

Hickling Broad u3a July 2026 Newsletter



Diary Dates: July 2026

Wed 01 July	Walking / Bookworms
Thu 02 July	Creative Crafts / Art
Fri 03 July	Singing for Fun
Mon 06 July	Country dancing
Tue 07 July	Croquet / Games
Thu 09 July	Discover the Broads / Norwich
Thu 09 July	Crib
Fri 10 July	Members' Meeting
Mon 13 July	Country Dancing
Tue 14 July	Croquet / Games
Thu 16 July	Wildlife
Fri 17 July	Singing for Fun
Mon 20 July	Blurr
Tue 21 July	Croquet / Games
Fri 24 July	Play Reading
Mon 27 July	IT / Gourmet Diggers
Tue 28 July	Croquet / Games
Mon 03 Aug	Country Dancing
Tue 04 Aug	Croquet / Games

HBu3a Committee Monthly Update

At our next meeting, 2pm July 10th, Pete Goodrum comes to present **"Jarrold's - 250 years"**. An author of a book on this subject, Pete comes along to tell us the history of the Jarrold's company and family. We've all shopped there over the years, but this behind the scenes presentation will uncover the past and how the business has developed until the present day.

At our last meeting on Friday June 12th, Gary Powell joined us to present **"Convicted - Landmark Cases in British Criminal History"**. Gary brought an intriguing afternoon where he studied various famous criminal cases and how they have shaped the legal system and our attitude to the law. His talk was very well received and he will be joining us again in the new year with another presentation. We have a change of speaker in October when Simon Partridge will return to present – **"Bread!"**. Simon is a keen amateur baker and he delights in sharing his knowledge and skills in the preparation of our daily staple. As always your committee also sends their warmest thanks to our stalwart cake bakers and magnificent tea team all of whom make our teas a most enjoyable part of our monthly meetings.

News from our Interest Groups

Group Contact Co-ordinator

Helen Foster:

Art Group : 1st Thursday (2:00-4:00 pm) Hickling Barn

Gill Sage:

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

Kathy Cooper:

Bookworms meet at Hickling Barn on the first Wednesday of the month 2-4pm. Members choose their own book from the list supplied by the library and the member who chooses the book to be discussed that month will lead the meeting.

The group met up on 3 June to discuss 'Beloved' by Toni Morrison which was chosen by Gill and this is her review:

Toni Morrison died in 2019. She was African American and won numerous awards for her work. 'Beloved' highlights slavery and the hostility of the white American elite.

This book revolves around Sethe, a slave at the "Sweet Home" plantation. She is married to Halle, another slave and when he escapes, he abandons Sethe and her four children. Whilst heavily pregnant, Sethe is raped by "Schoolteacher" and his nephews. She runs away and is forced to give birth on a roadside. She is helped by a poor white girl, Amy, who is bound for Denver. Sethe names her new baby girl Denver in memory of Amy. Sethe goes to live with her mother-in-law but when Schoolteacher comes to claim her, she goes mad and slits her baby Beloved's throat. In her deranged mind she does this to avoid the child being enslaved and raped as Sethe had been. Her mother-in-law's house is haunted by Sethe's dead baby girl, Beloved. What follows is Sethe's story; her prison sentence and her sons who ran off because of the fright of their mother killing her own child. Years later a stranger comes to the house and says her name is Beloved. Sethe believes this is her reincarnated daughter, Beloved. From then on the household goes into a downward spiral.

I am sure lots of people will enjoy this book, but be advised that is a hard read. Toni Morrison brought the enslavement of Afro-American people to the forefront of her writing but the group found the language and storyline confusing and often difficult to read. We gave this book 5/10.

On 1 July we will discuss 'The Dutch House' by Ann Pratchett. If you enjoy a good book, a cuppa and a chat then please join us.

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

Joan Burton

We meet 3rd Monday of the month at 2 - 4 o'clock in the Barn. Everyone is welcome.

British History: 3rd Thursday

Steve Whitby:

We left our home in the Barn this month as Janet led us on a guided walk around Martham, exploring many of its interesting old buildings, before returning to Janet's house for tea and cake (the coffee and walnut was to die for!). Whilst none of the buildings led to any earth-shattering event, the walk gave a fascinating insight into the development of a typical English village over the centuries - including both improvements and changes to its detriment.

Our July talk was due to be "The history of folk music" with John Booth taking the presenting duties. However because our date clashes with the PCC by election for Norfolk on 16th July. we cannot book the Barn. This, combined with other difficulties mean that we will reluctantly have to cancel this month's meeting

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

Dinah Slatter:

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

Rose Pigula:

We are a small, friendly group who enjoy a range of different crafts. 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.

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

Roy Smith:

Another good afternoon of Crib enjoyed by 12 members. If you would like a game of Crib and good company join us. Contact Roy for further details



Croquet/Games Group: every Tuesday

Diana Fossett and Keith Burton

No, normal weather didn't arrive in July and we had further hot weather and a heatwave! Consequently, numbers playing Croquet were down but our Games continued to be well supported. If you would like to join us or require further information, please contact Keith or Diana.

Dining Club: 3rd Wednesday (various locations)

Diana Fossett:

There were 16 of us and the seating was arranged in a T shape so we could all talk to one another. After a mix up which was not the fault of the Lighthouse, Lou was very accommodating and we all sat down to home cooked food. The service was good and they were very helpful. The food was excellent and portions were very good.

As usual, we are having a break in July and the next venue will be advised in the August Newsletter. If you would like to join us or require further information, please contact me.

Discovering the Broads/Norwich: 2nd Thursday

Chris Foster:

We took a self drive boat from Wroxham and headed for Horning. We explored various Broads on the way including Hoveton Great Broad which can only be reached by water. Lunch was at the New Inn, Horning that easily accommodated all twelve of us to a pleasant lunch by the river. We had a gentle meander back to Wroxham for four o'clock.

This month we visited the Gressenhall Farm and Workhouse. This is a museum of rural life and a former [workhouse](#) in the village of [Gressenhall, Norfolk](#). We visited the farm first to try and miss the forecast rain but got a little wet. The workhouse was also fascinating with a range of displays. Lunch in the cafe was much appreciated.



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

Jane Brooker:

Kate Fletcher:

The all important news about our Cauliflower growing for our competition was first on the agenda. Some of us more successful than others.

Why do we garden?. - Was a lovely topic.

Dealing with hotter, drier weather in our gardens. - A very topical subject. We discovered many ways to combat the effects of this weather.

Nurseries and Garden Centres. - Which ones we used and how did we rate them

Finally. - Jobs to be done in the Garden in the month of July.

For this months cooking from around the world we thank

Sue and Ray who decided to go German

We started with Kartoffel Salat (Potato salad).

This can be eaten hot or cold, but Sue prefers it warmed. It was a lovely dish of sliced potatoes, fried bacon, red and white onions with some apple cider vinegar, sugar, salt and dill.

I could have eaten more.

We then had Imperium Keks (Empire Biscuits) and very tasty they were too.

Thank you and well done Sue and Ray.



IT and Computer Learning: 4th Monday 12:00 – 1:30 pm, Hickling Barn

Well, despite it being a bit “fact dense” it seemed that this months' meeting went well and we've all moved on a step or two together. We looked at how to create and use QR codes, how to stop your phone pinging you ads, what are passkeys and how to set them up and how to use AI to check the T&C's of insurances etc.

We decided to take a break for July and meet again on the last Friday in August which is the 24th. On the 24th we will be looking at different music Apps such as Spotify and Apple Music, and how to create and use playlists within them. We are also going to look at different cycling and walking apps as well as how to back up files and where is the best place to store data.

We are all learning together, and each topic is new ground, so if you have not been before do come along - you might find out you know more about IT than you think!



Play Reading Group: 4th Friday in Hickling Barn 2:00-4:00 pm

Terry Cotton:

Sailing: Every Tuesday and Friday

John Stacey: hbu3asailing@gmail.com

Singing for Fun: 3rd Friday (2:00-4:00 pm) in Hickling Barn

Helen Foster:

Singing for fun will be on Friday the 5th and 19th of June this month - 2.00pm at the Barn. All welcome, give it a try!

Voices of Hickling

Steve Whitby:

Following a meeting last month we have decided to close the group.

To do this we have to achieve two things:

1 To ensure all recordings, transcripts and consents are lodged at the Norfolk Records Office - this has now been done.

2 To find an organisation willing to host the Voicesofhickling.com. website.

We currently have enough funds for about 15 months of website hosting but the group are hoping some other organisation would take over the charge (currently c. £100p.a) in order to perpetuate the work done and recordings made.

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

Roy Smith:

Just 10 members of the walking group were free to enjoy today's walk.

We started from Ludham church as the clouds started to build up. Going alongside the Catfield road and onto the fields paths across to How Hill. A short Diversion took us through woods to the Secret garden to see the colourful Rhododendrons, Azaleas and Primulas.

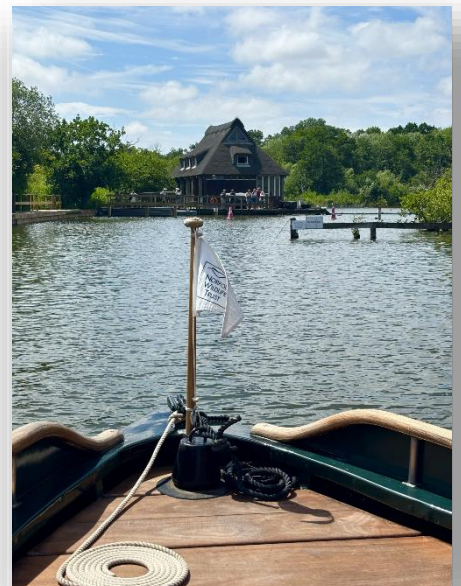
Back on the track down to the Staithe where we all enjoyed light refreshments before following the river bank then turning into a green lane and following it till it became a narrow country lane. At the top, we took the path opposite leading to a wild meadow where a few Painted Lady butterflies sheltered from the breeze. We then followed the footpath through the wheat field and onto the road back to Ludham church. The clouds were kind and we just made it back to the Kings Arms Ludham as the first heavy spots of rain fell. Completing a 5 mile walk. We enjoyed an excellent lunch, not emerging till the rain stopped.

If you want have some exercise and good company join the walking group.

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

Chris Foster:

Ranworth was the venue for this month, originally to observe the Ospreys. This we did but also we all opted for a boat trip to St Benets Abbey which on a beautiful day turned out to most interesting. Lunch was at the Granary Stores cafe.



Members Corner

This is a space for our members to use. Do you have anything you would like to contribute to the next newsletter? Something other members might be interested in such as a local event, an achievement or maybe you have items that need a new home. Anything that you think other members would be interested in.

Contributions should be sent to the email address at the end of this letter or see a committee member at our Friday meetings.

HICKLING VILLAGE SHOW Sunday 19 July

The Village Show takes place on Sunday 19 July at Hickling Barn. Come along and see all the entries – from fruit and veg, floral displays, art and craft work and, of course, lovely refreshments.

If you live in the village or belong to any Hickling organisation (including our u3a) you are very welcome to enter any of the categories. You can find more details on the Hickling Barn website.

What's on at our next meetings:

2026

July 10th: Pete Goodrum - Jarrold's - 250 years

A author of a book on this subject, Pete comes along to tell us the history of the Jarrold's company and family

August 14th: Summer Social

This month we enjoy our annual Summer Social with a share a plate buffet and a celebration of our user groups activities over the past year.

September 11th: Judith Keogh - the life of a Wherry Man

Judith Keogh, Trustee of the Norfolk Wherry Trust, returns to tell us all about the life and work of a traditional Norfolk wherry man.

October 9th: Simon Partridge will return to present - ***Bread!*** Simon is a keen amateur baker and he delights in sharing his knowledge and skills in the preparation of our daily staple.

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