



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

UEA Retirement Association Newsletter

No. 73

October 2024

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. There were also visits to the John Innes Centre Church Farm, Highview House gardens and an Open Gardens visit to the gardens of Sybil Clark, Margaret Ford and, Jonathan and Sally Parnell.

In this coming autumn there's still a varied programme of events and activities planned, further details of which are in this newsletter. There is also the ever popular October walking holiday (this year in Whitby) and the Christmas Social. Places for the Christmas Social are limited, so please see the section further down this newsletter for how to book your place. For a quick view and check on all event dates see the 'Dates for Your Diary' page at 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.

It is encouraging that we have had some new members join recently and I'm sure that you'll make them very welcome at our events. However our membership is still declining, so 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. 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. An application form can be downloaded via the Association's web page at <https://www.uea.ac.uk/about/working-at-uea/retirement-association>.

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. In particular new volunteers are required to organise history events and talks as Evelyn Mould and Suzanne Cunningham have stood down from their roles. 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.

2025 MEMBERSHIP RENEWAL

A membership renewal form for 2025 has been included along with the posted copy of this newsletter. As renewal is due by 1st January 2025 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 2 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 can also be found 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.

OBITUARIES

Frederick J Vine

We are very sorry to report the death, on 21 June last, of Fred Vine. He had Alzheimer's and was in a Care Home for the last few years of his life. He grew up in London and went to Latimer Upper School and then in 1959 to St, John's College, Cambridge where he read Natural Sciences. The Geology and Geophysics courses taught by Professor Bullard appealed to him most, so it was no surprise when he did a Ph.D. in this area. During this time he interpreted magnetic anomalies in the rocks on the sea floor, either side of the mid-Atlantic ridge, as being due to sea-floor spreading. The first proof of movement of tectonic plates. In 1964 Fred and Sue married and in 1965 they went to Princeton for 5 years. Fred was appointed to ENV in 1970. Fred was an inspiring teacher and sympathetic administrator. He was twice Dean of the School.

Once in Norwich, they soon found a house on Christchurch Rd. We moved near them in 1972. Their two children, Rachel and Stephen, were of similar ages to ours and the two families soon made friends. Fred and I rode our bikes up the Avenues to the UEA and often met for a chat. Another point of contact was the 6th. Norwich Sea Scout Group on Jessopp Rd. My son Peter and Stephen joined the Cubs and progressed to the Scouts and Venture Scouts, Fred and I became Scout Leaders. I have fond memories of the Summer Camps. Around 1980 the Venture Scouts took in Girls! So my daughter, Alex and Rachel joined too. What's more, Sue became a Venture Leader! She led a small group, including Rachel, Peter and Stephen, who walked the Pennine Way. This was a big event in their lives. So you see, the Vine family have had a big effect on the lives of my family.

Alan Coddington

Note: For those who are maybe not familiar with Fred's academic career and the significance of his work, there is an interesting Guardian obituary about him at

<https://www.theguardian.com/science/2024/aug/07/frederick-vine-obituary>

Dr David Wildon

I am very sad to report that David Wildon died on 27 July, 2024, at the age of 86. David was born in the Australian town of Naracoorte. His mother later moved to Sydney, where David was educated firstly at Sydney Boy's High School and then at Sydney University where he got a degree in Agriculture, followed by a PhD working on Cyanobacteria in the Botany Department. He won a travelling fellowship which resulted in him arriving in the School of Biological Sciences in 1967 where he became a lecturer in Plant Biology. In 1968 he married Gilly, also a lecturer in BIO.

To say that David was a brilliant and dedicated teacher very much understates his abilities. Not only did he teach a plant physiology course which received stellar student ratings but he also found a way of teaching statistics which the first year students actually understood and enjoyed. He was a total perfectionist when it came to giving his students the best possible experience at UEA. He brought the same perfectionist attitude to administration and research and in 2000 he was elected Dean of BIO, a post that he occupied with great distinction.

After his retirement David regularly went on the retirement association local walks. He and Gilly were stalwarts of the associated walking holidays which covered many different terrains not available in Norfolk. He also did online university history courses and became quite an expert on the Industrial Revolution. Sadly over the last few years his health began to fail and eventually he moved into Hethersett Hall, where he died.

Our condolences go to Gilly and their son Mark. Personally I miss him very much as an always amiable golf partner and a source of interesting and stimulating conversation.

Alan Dawson

CHRISTMAS SOCIAL GATHERING

Members are invited to the 2024 Christmas Gathering at the Costessey Centre, Longwater Lane on Monday 2 December 2024, starting at 12.30 pm (please do not arrive before 12 noon). There will be mulled wine, a salad lunch, mince pies and good company. There will also be a raffle. 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. Numbers will be limited to 78. This is a **members only** event. As last year, financial contributions to Norwich Foodbank will be welcomed.

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 18 November 2024**. Alison will acknowledge all e-mails received. Colleagues without an internet connection can ring 01603 452330.

Jan Woods and her team will again 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 YOU HAVE ANY FOOD ALLERGIES, PLEASE STATE THESE AT THE TIME OF BOOKING.

HOLIDAYS

Walking Holiday at Abingworth 6-10 October 2025

Our Holiday in 2025 will be at Abingworth in the South Downs. 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. The walks programme will be published nearer the time. The house is close to Thakeham, Postcode RH20 3EF. There's more at:

<https://www.hfholidays.co.uk/country-houses/locations/abingworth-south-downs>

We have booked the whole house, which is slightly smaller than the house in Whitby. We will initially give priority to walkers. The walking on the South Downs is "undulating", but has no major challenges. The HF house in Abingworth is on a main road with a bus service. If you would like to come as a non-walker, please let us know, but don't pay your deposit until we know whether there's a space.

The cost of the holiday is currently quoted at £585 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 if there are enough takers 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. The 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 2025 and is not refundable.

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

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, 22 October 2024 'A life of Crime' by Malcolm Robins

Currently serving a life sentence with his wife, Margaret (47 years to date with no remission), Malcolm will provide the "inside" story of life as a criminal lawyer.

Tuesday, 26 November 2024 'Flowers of Norfolk, with some mention of Wildlife' by Simon Harrap

Anne and Simon Harrap 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.

Tuesday, 28 January 2025 ‘The Lieutenancy - just a piece of history?’ by Patrick Peal

You’ve probably seen or heard our Lord-Lieutenant, Lady Dannatt, at an event in Norfolk. But what is the origin of the Lieutenancy, and what do all those Deputy Lieutenants actually do?

To find out, Patrick Peal MBE, DL will give a light-hearted talk that shines a light on the history and works of the Lieutenancy.

Tuesday, 25 February 2025 ‘Jarrold 250 years: a history ’ by Pete Goodrum

Pete Goodrum is a writer and broadcaster. He has written several books on local history. They include 'Norwich in the 1950s', '50 gems of Norfolk' and 'Jarrolds 250 years'.

Tuesday, 25 March 2025 ‘East Anglia’s Children’s Hospices’ by Ellie Miller

My name is Ellie Miller and I have been with East Anglia’s Children’s Hospices for nearly 2 years. Previously to EACH I worked in film, TV and theatre, chaperoning the children involved in productions, working with companies such as Netflix, Disney and The BBC. Being a Chaperone involved looking after the children’s welfare while away from their families on set/at the theatre.

I now work as part of the fundraising team at East Anglia’s Children’s Hospices and being involved in such a fantastic organisation like EACH is extremely rewarding and to see the difference we make is a feeling that won’t stop feeling amazing.

EACH care for life-threatened children, babies and young people across East Anglia and provide support for their families. We care for over 600 families across the region through a variety of holistic core services, which include: end of life care, specialist nursing, symptom management, short break care, counselling and bereavement care, as well as a range of physical therapies.

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 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 cross the ancient grassland of Hoe Rough to join a quiet road towards Hoe before crossing fields to join a section of the new Wendling Way to return to our starting point. The walk is mostly on footpaths, quiet lanes and tracks. There are no stiles, but the path over fields could be muddy in November.

Lunch will be at the White Swan in Gressenhall and, at present, the plan is that we meet there at 10.15, order lunch and share cars for the $\frac{3}{4}$ mile journey to the starting point for the walk.

Postcode for the White Swan is NR20 4DU. Grid ref OS Explorer 238 TF965165

Tuesday 10th December 2024

Leaders: Maggie and Alan Camina

Norwich City Walls

Email: mmcamina@aol.com

Tel: 01603 612177 Mobile on the day: 07399794047

Deadline for receipt of emails or telephone calls: Monday 2 December 2024

This circular walk explores the line of the medieval city walls, a distance of around 4.5 miles. We start in the Car Park for the Premier Inn Norwich Nelson City Centre Hotel, although hopefully some of you will make use of the many bus routes to Norwich Station.

We start by following the Riverside Walk to Carrow Bridge and the Boom Towers and then reach the most difficult and most interesting section. There are 100 variable steps, generally with hand-rail support. Carrow Hill provides an alternative - the same upward climb but no steps. From then on the route is mainly on roads, via Chapelfield and those parts of the City Centre north of the river, until we return to Riverside Walk, potentially muddy in patches.

Please arrive by 10.15 for a 10.30 start. Drivers will need to sign in for the 3 hours of free parking, linked to the restaurant. (Details are being discussed but if an extra hour has to be paid for, it would cost £1.50.)

Grid Ref OS Explorer 237. 237084 Postcode for the Premier Inn NR1 1DX

Tuesday 11 February

Leader: Steve and Joan Mosley

Marsham Heath

email s.mosley@talktalk.net

Tel 01603437176 Mobile on the day 07887399106

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

This walk is approximately 5 miles with the possibility of shortcuts on the day. There are no stiles on the route. The walk will start at the Plough Inn in Marsham where we can order lunch before starting the walk. From the Plough we walk along tracks and minor roads to Marsham Heath. We then walk around the heath on undulating paths before returning to the start.

When booking a place on the walk please indicate whether or not you want lunch. Please arrive by 10.15 so that we can order lunch and start walking by 10.30

Grid ref OS Explorer TG 198242

Postcode for the Plough is NR10 5PS

Tuesday 11 March 2025

Leaders: Derek and Lesley MacLeod

Mulbarton to Swardston Circular

Email: derekmacleod39@hotmail.com

Tel: 01603 743789 Mobile on the day 07752303703

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

This is a circular walk of 5 miles (with a slightly shorter option of 4.5 miles). We meet at the World's End Pub at the north end of Mulbarton. The walk uses mostly footpaths through agricultural land and a short section along a quiet road. We will visit the St Mary the Virgin Church (Edith Cavell) in Swardeston along the route. There are no stiles.

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

Grid ref. OS Landranger 134: TG194011, Postcode for World's End is NR14 8JT

ART GROUP

The Art Group is now organised by Kate Webb and 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.

The Group will meet on the following dates:

- 21 October**
- 18 November**
- 16 December No art Group**
- 20 January**
- 17 February**
- 17 March**

Kate Webb

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.:

- | | |
|--------------------|---|
| 14 October | 'My sister the serial killer by Oyinkan Braithwaite' |
| 11 November | Poetry of the subject of birds |
| 9 December | 'The museum of broken promises' by Elizabeth Buchan |
| 13 January | 'Frenchman's Creek' by Daphne du Maurier |
| 10 February | 'Someone Else's Shoes' by Jojo Moyes |
| 10 March | 'A Line to Kill' by Anthony Horowitz |
| 14 April | 'The Island of Sea Women' by Lisa See |

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:

15 October No Games Session
19 November
17 December No Games Session
21 January
18 February
18 March

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

Denis Brown

GARDEN GROUP

The Garden Group had interesting outings to Waterloo Park in Norwich and to Highview House gardens near Roughton. The garden party in July was a great success in the three gardens in Hethersett belonging to Sybil Clark, Margaret Ford, and Jonathan and Sally Parnell.

The last event this year is on

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

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

The programme for next year will be announced in the February 2025 Renaissance.

John Johnson

HISTORY GROUP

Suzanne Cunningham and Evelyn Mould have resigned from leading the History Group. We have been doing it for several years and feel a fresh approach is required. Anyone interested in leading the group please contact Suzanne at s-d-cunningham@hotmail.com) or Evelyn at evelyn.mould46@gmail.com .

A talk has been arranged for Tuesday 25 February 2025, 'Jarrolds 250 years: A History' by Pete Goodrum. See Talks section for further details.

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:

21 October
18 November
16 December No Knit and Natter
20 January
17 February
17 March

Mandy Holland

LUNCH GROUP

Wednesday 9 October. Cote Brasserie

Lunch has been arranged at the Cote Brasserie, 29 Exchange Street, Norwich NR2 1DP, just down the street from Jarrolds, meeting at 12.15. Nearest Car parks are St Andrews and St Giles. It is a short walk from Castle Meadow where there are buses from most local places. There is a two-course lunch menu plus an a la carte menu.

If you wish to attend, please email j.johnson@uea.ac.uk or phone 01603 456465 as soon as possible. Members who often come to the lunch group were informed two weeks ago.

Thursday 14 November. Arlington Bistro

Lunch has been arranged at Arlington Bistro in the George Hotel, 10 Arlington Lane, Norwich NR2 2DA, meeting at 12.15. Arlington Lane is just to the right after entering Mount Pleasant from Newmarket Road. The Hotel and Bistro are sign-posted on Newmarket Road. There is a special lunch menu plus a main menu.

Non-express buses along Newmarket Road stop at Town Close Road. Walk back a short distance to Mount Pleasant. If you wish to attend, please email j.johnson@uea.ac.uk or phone 01603 456465 by Monday 4 November.

Thursday 9 January 2025.

If I manage to arrange a lunch, I will email Retirement Association members who often come to the lunch group.

Wednesday 12 February 2025. Cellar House, Eaton

Lunch has been arranged at the Cellar House, 2 Eaton Street NR4 7AB, meeting at 12.15. There is a large car park. Buses from Castle Meadow on routes 6B,10,10A,11A stop outside the pub. Route 11A buses from the Cringleford interchange stop opposite the Red Lion, a short walk away.

If you wish to attend, please email junewoodhouse1944@gmail.com or phone 01603 457754 by Wednesday 5 February.

John Johnson

MUSIC GROUP

Something to think about

The **Academy of St Thomas** are planning their regular summer concert on **June 21 2025**, with the opportunity to enjoy a picnic beforehand in the glorious surrounds of Salle church.

Pre-covid this was a favourite summer outing but there has been little interest in reviving the event. Since lack of transport may be the reason for this I would like to hear from members whether there would be any interest in arranging the trip if transport could be provided. This might be car-sharing but could involve the possibility of a hired minibus.

The programme is yet to be announced but if you would like to know more, please email me as soon as possible so that I can decide if there is enough interest to pursue it further. Please say if you would prefer to drive and could offer a lift.

UEA Chorus and Symphony Orchestra

UEA Chorus will begin rehearsals on 23rd September. You may remember that in March we joined Cambridge Philharmonic Chorus at Saffron Hall, Saffron Walden for a performance of Elijah. As we still unable to use St Andrew's Hall, we are very pleased to announce that they have asked us to join them there again, for Elgar's Dream of Gerontius next March 2025. This longer and more complex work needs a longer rehearsal time so there will be no concert in November as usual.

To make up for this a longer Christmas Carol concert has been planned, featuring the little performed *Ode on the Nativity* by CHH Parry but don't worry, you will still get the opportunity to sing your favourite carols.

**UEA Choirs Christmas Carol concert
Wednesday 11 December 2024, 7.30pm - 9.30pm**

The Cathedral of St John the Baptist, Norwich
Performers: UEA Choir, Community Choir, and members of Chamber Choir
Programme: *Ode on the Nativity* by CHH Parry, as well as a host of well-loved Christmas carols

Tickets are £12 (full price) or £9 (UEA staff, students, and seniors).
Tickets can be purchased online at www.uea.ac.uk/music-centre/buy-tickets. This concert does often sell out before the night, so please buy your tickets early, to avoid disappointment.

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 a concert or musical event of your own, please email Verity at vj.lyall@outlook.com or phone 01603 613698.

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

BOOKING FORM Abingworth Holiday 6-10 October 2025

Please book me on the Abingworth Holiday 6-10 October 2025

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, e.g. 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 2024/ 2025

Booking/decision deadline dates are shown where appropriate.

2024

Oct	9	Lunch Group	Cote Brasserie (deadline asap)
	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	'A Life of Crime' by Malcolm Robins
Nov	11	Book Club	Poetry of the subject of birds
	12	Walk	Hoe and Wendling Way (near Dereham) (deadline 4 Nov)
	14	Lunch Group	Arlington Bistro (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 Harrap
Dec	2	Christmas Social	(Members only)
	9	Book Group	'The museum of broken promises' by Elizabeth Buchan
	10	Walk	Norwich City Walls (deadline 2 Dec)
	16	No Art Group	
	16	No Knit and Natter	
	17	No Games Afternoon	

2025

Jan	13	Book Group	'Frenchman's Creek' by Daphne du Maurier
	14	No Walk	
	20	Art Group	
	20	Knit and Natter	
	21	Games Afternoon	
	28	Talk	'The Lieutenancy - just a piece of history?' by Patrick Peal
Feb	10	Book Group	'Someone Else's Shoes' by Jojo Moyes
	11	Walk	Marsham Heath (deadline 5 Feb)
	12	Lunch Group	Cellar House, Eaton (deadline 5 Feb)
	17	Art Group	
	17	Knit and Natter	
	18	Games Afternoon	
	25	Talk(History Group)	'Jarrold 250 years: a history ' by Pete Goodrum
Mar	10	Book Group	'A Line to Kill' by Anthony Horowitz
	11	Walk	Mulbarton to Swardeston Circular (deadline 3 Mar)
	17	Art Group	
	17	Knit and Natter	
	18	Games Afternoon	
	25	Talk	'East Anglia's Children's Hospices' by Ellie Miller