

Su3aN



u3a learn,
laugh,
live

Sudbury Newsletter

July 2026



Photography Group's own swan whisperer on the banks of the Stour

News from the Chair

Another sunny month, this summer is proving to be a scorcher.

It was interesting to hear the news from Nethergate staff about the proposed extension to the brewery and their proposals for more shops. It will be interesting to see the finished product by about April next year.

Our next talk on 25th August is another interesting subject, 'The Eyes Of The Few. Bawdsey Radar Station'. The talk is by Graham Murchie. I am sure you will find it fascinating. Thanks to Sue and Colette for compiling such an unusual variety of talks for us.

Please note that our August talk will be at the Melford Village Hall in the afternoon from 1:00 to 3:00 pm, as the Rugby Club is unavailable during August.

We are proposing themed coffee mornings, so if you have any ideas for something in particular, please share it with any of the committee members.

The August one is learning to use your mobile phone/iPad led by Jack, our Treasurer.

Enjoy our lovely summer but take care in the heat!

Dorothy Beal

Message from the Editor

Calling all Group Leaders.

I can normally find a space in the Su3aN if you want to tell our members about your group. Either contact Margaret Ogles, groups' coordinator or you can send a short article direct to me at the below email address. If I can't fit it into the next issue I can always hold it until the following issue is due. The stories on page 6 are a case in point. I received them for the May issue. If space allows, I can also include photographs of your group 'in action'. I can even arrange to visit and take the photographs, if you wish.

Bruce Clegg

Editor

Next Newsletter

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

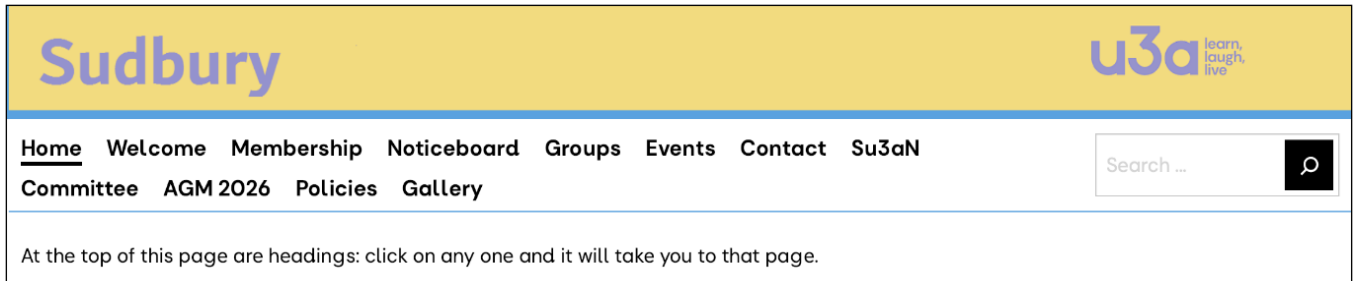
Su3aNeditor1@outlook.com

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Website

A reminder to use Sudbury u3a website as many groups including *potential new* ones are listed under Events. If you haven't used our new website the following screenshot shows the header.



New Groups

We have finally got a third **Table Tennis Group** up and running as we have enough demand for an afternoon session.

Thursday 2–4pm at Stevenson Centre, Great Cornard. A few spaces left.

Please contact me if you would like to join.

Another new group –

Line Dancing Group starts on Wednesday 9th September 10.30am in the Snooker Club at the top of North Street. The group leader is Mary Atkins.

Numbers are limited so please contact me if you would like a place.

At the New Members Meeting suggestions were made for the following groups:

German – leader(s) are needed

Gardening – leader(s) are needed

Theatre – leader(s) are needed

Pub lunch groups for both Singles and Couples
– leader(s) are needed

Pub lunch groups are some of the easiest groups to lead as each individual or couple takes turns to choose a venue and book it. So it's not such an onerous job.



A reminder that Groups are important to members but only exist by others stepping up to lead or start a new one. We are all volunteers.

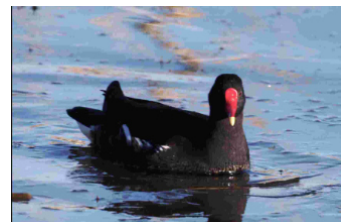
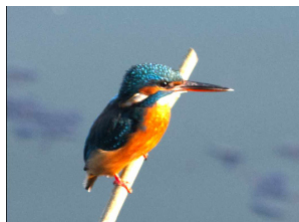
Margaret Ogles
Groups Coordinator

Birdwatching Group 2

Birdwatching is one of the most peaceful and rewarding things to do to connect with nature. Whether we're strolling through the woods or sitting in a hide at one of the many Wildlife Centres, Birdwatching invites us to slow down, observe and enjoy.

Birdwatching 2 was set up late in 2025 when the other group was full. So far we have ventured out to various Suffolk and Essex Wildlife Trust sites, including Lackford Lakes and Abberton Reservoir, as well as local woodlands, most recently Wolves Wood near Hadleigh where the birds entertained us with their singing and the wildflowers were lovely too.

We are a small, friendly group, with varying amounts of experience where no-one is deemed 'the expert', we just share our knowledge and enthusiasm and enjoy the thrill of the occasional unusual sighting.



Barbara Ward
Group Leader

Bridge

Want to learn how to play Bridge?

Have you ever wondered about playing Bridge?

It is a fascinating game and takes a while to learn how to start, but as with most things "practice makes perfect" and leads onto an interesting pastime.

In the main, local clubs are not teaching beginners, so we are trying to set up a beginners' course of at least six sessions to get you on the journey.

If you are interested please contact me.

Lyn Gray

lyngray79@gmail.com

Film Group –

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

31st 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.

There will be no Film Group in August.

25th September: We will be looking to show 'Hamnet' starring Paul Mescal, Jessie Buckley and Emily Watson. William Shakespeare falls for the free-spirited Agnes. Their whirlwind romance leads to marriage and three children, but as Will's theatrical ambitions draw him to London, Agnes remains behind to manage the household. When tragedy strikes, their bond is deeply tested - but through grief and resilience, their journey inspires the creation of Shakespeare's timeless masterpiece.

Jenny Filby

Tuesday Amblers

4th August – Dedham to Flatford Mill

Meet 10.15 for 10.30am start at Dedham car park, Mill Lane, Dedham (CO7 6DH) Parking costs £1.50 for two hours or £2.90 for four hours if you wish to stay for refreshments after the walk.

An easy, flat walk of 3.5 miles with no stiles. The route to Flatford follows the footpath from Dedham along the banks of the river Stour with views across the water meadows. We return south of the river past Dedham Mill. There is a short stretch of road walking at the start of the walk. There are several cafés and pubs in Dedham for refreshments afterwards.

Walk Leader: **Amicie Thompson** 07530 269813

1st September – Rodbridge and Borley Green

Meet in the car park in Long Melford Country park, Rodbridge, Borley Road CO10 9HH at 10.15 for 10.30 am start.

The walk is just under 4 miles and takes in part of the Valley Walk, turning off for the path to Bardfield Bridge and then up to Borley Green and the Church.

Walk Leader: **Brian Orton** 07508 093631

Thursday Amblers

27th August – Hartest

Meet at 10.15am for 10.30 start. Park around the Green near The Crown, IP29 4DH.

A three mile circular walk with no stiles, a little road walking but mostly field paths. Should you wish to visit the pub afterwards you can use their car park.

Walk Leader: **Penny Lawrence** 01284 828857

24th September – Wickham St. Paul

Meet 10.15am for 10.30am start in the car park at the Village Hall/Post Office, 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 lane walking but no stiles.

The Wickham St. Paul Farm Shop/café will be available for refreshments after the amble.

Walk Leader: **Dee Hoile** 07470 056755

Walking Group

All standard walks are on Mondays and are five to six miles meeting at 9.45 for a 10am start. Details of each walk will be emailed to the group seven to ten days beforehand. If anyone else would like to join us please contact **Mike Reed** (a few days beforehand) for any updates or route alterations.

10th August, standard walk. Around the Hintlesham area, led by **Rosie West** and **Sheena Byham**. Park at the Hintlesham and Chattisham Community Hall which is located at Timperley's off the A1071 opposite Hintlesham church. Postcode is IP8 3PS. A donation will be required.

14th September, standard walk around the Cockfield area to be led by **Clare Lodge**. Park at Cockfield Village Hall, Church Lane, Cockfield, IP30 OLA.

The next long walk, of 10–12 miles, will be on **Friday 21st August** around Stansfield and Hawkedon. If interested please contact **Mike Reed**.

The next evening walks, finishing at a pub for a meal, are on **Monday 24th August** starting at the Bulmer Fox and **Wednesday 9th September** location TBC. If you are interested in coming on any of these please contact **Mike Reed**.

Mike Reed

mikereed3579@gmail.com

Writing Life

Writing Life in 100 words: it's a small non-fiction workshop in which we pool snippets of life at our age. If we were once heroes; we're probably not now. But we're still curious, supportive and trying to capture our time.

We meet each Friday on ZOOM 10–11 a.m.

Group leader : **Linda Blandford** : lindablandforduk@gmail.com

Inherited Thirsts

It's a well-worn joke that, along with leprechauns, the Irish love a drink. We even play into it —“Go on, get the Irishman a pint!” - downing it proudly, as if a national sport. I've been there, done that, and wished everyone “Top of the morning!”- right up until the actual morning arrived, which was never particularly top anything. Truth is, this drinking image didn't appear from thin air; it was shaped by history, hardship, and a generous dose of colonial stereotyping. Generational trauma has a long memory, and *Ireland isn't alone. Different stories, familiar scars - colonialism pouring the first round.*

Jennifer Mouncey, 100 words.

Oil Anxiety

We have two things that cause low oil anxiety. The first is watching the speed at which the oil is used. In our old, poorly insulated house with an Aga this can be remarkably fast. Last year we replaced the huge old, slightly rusty, oil tank (measured with a bamboo cane) with a smaller, “double-bunded” tank complete with clear depth-gauge tube on the side. An upgrade on the cane, but you still need to go outside to check it. Assuming we do this, the second anxiety is gambling on how long it will take for fresh oil to be delivered.

Adam Marshall, 99 words.

The gardener's return

We arrived home yesterday. Suddenly gifted an unexpected almost-sunshine, I launched a garden offensive between bouts of rain.

A week's worth of autumn leaves had fallen unopposed, leaving trees skeletal. All, that is, except two glorious oaks with green-golden leaves curling but still attached – waiting for the signal to start the deluge, and the valuable mulch harvest.

Meanwhile, the wasps' summer home in the compost had finally been vacated leaving souvenir hexagonal honeycomb paper sheets.

Barely moving now, using the final drops of energy, I emptied their bay. Then abandoned the task list and left robin to clear the crumbs.

Gilli Vafidis, 100 words.

Of Suffolk folk

Winter doesn't suit our market town. For a start, the market shrinks. And why wouldn't it? What mad miracle preserves Mr Coleman the Fishmonger, hands in ice 9 am to 4? And what makes the lovely Cox's Boxes family still unpack their stalls while on the first bitter day, love-protesting summer customers scuttle into supermarkets? Forget Keats. November's the month for knitted hats, 50% off air-fryers, Lest They Forget, and a queue of grandmas posting parcels to children they've haven't met, romping on beaches they've never seen. “Just want them to be happy”, they tell friends. Bleak, perhaps, but true-hearted.

Linda Blandford, 100 words.

Olive Picking

We were in France to pick olives. But the trees were bare. I'm told it is because we don't water or feed them. But I don't believe that. All the neighbouring groves were the same. Sometimes a worm infests the olives so that they drop. I feel that crops work in cycles and every few years they just need a rest. So instead, we went to the Camargue and saw the pink flamingoes, the white horses and the black bulls. We returned with no olive oil but wonderful memories of flamingoes in flight and that is quite a sight.

Les Bernhardt, 99 words.

May Speaker

Cyber Security

We were pleased to welcome **Gemma Theobald**, a Cyber Security Advisor from Suffolk Constabulary and **Andy Jones** (Volunteer) who provided an engaging and informative presentation on improving cyber awareness and staying safe online. She highlighted the importance of good digital hygiene and shared the current recommendations for protecting personal data.

Here are the main points she raised:

- 95% of cyber attacks are due to human error.
- we store vast amounts of personal data on our devices and we need to prevent unauthorised access to it.
- Alexa and door ring devices can be hacked into; it is important we change the default settings to prevent this.
- anybody can be duped into giving out personal information, no one is immune
- people feel ashamed they have been tricked, but people don't feel ashamed if their house has been burgled.
- don't be pressurised over the phone or online to do something quickly, SLOW DOWN.
- Social Media...think twice about posting personal information, for example your holiday whilst you are away...you are advertising you are away and could be burgled.
- what is put online stays online...pictures of our grandchildren posted on social media could be used for sinister purposes using AI.
- AI...don't be fooled; it can easily make up something fake and trick people into "Romance Fraud" or fraudulent investments.
- Passkeys are a very new way of protecting your data.
- 2-step verification is used at the moment
- Make good strong passwords...a different one for each bank etc
- three random words are good
- If you can't remember them, put them in a book...but store it away from your device.
- Don't share PIN codes with anyone
- Update the settings on your router, they can be hacked into as well.

Helen Holton

June Speaker

The Nethergate Brewery - Past, Present and Future by Rob Crawford

The brewery originally started with Ian Hornsey and Dick Burge drinking in a local pub, who figured they could make a better beer. With Burge being involved in finance and Hornsey a microbiologist, they were more than capable of making this idea come alive. The brewery was first located in the small village of Clare.

They started making what we now call Suffolk County ale – called Nethergate Best Bitter back then. They brewed for a couple of years, added a couple more beers to the range, and just kept growing. The two decided in 2005 to move to new premises in Pentlow, which is about three miles away where we are now.

Pentlow was found to be too far off the beaten track and in 2017 moved to Long Melford. Here it went from strength to strength especially the bar, which flourished.

The bar allows the brewery to keep in touch first hand with its clientele and their success has grown, with them buying more land to enlarge the bar area and car park to help improve their visitors' experience,

Nethergate is continuing to grow. It has now opened a shop in Bury and is continuing to develop its relationship with the local community by providing a wild flower meadow, an area to grow fruit and plants with an opportunity for people to volunteer their gardening skills.



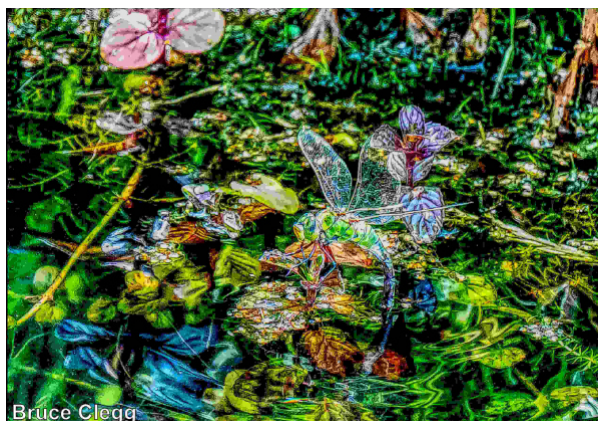
Sally Salisbury

Photography Group

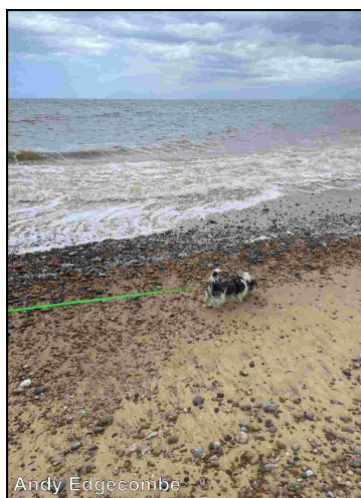
The photography group meets once a month on the second Tuesday at 2pm. We alternate between an outdoor 'shoot' and an indoor session where we review photographs on a topic set at the previous indoor meeting. The topic for the July meeting was 'Water'. Something that has been in short supply recently.. Here are some of the water photographs from our group.



Belinda Ousby



Bruce Clegg



Andy Edgecombe



Ron Butcher



Belinda Ousby



Ron Butcher

Can you guess how many of these photographs have been taken with a mobile phone or with a 'posh' camera? No, of course you can't. The camera or phone is just the tool used to gather the image. It is you, the photographer, who composes the photograph. The photography group could welcome one more member. Please contact me via the website if you are interested.

Bruce Clegg

Group Leader

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 19th August, when we will be offering help using a mobile phone or tablet computer, and 16th September, when we will be offering a board gaming session.

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))

