrangements for this walk, the options being to picnic on Outney Common at the end of the walk, have lunch at the adjoining golf club, or walk a short distance into Bungay where there are more opportunities for refreshments. There is also another nice picnic spot near the castle in Bungay, although it may be quite busy during the school holidays.

From the car park we walk a short distance into Bungay where there are public toilets available. We then proceed via the Bigod's Castle grounds on pavements until we reach a footpath by the river. From here we walk to Earsham Mill and church where we will have a short refreshment break and an opportunity to look in the church or in the art gallery etc at the mill. There is also a cafe and toilets at the mill. Proceeding from Earsham we make our way into the Bath Hills and curve back round to Outney Common.

Grid ref OS Explorer 231 TM 331 900, Post code for car park NR35 1DS

**Tuesday 10 September**

Leaders: Janice Darch

**North Norfolk South of Felbrigg Estate-Picnic Walk**

Email: janicedarch@gmail.com

Mobile for use on the day in case of emergency- 07796932595

Deadline for receipt of emails: Monday 9 September

This picnic walk in Norfolk Norfolk is 9 miles. It will explore the landscape west and south of the Felbrigg estate towards Aylmerton, East Beckham, Gresham, North Barningham ( lunch at historic church), Thurgarton, Sustead, and back via Weavers Way to the Felbrigg Estate and car park. The walk is on wooded foot paths, field paths, lanes and minor roads .

Meet at 10.30 at the Lions Mouth Car Park - free.

**Note this car park is NOT the main NT car park at Felbrigg House.** It is on the western edge of the estate accessed by turning off the A148 at the layby where there is often a wood carver between the Felbrigg Roundabout and Sheringham. Its featured on Google in an article about the area.

OS Explorer 252 TF 187398 Post Code NR11 8QD

**Tuesday 12 November**

Leader: Alan Jones

**Hoe and Wendling Way (near Dereham)**

email jonesalan9@hotmail.com

Tel 01362 860423

Mobile on the day 07845 963213

Deadline for the receipt of emails or telephone calls: Monday 4 November 2024

This walk, of about 4.5 miles, will take in the ancient grassland of Hoe Rough, Hoe village and section of the new Wendling Way. The walk is mostly on footpaths, tracks and quiet lanes. There are no stiles, but some sections could be muddy in November. Lunch at the White Swan in Gressenhall (tbc). Further details will appear in the October edition of Renaissance.

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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 June**  
**15 July**  
**19 August**  
**16 September**  
**21 October**  
**18 November**

*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>10 June</b>     | <b>'Foster' by Claire Keegan</b>                                     |
| <b>8 July</b>      | <b>'I, Julian' by Claire Foster-Gilbert</b>                          |
| <b>12 August</b>   | <b>'The seed keeper' by Diana Wilson</b>                             |
| <b>9 September</b> | <b>'The great Thorpe railway disaster 1874' by Phillida Scrivens</b> |
| <b>14 October</b>  | <b>'My sister the serial killer by Oyinkan Braithwaite'</b>          |
| <b>11 November</b> | <b>Poetry of the subject of birds</b>                                |
| <b>9 December</b>  | <b>'The museum of broken promises' by Elizabeth Buchan</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.mould46@gmail.com](mailto:evelyn.mould46@gmail.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 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:

**18 June (Croquet)\***  
**16 July No Games Session**  
**20 August**  
**17 September**  
**15 October No Games Session**  
**19 November**

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

### **\*Croquet Session on 18 June**

This event which is organised by Jeremy Kitchener will be held at Eaton Park starting at 2.00pm and finishing at 4.00pm. Balls and mallets will be provided, and the only requirement is that flat shoes or trainers are needed. The green is located near the boating pond and there will be a charge of £5.00 (which includes refreshments). There is a room for storing coats as well as a loo facility.

The Car Park is operated by Norwich City Council and there is a charge of £2.00 for up to four hours (NB – their website states Eaton Park only offers contactless payment and will not accept cash payments).

If you want to come or require further information, please contact Jeremy on 01603 610708 (or e mail him at q6jk@outlook.com) to book your place.

*Denis Brown*

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## GARDEN GROUP

Garden Group meetings are held at various times throughout the year, with the actual dates given in Renaissance. So far this year, the group has enjoyed a garden talk in April and an outing to Waterloo Park in May. Forthcoming events are given below.

### **Thursday 4 July            Visit to Highview House, Norwich Road, Roughton, Norwich NR11 8NA**

A group visit has been arranged to Highview House for the afternoon of 4th July, starting at 2.00pm. This two acre garden features a large range of herbaceous borders. It has a long season of interest through to first frost with a large range of perennial plants maintained by the owners. Over 200 salvia varieties feature through the planting of over 12,000 plants attracting masses of bees and butterflies. There are acer trees, interesting garden structures and a water feature. Suitable in most parts for wheelchairs.

#### **Directions:**

Highview House is on the A140 just north of Roughton village centre. It is about a half mile after the mini roundabout which is near the fish and chip shop, on the right hand side heading north just after the lay by. There are black gates set in a curved red brick wall. The NGS sign will be up to make things easier. If driving from the north please reverse these directions. Buses 44A, X40 and x44 also go through Roughton.

If you would like to go on this visit, please complete the booking slip (towards end of this newsletter) and return to Barbara Dewing by Thursday 20th June.



**Monday 8 July. Open Gardens visit**

(This was the only date available in July and August for all the owners and organisers.)

Sybil Clark, Margaret Ford, and Jonathan and Sally Parnell have kindly offered to open their gardens in Hethersett to the Garden Group on Monday 8th July between 2 and 5pm. Please email [j.johnson@uea.ac.uk](mailto:j.johnson@uea.ac.uk) (or phone 01603 456465) by Friday 28 June if you would like to attend. Directions will then be provided to find the gardens. A donation of £1 on the day towards Garden Group funds please.

Also please say if you can bring cakes for the afternoon tea and if you can bring garden chairs and small tables. If you have surplus plants, there will be a plant stall for Garden Group funds.

**Tuesday 26 November. Flowers of Norfolk (with mention of Wildlife)**

A joint talk at the Costessey Centre by Simon Harrap. For details see under Talks.

*John Johnson*

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**HISTORY GROUP**

There are no events organised at present.

*Suzanne Cunningham & Evelyn Mould*

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**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 June**
- 15 July**
- 19 August**
- 16 September**
- 21 October**
- 18 November**

*Mandy Holland*

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## LUNCH GROUP

### Thursday 6 June. Paolo's Restaurant, Norwich

Lunch has been arranged at Paolo's restaurant at 1, St Giles Street, Norwich NR2 1JJ, just above the Guildhall, meeting at 12.15. The nearest car park is in St Giles; alternatively below the Forum. It is a short walk from Castle Meadow where there are buses from most local places.

If you wish to attend, please email [j.johnson@uea.ac.uk](mailto:j.johnson@uea.ac.uk) or phone 01603 456465 as soon as possible.

### Wednesday 17 July. The Ferry House, Surlingham

Lunch has been arranged at The Ferry House, Ferry Road, Surlingham NR14 7AR on the banks of the River Yare, meeting at 12.15. There is plenty of parking spaces and I can provide directions to get there. Please let me know if you require a lift as the bus service is very infrequent.

If you wish to attend, please email [j.johnson@uea.ac.uk](mailto:j.johnson@uea.ac.uk) or phone 01603 456465 by Saturday 6 July.

**Note:** Future lunches will be arranged for Thursday 12 September and Wednesday 9 October. Details will be sent to members who are on the list of occasional attenders. If you wish to be added to this list, please email [j.johnson@uea.ac.uk](mailto:j.johnson@uea.ac.uk).

*John Johnson*

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## MUSIC GROUP

### The Mancroft Ringing Discovery Centre - another chance to visit

Another chance to visit this fascinating facility at St Peter Mancroft has been delayed but that gives more people a chance to join us. The proposed visit described below has been placed on hold for a few weeks due to electrical work at the church. I have a short list of people who are still interested and will contact them as soon as Nikki Thomas gets in touch to say that the work is complete but would be very happy to have a few more names.

The visits last about 90 minutes and are led by Nikki Thomas who runs all the visits and training sessions for the church. The cost is £10pp on the day, payable by card or cash. There is a spiral staircase of about 25 steps to access the training floor. This is not hard and has both a handrail and a rope. There is a further spiral staircase to the ringing floor but please don't be put off by this. Last year only one person was unable to manage this, due to a very recent hip replacement and even they were able to see and hear what was going on through the internal video link.

### Other events

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 yourself, please email Verity at [vj.lyall@outlook.com](mailto:vj.lyall@outlook.com) or phone 01603 613698.

*Verity Lyall*

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## BOOKING FORM FOR GARDEN GROUP VISIT

**Visit to Highview House on Thursday 4th July 2024 at 2.00 pm**

I would like to book ..... place(s) at £11.00 per person.

Payment may be made by cheque or Bank Transfer (see NOTICE BOARD section of this Renaissance for UEARA account details):

I enclose a cheque for £.....payable to 'UEA Retirement Association'

*or*

I have paid £..... direct by Bank Transfer. Payers name on transfer.....

Name(s).....

Address.....

.....

Telephone number.....

Email address.....

Are any of the places for guests (i.e. non-Retirement Association members), required for insurance purposes.

Yes/No .....(name(s) if Yes)

Do you require a dairy or gluten free option for the tea?.....

Lifts to Highview House: Barbara will kindly try match people as follows:

I am willing to offer a lift to ..... people Yes/No

I/we would like a lift to the garden Yes/No

Please return this booking form by **Thursday 20<sup>th</sup> June** to:

**Barbara Dewing, 29 Magnay Road, Drayton, Norwich NR8 6BT**



## DATES FOR YOUR DIARY 2024

Booking/decision deadline dates are shown where appropriate.

2024

|      |       |                           |  |
|------|-------|---------------------------|--|
| Jun  | 6     | Lunch Group               | Paolo's Restaurant, Norwich  |
|      | 10    | Book Group                | 'Foster' by Claire Keegan  |
|      | 11    | Walk                      | Saxmundham, Benfield and the Layers (deadline 3 June)                        |
|      | 17    | Art Group                 |  |
|      | 17    | Knit and Natter           |  |
|      | 18    | Games afternoon           | Croquet  |
|      | 25    | AGM                       | at Costessey Centre, Longwater Lane  |
|      | 25    | Talk                      | 'A Skip to the Future' by Elizabeth Talbot (preceded by AGM)                 |
| Jul  | 4     | Garden Group              | Outing to Highview House gardens   |
|      | 8     | Garden Group              | Open Gardens   |
|      | 8     | Book Group                | 'I, Julian' by Claire Foster-Gilbert   |
|      | 9     | Walk                      | Cley next the Sea (deadline 5 July)  |
|      | 11    | Visit                     | JIC Church Farm  |
|      | 15    | Art Group                 |  |
|      | 15    | Knit and Natter           |  |
|      | 16    | No Games afternoon        |  |
|      | 17    | Lunch Group               | Ferry House, Surlingham  |
| Aug  | 12    | Book Group                | 'The seed keeper' by Diana Wilson  |
|      | 13    | Walk                      | Outney Common, Bungay and Bath Hills (deadline 6 Aug)                        |
|      | 19    | Art Group                 |  |
|      | 19    | Knit and Natter           |  |
|      | 20    | Games afternoon           |  |
| Sept | 9     | Book Group                | 'The great Thorpe railway disaster 1874' by Phillida Scrivens                |
|      | 10    | Walk                      | North Norfolk South of Felbrigg Estate-Picnic Walk (deadline 9 Sept)         |
|      | 12    | Lunch Group               | Venue to be arranged   |
|      | 16    | Art Group                 |  |
|      | 16    | Knit and Natter           |  |
|      | 17    | Games afternoon           |  |
|      | 24    | Talk                      | 'Why the Wreck of the Gloucester in 1682 matters' by Professor Claire Jowitt |
| Oct  | 9     | Lunch Group               | Venue to be arranged   |
|      | 14    | Book Group                | 'My sister the serial killer by Oyinkan Braithwaite'                         |
|      | 14-18 | Walking holiday in Whitby |  |
|      | 15    | No Games afternoon        |  |
|      | 21    | Art Group                 |  |
|      | 21    | Knit and Natter           |  |
|      | 22    | Talk                      | 'Music doesn't quite tell all' by Frank Lawlor                               |
| Nov  | 11    | Book Club                 | Poetry of the subject of birds   |
|      | 12    | Walk                      | Hoe and Wendling Way (near Dereham) (deadline 4 Nov)                         |
|      | 18    | Art Group                 |  |
|      | 18    | Knit and Natter           |  |
|      | 19    | Games Afternoon           |  |
|      | 26    | Talk                      | 'Flowers of Norfolk, with some mention of Wildlife' by Simon Harrop          |
| Dec  | 9     | Book Group                | 'The museum of broken promises' by Elizabeth Buchan                          |



## UEA RETIREMENT ASSOCIATION

### ANNUAL GENERAL MEETING

The 24<sup>th</sup> Annual General Meeting of the Retirement Association will be held on Tuesday 25<sup>th</sup> June at 2 pm in the Costessey Centre, Longwater Lane, Costessey.

#### A G E N D A

1. Apologies for absence
2. Minutes of the 23<sup>rd</sup> AGM held on 27 June 2023 (circulated by e-mail)
3. Matters arising from the Minutes
4. Acting chairs' report (circulated by e-mail) and questions
5. Statement of Accounts (circulated by e-mail) and fixing the annual subscription for 2025
6. Election of officers and committee members (see Notes 1 and 2 below)
  1. Any other business

#### Notes

1. In connection with item 6, the following officers and committee members are willing to continue in office if re-elected:

|                      |                 |
|----------------------|-----------------|
| Chairman             |                 |
| Secretary            | Alison Ward     |
| Treasurer            | Denis Brown     |
| Membership Secretary | Keith Woods     |
| Newsletter Editor    | Steve Mosley    |
| Committee Members    | Alan Coddington |
|                      | Chris Harvey    |
|                      | Mandy Holland   |
|                      | John Johnson    |
|                      | Alan Jones      |
|                      | Verity Lyall    |
|                      | Brenda Mace     |
|                      | Evelyn Mould    |
|                      | Margaret Robins |

2. A nomination form for the election of the officers and members of the committee is attached.

**NOMINATION FORM FOR 2024 ELECTION OF OFFICERS  
AND OTHER COMMITTEE MEMBERS OF THE UEA RETIREMENT ASSOCIATION**

| <b>Post</b>                 | <b>Nominee</b>                   | <b>Proposed by</b> | <b>Seconded by</b> | <b>Nominee's signature</b> |
|-----------------------------|----------------------------------|--------------------|--------------------|----------------------------|
| <b>Chairman</b>             | -----                            |                    |                    |                            |
| <b>Secretary</b>            | -----                            |                    |                    |                            |
| <b>Treasurer</b>            | -----                            |                    |                    |                            |
| <b>Membership Secretary</b> | -----                            |                    |                    |                            |
| <b>Newsletter Editor</b>    | -----                            |                    |                    |                            |
| <b>Committee Members</b>    | -----<br>-----<br>-----<br>----- |                    |                    |                            |