

Hickling Broad u3a September 2025 Newsletter



Diary Dates: September 2025

Mon 01 Sept	Country Dancing
Tue 02 Sept	Croquet/Games
Wed 03 Sept	Walking
Wed 03 Sept	Bookworms
Thu 04 Sept	Creative Arts and Crafts
Mon 08 Sept	Country Dancing
Tue 09 Sept	Croquet/Games
Thu 11 Sept	Discover Norwich
Thu 11 Sept	Crib
Fri 12 Sept	Members' Meeting
Mon 15 Sept	Blurr
Tue 16 Sept	Croquet/Games
Wed 17 Sept	Dining Club
Thu 18 Sept	Wildlife
Thu 18 Sept	British History
Mon 22 Sept	Gourmet Diggers
Tue 23 Sept	Croquet/Games
Tue 30 Sept	Croquet/Games
Wed 01 Oct	Walking
Wed 01 Oct	Bookworms
For sailing dates please see Sailing report or contact the organisers.	

HBu3a Committee Monthly Update

At our next meeting on Friday 12th August 2pm at Hickling Barn, Norfolk Wherry Yacht Charter Trustee Director Judith Keogh will come to tell us all about the Wherry Yachts her charity keep afloat, including their history and how they continue to work in the present day. This promises to be an interesting and informative insight into the history of these magnificent craft that grace our local rivers.

For our last meeting on Friday 8th August, we enjoyed our annual summer social and interest group event. This was an opportunity to share a delicious home made buffet together and reflect on our year of learning and friendship as well as enjoying a glass of something refreshing! Our hard working interest group leaders provided displays, of the achievements of they groups this year. Much fun was had by all!

As always, your committee sends you its best wishes and our continued thanks to our stalwart cake bakers and magnificent kitchen team!

News from our Interest Groups

Group Contact Co-ordinator

Helen Foster:

Bookworms – Reading Group: 1st Wednesday (2:00 – 4:00 pm) Hickling Barn

Kathy Cooper:

Bookworms take August off but we will resume again on 3 September to discuss 'The Burning Chamber' by Kate Mosse. At 608 pages long, it should keep us occupied until September. Enjoy the summer, everyone!

Country Dancing: 1st and 2nd Mondays (2:00 – 4:00 pm) in Hickling Barn

Dinah Slatter:

Country Dancing is currently fully subscribed. However, you are welcome to contact Dinah if you are interested.

Creative Arts and Crafts: 1st Thursday (2:00 – 4:00 pm)

Rose Pigula:

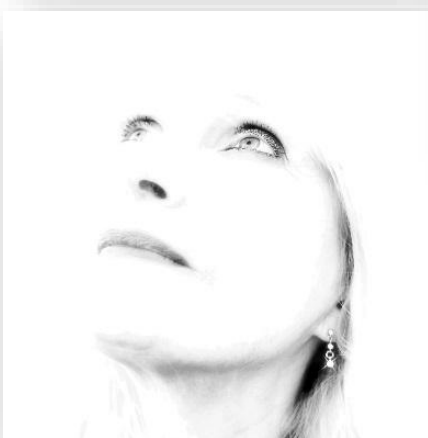
We are a small, friendly group who enjoy a range of different art and crafts including knitting, crochet, embroidery, needle felting, textiles, painting and sketching. Whatever your interests are you are very welcome to come along and join us.

We usually meet in Hickling Barn. If you would like to join us just contact Rose on the above email.

**BLURR – The Photography Group: 3rd Monday
(2:00-4:00pm) at Hickling Barn**

Contact:

Blurr camera club meet on the 3rd Monday afternoon of the month at Hickling barn.
We had a good turn out at our August meeting, with 60 entries for our subject of 'photography techniques'.
We had a lot of different photos using a varied amount of techniques.
Our next meeting is Monday 15th September 2 o'clock at the barn. The subject is, 'on the water'.
If you would like to join us please feel free to come along. Tea, coffee and biscuits are provided.



IT and Computer Learning
Kate Fletcher:

The next meeting is 22 September. It has been suggested that we explore using your phone for maps and directions.

Crib: 2nd Thursday, Hickling Barn (2:00 – 4:00 pm)

Roy Smith:

Croquet/Games Group: every Tuesday

Diana Fossett & Keith Burton

Thanks to Keith and his team, the Croquet courts were rolled and it was agreed that the result was worth it. Combined with a shorter cut, the courts were flatter and ran faster. They were well used this month and as usual Games took place in the Barn. If you would like more information or would like to join us, please contact either Diana or Keith.



Dining Club: 3rd Wednesday (various locations)

Diana Fossett:

Our Pub Lunch for August was held in Hickling at the Pleasure Boat Inn. When booking this we were a little concerned that they might be too busy in August to cope with a large number, 15 in total, but they assured us that locals come first and they didn't disappoint us. With a lovely setting looking out over Hickling Broad we were expected and made very welcome. Although a very limited menu, everyone seemed very pleased with their choice. The service was excellent and almost as soon as we sat down our meals were served. What more can I say, we will certainly use them again.

Our next venue is the Lodge at Salhouse on Wednesday, 17th September 12.45 for 1.00 p.m. If you would like to join the Dining Club or require further information, please contact dianafossett1@gmail.com.

Discovering the Broads/Norwich: 2nd Thursday

Chris Foster:

Part 1 - A group of 13 of us hired a couple of dayboats from Hippersons Boatyard at Beccles. This allowed us to explore the upper reaches of the River Waveney and cover the area from where we had sailed to in Albion earlier in the season and up to Locks Inn at the end of the navigation. We had a wet morning but using towels and a human windscreen wiper one boat managed to navigate the river (the other boat just went for limited visibility as the river was so quiet). A good lunch was enjoyed by all and then we had a lovely sunny afternoon on the return journey.

Part 2 - a select band enjoyed a windy sail from Hunters Yard at Ludham speeding down to Acle bridge. Unfortunately the moorings at the bridge are limited now so we could not stop for lunch. The wind picked up on our return and so we had an exciting sail. The strong northerly wind made the final journey up the dyke to the boatyard a challenge which we met by lowering the sails and rowing the last bit!

These were the final trips for the summer of 2025. We now turn our attention to Norwich for the winter. There is nothing planned for September but we are presently looking into visiting the castle in October. By going as a group we should be able to get a discount, details to follow.



Gourmet Diggers: 4th Monday (2:00-4:00 pm) at Hickling Barn

Jane Brooker:

Kate Fletcher:

The weather was good, the venue was lovely, the food and company were excellent. What more could anyone ask for.

August's Gourmet Diggers was held at Nikki's home, where we enjoyed a lovely afternoon holding our annual get together in one of our members homes. We all contribute to the food, as usual a lovely selection of delicious things to eat were on offer. Thank you to Nikki for inviting us to her home.



Sailing: Every Tuesday and Friday

John Stacey: hbu3asailing@gmail.com

British History: 3rd Thursday

Steve Whitby:

For our August meeting we left the Barn and visited the Wind Energy Museum at Repps with Bastwick. Although not the largest the museum had working exhibits from Australia, USA and Britain (see photos below). Our guide, Debra, who owns the museum, explained the workings of the exhibits, and gave us the fascinating back story of three brothers who lived on site, two never married and the other married in his seventies. One of the brothers, Robert Morse amassed the collection and left it to Debra, who regaled us with some interesting anecdotes of his life - a glimpse of local social history in its own right.

Os September 18th we return to the Barn for our next meeting when Maureen presents the topic "Walking the streets of Soho". All are welcome and the meeting starts at 2 p.m.

The group were sorry to hear of the passing of one of our members, Cecil Weymouth, who died peacefully at the end of August. Rest peacefully Cecil and our thoughts are with Elaine.

Voices of Hickling

Steve Whitby:

The group is now semi dormant and no meetings are currently planned.



Walking: 1st Wednesday (usually 10:00 am) Various locations

Roy Smith:

On a lovely sunny morning our walk this month took us from Potter Heigham Village Hall via St Nicholas Church, through open countryside and woodland, onto the Weavers Way at Hickling Broad. Along the route we were able to observe birds of prey, Swallowtail butterflies, dragonflies and sailing boats.

After the 4.5 mile loop we headed to the Pleasure Boat Inn for an enjoyable lunch overlooking the broad.



Wildlife Group: 3rd Thursday (10:00 am)

Various locations

Chris Foster:

This month we took a couple of Kingfisher cruises from the Museum of the Broads in Stalham. These operate in the early evening when there are very few other boats about and when the wildlife comes out to play. There are three known Kingfisher nests close to the Museum so we managed to get some good sightings. We then headed up to the part of the river that borders Sutton Fen. This is an important wildlife area partly because it is very accessible by land. Again early evening with no boats about proved a winner as we enjoyed plenty of wildlife action. The group then enjoyed an informal picnic and chat sat by the river as the sun went down.

The group leaders are away in September but the group are invited to meet at 10.00am on Thursday the 18th of September at NWT Hickling.





Members Corner

Do you have something of interest to our members? A local event perhaps. Space permitting I will post it here in the next newsletter. Please send your entry to the email address below.

The following message was sent to our website contact address. It is reproduced here as it may be of interest to members. The website appears genuine but, as with everything that arrives unrequested on the internet, it would be wise to proceed with caution!

Dear Hickling Broad u3a,

I'm getting in touch from The Mindful Life Group to spread the word about a free opportunity for older adults in Norfolk. We're running a free, online *Blood Pressure Balance* course for local residents aged 65+. This gentle, supportive programme combines breathwork, mindfulness, and movement practices to help reduce and manage blood pressure. The course is led by a Chartered Clinical Psychologist specialising in older adult health and delivered by an experienced Mindfulness Teacher. Participants who've completed the course report feeling calmer, more energised, and better able to manage stress. On average, people saw a **10 mmHg reduction in their blood pressure** after completing the course. Just as importantly, they found it created a friendly, encouraging space to focus on their own wellbeing — something many older adults often put last. The next course starts in October, and here are some links you can use directly:

- Our website: <https://the-mindful-life.com/>
- Apply to the course: https://openss.qualtrics.com/jfe/form/SV_6rE7ehO36ltNvOm

What's on at our next meetings:

September 12th: Norfolk Wherry Yacht Charter - Judith Keogh

Trustee Director Judith will come to tell us all about the Wherry Yachts her charity keep afloat, including their history and how they continue to work in the present day.

October 10th: TBC

November 14th : Stephen Poulter - Stories and Myths from Supernatural Norfolk.

As the evenings draw in, Stephen will come to tell us all about the supernatural myths and legends from our county. Prepare to be well and truly spooked!

December 12th: Share a Plate Buffet with Jane's Table Quiz

As a finale to our year, we will enjoy our share a plate celebrations along with Jane who has kindly agreed to return with her popular, challenging and fun fact filled table quiz.

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January 9th: Andrew Pettit NWT

In the finale of his trilogy of presentations, Norfolk Wildlife Trust Hickling Project manager Andrew Pettit returns to tell us how their strategic development of the Hickling Estate has progressed.

All items for the newsletter should be sent to hbu3anews@gmail.com