

Su3aN



u3a learn,  
laugh,  
live

## Sudbury Newsletter

May 2026



Bee on Ceanothus by the Editor

## May news from the Chair

We had a pleasant meeting with our new members on 7<sup>th</sup> May. 29 came to see some of the activities we offer. Unfortunately this was only a third of our new people.

Wood carving, Trips, Table Tennis, Birdwatching, Tenpin Bowling, Pitch n' Putt, Circle Dancing, Dutch, Spanish and Garden Visits were all represented by those Group Leaders who gave their time to come along.

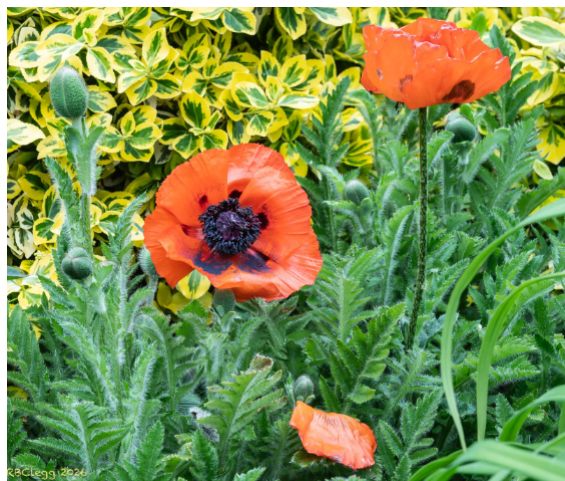


Our new Treasurer, Jack Kent, is proving to be a "treasure" and the team has welcomed him enthusiastically. All the committee have been busy behind the scenes working on your behalf.

Next coffee morning is on Wednesday 17<sup>th</sup> June 10–11:30am. All are welcome and please do bring a friend.

Our next talk at Sudbury Rugby Club 10am–12pm on 23<sup>rd</sup> June – Rob Crawford is the General Manager of the Nethergate Brewery which is 40 years old this Spring. Rob will give us a talk on the past, present and very exciting future of one of the local breweries on our doorstep.

Enjoy the rest of May as it slowly warms up and colour returns to our gardens with plants responding to the sun.



## Dorothy Beal

### Next Newsletter

For the July issue please send your contributions no later than 3 July 2026. If you miss the deadline we may not be able to include your copy. Please send details by email as a Word or Pages attachment in Arial 12p font in plain text, 350 words maximum, plus, if available, a photograph illustrating your contribution, to:

[Su3aNeditor1@outlook.com](mailto:Su3aNeditor1@outlook.com)

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# Group News and Diary

## New Members Meeting

This took place in the Town Hall meeting room in the afternoon of Thursday 7<sup>th</sup> May. There was a good turnout from new members and Group Leaders who were willing to promote and share their knowledge and skills. A successful afternoon with two new groups about to be formed:

### Afternoon Table Tennis Group.

All abilities playing doubles on Thursdays 2-4pm. An enjoyable, sociable and fun activity which helps with balance, hand/eye coordination, as well as brain stimulation. Please contact me if you are interested.

### Third Couples Pub Lunch Group.

This group meets once a month and couples take turns to choose the venue.

We have 75 groups, one of the newest being:

**Real Ale Tourists** which has had a very successful start with social meets in local pubs and Real Ale Festivals. Travelling by train, the group had the Inaugural London Pub Trail in Farringdon, admirably led by John Middleton, our own Webmaster. A good day was had visiting six traditional pubs with great historical importance as well as lunch in the Blackfriar pub in Blackfriars..

Please contact **Rob Ogles** (07496 141560) if you would like to join.



If you have more suggestions for a new group please send them to me.

**Group Leaders**, Save the morning of 29<sup>th</sup> September 2026 for your Thank you/Update meeting.

## Margaret Ogles

Your new Groups Coordinator.

## Tenpin Bowling

Looking for a new social activity, with light exercise and in mixed friendly company (gender divide is approx. 50/50)? Have you considered tenpin bowling? Even if you have little experience there is always friendly encouragement from others and you will meet and play with a different mix of members on each occasion.

We meet regularly, usually on the 1<sup>st</sup> and 3<sup>rd</sup> Friday of each month at **NAMCO Funscape** (free car parking), Braintree CM77 8YH. Time 10:15 for a 10:30 morning start. We normally play four games lasting two hours.

For further details and registration in the group please contact **Keith Nuttall** (Group Leader).

01787 464972 or [keith.nuttall@outlook.com](mailto:keith.nuttall@outlook.com)

## Pitch 'n Putt Golf

Have you considered pitch 'n putt golf as a new activity out in the fresh air.

We meet on the 1<sup>st</sup> and 3<sup>rd</sup> (occasionally 5<sup>th</sup>) Monday of each month at Old Joe's Golf & Leisure, Joe's Road, Sudbury, CO10 0QB at 09:45 for a 10:00am start. The price for a u3a session is £12 and we play as threesomes or foursomes on the nine hole course.

All are welcome. No waiting list but please register to assist with administration.

For more details please contact **Dennis Campbell** (Group Leader).

[dennisjmc47@hotmail.com](mailto:dennisjmc47@hotmail.com)

## Current Affairs

Now we will meet only once a month. Please come and join us.

There are some mad things happening in the world, and happening very fast, so we have decided to focus our energy better by meeting less frequently; now only once a month, on the afternoon of the second Wednesday.

We are presently a group of six or so, but ten would be better, So why not join our friendly, diverse group in which members take it in turns to lead a discussion on a topical subject of their choice. A typical presentation will take one hour (more or less) and our discussion follows.

Recent discussions have covered these diverse themes:-

- The future of the BBC TV licence.
- Public holidays – why do we have them when we do?
- Tuvalu - The future of this low lying island nation threatened by climate change.
- Amazon. The company, not the river.
- Finances of the Royal Family.
- The International Space Station.

## Sheila Jones

Group Leader

## Writing Group One

An example from one of our group members

**Charitising** by Mark Gentry:

Charity shops: 'Cold as charity, cold and glum, cold as the hair on a polar bear's thumb'. This was the favourite saying of a girlfriend of mine who has long ago passed out of my knowledge.

But what I wanted to tell you is that I like charity shops. I'm told I am unusual in this: apparently most men hate them. I have liked them ever since my grandson became the manager of one of the best examples of the genre in Norwich. His tales of the wonderful volunteers in his shop would make a stand-up routine to match any edition of 'Live at the Apollo'. I imagine his shop must have attracted the volunteers that other charity shops rejected.

Both my daughters are charity shop frequenters, as was my wife. My family has been charity shop users for four generations. My wife's parents were part of the team. Then my wife and I carried the plastic shopping bag forward. Our daughters were indoctrinated and invested into the cult.

Our grandchildren carry on the good fight, and I think that even my great-grandson has been introduced to the joys of charitising.

My daughters and I meet in Hadleigh car park and from there we spend a couple of hours charitising. My usual modus operandi is to spot something that takes my interest and make a mental note of its location. I'll check on it several times in the next few days and keep doing so until one day, it's gone and then I'm devastated. I kept track of an electronic keyboard in the Wood Green shop for a few weeks until it disappeared. I was a bit disheartened about that, but it could have been worse – what if I had had the first notion of how to play it?

I love charity shops! There are some miseries who complain that there are too many and would rather see empty, deserted shops, rather than people doing their best to help the world go round a little more smoothly.

## Lorna Hoey

Group Leader

## New Life Member

**Robin Hart** was handed her certificate of Life Membership of our u3a by Janice Purves at a recent reunion meeting of the original Circle/Friendship Dancers. Robin was trained in dance and had shared her knowledge, starting her original group some 20 years ago.

We're pleased to tell you that a replacement group now meets on the second Thursday of the month at 2.30pm at the Jetty in Quay Lane.

## Lyn Gray



## Tuesday Amblers

### 2<sup>nd</sup> June - Wickham St. Paul

Meet 10.15 for 10.30am start in the car park at the Village Hall/Post Office beside the Village Green, Wickham St. Paul, CO9 2PT.

An easy pleasant walk of 3.4 miles, mainly flat along footpaths, field edges and on cross-field paths. There are a couple of short stretches of walking on lanes where there may be traffic and no stiles. At the end of the amble there are refreshments available at the Wickham St. Paul Farm Shop café.

**Walk Leaders:** [Sheena Byham 07973 680155](#) and [Dee Hoile 07470 056755](#).

### 7<sup>th</sup> July - Stratford St. Mary.

Meet 10.15 for 10.30 a.m. start outside **The Swan** pub (CO7 6JR). Parking is in the street.

The walk is 3.75 miles, mostly flat along field edge paths with a couple of sections of public highway, but mostly on pavements except for two short stretches. The walk crosses three rivers, the Stour, the Brett and the Box. There are four stiles to negotiate but they are well built and not too high.

**Walk Leader:** [Amicie Thompson 07530 269813](#)

## Amicie Thompson

## Thursday Amblers

### 25<sup>th</sup> June - Halstead

Meet 10.15am for 10.30am start at the Butler Road Car Park, CO9 1LL. Parking cost £2 or on a street close by.

The 3.8 miles walk starts on the line of the old railway and passes through fields and a wonderful wood with a short stretch on a quite busy road. It is relatively hilly but there are no stiles.

**Walk Leader:** [Paul Tetley 01787 269466](#)

### 23<sup>rd</sup> July - Leavenheath

As this walk is longer than usual, meet at 10am for 10.15am start at Leavenheath Village Hall, CO6 4NS. Donations for parking. Toilets are available.

The walk is nearly 5 miles. We are walking east in orchards, on grassland, by a lake and pond with two steep stream valleys and one low stile.

**Walk Leader:** [Barbara Rowe 01206 262875](#)

## Colette Bentley

## Walking Group

All standard walks are 5 to 6 miles. Details of each walk will be emailed to the group 7-10 days beforehand. If anyone else would like to join us please contact Mike Reed a few days beforehand for any updates or route alterations. For these walks we generally meet at 9.45 for a 10am start.

**8<sup>th</sup> June**, standard walk. Linear walk from Long Melford to Lavenham and return by bus, to be led by [Sarah Tanswell](#). Meet at the Old School car park in Long Melford, CO10 9DX.

**13<sup>th</sup> July**, standard walk. Around the Stansfield area, near Hartest, led by [Mike Reed](#). Park at Stansfield Village Hall, Lower Street, Stansfield, CO10 8LW. A donation will be required.

The next long walks, of 10-12 miles, will be on the 16<sup>th</sup> June and 24<sup>th</sup> July.

We intend to hold some evening walks over the summer finishing at a pub for a meal. The next two are on Thursday 18<sup>th</sup> June and Thursday 23<sup>rd</sup> July.

If you are interested in the long and/or evening walks please contact Mike Reed.

## Mike Reed

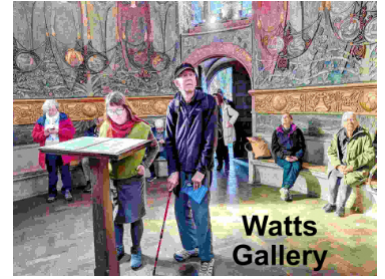
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## Sudbury u3a Architecture, Art Visits, Holidays

We have been busy over the last few months with a wealth of coach trips and a few walks.

In March we had a bit of a National Trust binge in Surrey, visiting Ightham Moat, Knole, Polesden Lacey House, Hatchlands, Petworth, Winkworth Arboretum, Emmetts and Chartwell. As a break we went to the Watts Gallery and Guildford Cathedral.



In April we explored the Norwich Castle Museum with tours of the Keep. Earlier in the year Tim Pestell, FSA Senior Curator of Archaeology, Norwich Castle Museum and Art Gallery, came to the Friends Meeting House. Expertly he presented not just the history of the re-development of the Keep but the research and thinking behind the new museum. There was also an optional walk round this old and complex city via the Julian of Norwich Centre, where tea and coffee were provided for a donation.

Later in the month we took the train to Surrey Docks for a walk which would have been impossible back in the 60s. Surrey Commercial Docks has become Canada Water, Docks are now "Quays" and docks with names echoing the source of the cargoes, Russia or Norway, have become parks or housing.

The spring season of Architecture talks at the Friends included 'Little known treasures in Norfolk Churches' by John Vigar MA FSA Scot FRSA. John will be guiding our coach trip to Norfolk on 2<sup>nd</sup> June. Those who also came to Guildford may have compared his detailed, fascinating, professional, enthusiasm and humour to the enlightening one by Brian Creese on 'Love, Sex, Marriage and the Western Church' - rather broadly summarised as how the Church took over sex and marriage.

We have been very fortunate with our speakers. In March Faith Whiting, Lecturer within Art & Design at West Suffolk College - Course Director for Architecture (Conceptual), came to explain what their 2-year course for 16-19 year olds is all about. We were heartened by the rigour of the course which thoughtfully prepares young people for a range of practical careers.

### Jane Crumpton-Taylor

Email [jane@crumpton-taylor.com](mailto:jane@crumpton-taylor.com) for future events or look at the web site

## Romania - Bucharest & Brasov Art, Architecture, History & Castles

**Discover the charm of Romania ,from Bucharest's grand boulevards and stunning architecture to the medieval allure of Brasov, visiting the magnificent Peles Castle and the legendary Bran Castle, famously linked to the Dracula story.**

**Tuesday 20<sup>th</sup> to Tuesday 27<sup>th</sup> April 2027 eight days seven nights.**

£1,925pp based on 45 plus passengers. £1,995pp based on 40-44 passengers. £2,050pp based on 35-39 passengers. £275pp deposit required as soon as possible. Balance due 1st February 2027

Included in your Tour: Return UK private coach transfers and flights from Stansted. Seven nights four star accommodation, with breakfast and evening meal. English speaking guide, private coach transport throughout, and entrances including Bucharest Art Collections Museum, Parliament Palace & National Museum of Contemporary Art, Ceausescu Mansion, and Krikor H Zambaccian Art Museum, The Storck Museum and the Cotroceni Palace, Stavropoleos Church, Peles Castle, Bran Castle, Rasnov Citadel, and two walking tours, with your guide, of Bucharest and Brasov Old Town. There is a leisure day to explore Bucharest. ATOL Protected. 24/7 Airedale Support.

Contact **Jane Crumpton-Taylor**. Email: [jane@crumpton-taylor.com](mailto:jane@crumpton-taylor.com) Phone: 01787 460277/07491 690510 for more info and booking form.

## March Speaker

### Wildlife in Sherwood Forest by Barbara Meyer

Barbara became interested in wildlife photography due to her concern to save the endangered species of big cats such as the Sumatran tiger and Amur leopard. This led onto a project studying the wildlife in Sherwood Forest focusing particularly on badgers.

Sherwood Forest is located in Nottinghamshire, England and is renowned not only for its legendary association with Robin Hood but also for its rich and diverse wildlife. This ancient woodland, much of which is a Site of Special Scientific Interest (SSSI), provides a vital habitat for a wide range of species.

The forest is particularly famous for its veteran oak trees, some of which are over 500 years old. These ancient trees create unique ecological niches, supporting insects, fungi, and lichens that depend on decaying wood. In turn, these organisms provide food for birds and small mammals. Among the most notable bird species found in Sherwood Forest are woodpeckers, nuthatches, and treecreepers, all of which thrive in mature woodland environments.



Mammals such as roe deer, badgers, and foxes roam the forest, often remaining hidden from human sight. Invertebrates play a crucial role in Sherwood's ecosystem. Rare beetles and butterflies are drawn to the mix of woodland and heath habitats, making the forest an important conservation area. Seasonal changes bring shifts in wildlife activity, from spring bird nesting to autumn foraging.



Although Sherwood Forest has greatly reduced in size over the centuries it is still a thriving natural environment where ancient trees and varied habitats sustain a complex web of life, making it one of England's most ecologically important woodlands.

### Sally Card

## April Speaker

### Borley Rectory by Bryan Thurlow

The talk becomes not just a catalogue of ghost stories featuring the most haunted house in England, but a richly textured journey through one of England's most enduring legends drawing on reported hauntings spanning a full century, from the 1840s to the 1940s and places them in the hands of a seasoned storyteller with a background in theatre and character performance.

At the centre of Bryan's narrative is the rectory itself, a now demolished Victorian building in the quiet north Essex village of Borley. It's reputation exploded in 1929 when national newspapers declared it, "the most haunted house in England," a claim that brought both fascination and disruption to the area. This notoriety can be traced back to two successive rectors in the 19<sup>th</sup> century, one of whom, along with his sisters, became deeply involved in spiritualism and claimed repeated sightings of ghostly nuns, phantom footsteps and mysterious writing appearing on walls.

The story then moves into the 20<sup>th</sup> century with the arrival of the Reverend Guy Smith and his wife Mabel, in 1928. Their experiences, mysterious footsteps, unexplained noises, and sightings form a key part of Bryan's reconstruction. By introducing these figures almost as characters in a drama he allows the audience to "meet" them through his performance style.

No account of Borley Rectory is complete without mentioning Harry Price, a flamboyant paranormal investigator whose involvement cemented the rectory's fame but Price's methods and his reputation raise the question of whether he was truly an expert or just a showman adept at self promotion.

What sets this apart from the norm is Bryan's blend of historical detail, theatrical flair and gentle scepticism. It wasn't just a retelling of hauntings but an exploration of how media attention, folklore and human imagination can transform an ordinary rectory into a national legend.

### Nick Partridge

## Future Speakers

**23<sup>rd</sup> June** – Rob Crawford is the General Manager of the Nethergate Brewery which is 40 years old this Spring.

Rob will give us a talk on the past, present and very exciting future of one of the local breweries on our doorstep. From its small beginnings in Nethergate Street in Clare to its domination of Rodbridge Corner and its Grade II listed shop and taproom at 11, The Traverse, Bury St Edmunds, Nethergate has always dreamt big.

**28<sup>th</sup> July** – Charlotte Paton will tell us a true story of a colourful character who became Norfolk's best loved rogue in the history of the last of the Norfolk Poachers. Will you be for or against him by the end of Charlotte's presentation?

***An early announcement for the August talk which will take place in the afternoon in Long Melford Memorial Village Hall. Please see the website and the July Su3aN for more details.***

**25<sup>th</sup> August** – The Eyes of the Few, a talk given by Graham Murchie, a trustee of Bawdsey Radar Station, which covers a brief history of early radar to the development of Bawdsey, which became the World's first Radar Station.

## Sue Campbell

## Film Group

Meets on the last Friday of the month at 2pm at The Christopher Centre, 10 Gainsborough Street, Sudbury, CO10 2EU.

**29<sup>th</sup> May:** We will be looking to show '**Green Book**' starring Viggo Mortensen, Mahershala Ali, Linda Cardellini and Sebastian Maniscalco. A working-class Italian-American bouncer – Tony Lip, becomes the driver for world class black pianist Dr. Don Shirley during a 1962 tour of the racially segregated American South. Guided by the Negro Motorist Green Book, their journey blends humour, humanity, and moments of prejudice, fostering an unlikely friendship.

**There will be no Film Group in June**

**31<sup>st</sup> July:** We will be looking to show '**Oranges and Sunshine**' starring Emily Watson and Hugo Weaving. 'Oranges and Sunshine' tells the story of Margaret Humphreys, a social worker from Nottingham who uncovered one of the most significant social scandals of recent times: the deportation of thousands of children from the United Kingdom to Australia. Almost single-handedly, against overwhelming odds and with little regard for her own well-being, Margaret reunited thousands of families, brought authorities to account and drew worldwide attention to an extraordinary miscarriage of justice. Children as young as four had been told that their parents were dead, and been sent to children's homes on the other side of the world. Many were subjected to appalling abuse. They were promised oranges and sunshine: they got hard labour and life in institutions.

## Jenny Filby

## Coffee Mornings

Coffee mornings are held on the third Wednesday of each month. They give an opportunity to meet the Sudbury u3a committee and members in a relaxed, friendly atmosphere. Everyone is welcome, whether you are a long-established member or one who has just joined us. Non-members are always welcome as it gives them a chance to find out exactly what Sudbury u3a has to offer - no pressure just coffee/tea and a chat.

Coffee mornings are free and our next meetings are on 17<sup>th</sup> June and 15<sup>th</sup> July.

Venue: The Friends' Meeting House, 22 Friars Street, Sudbury. CO10 2AA. Start time: 10:00am, finish around 11:30am. If you would like any further information please contact the chair or any committee member.

(The refreshments are provided by our Really Useful Group (RUG))

