



Newsletter

Affiliated to the Third Age Trust
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Issue 119

Autumn 2024

HELLO to our new members and welcome to all!

It has been an “interesting” summer for us all! We have had every type of weather under the sun (apologies for the pun!) and of course the short notice General Election.

I make no comment!

The Committee has continued to meet and further exhausting communication with our Bank has also tidied up various points that needed simplifying for us to function better. Further revisions to the Constitution have been undertaken and the new Programme issued with your Membership cards.

The third Dining Group has commenced and is well supported and a couple of computer “help” sessions have also taken place. There is demand for more!

An initial Improvisation Group session was also held, so we are slowly developing more Groups to offer to members. There is interest for a Beginners Bridge Group and another Flower Arranging Group with leaders yet to be identified. Other suggestions for new groups and offers of help are very welcome. Support is available from the Committee.

The Theatre and Garden visits have, as always, been well received and with full coaches!

An Interest Group Leaders Lunch was held in July to show our appreciation for all the work put in by those leaders. Our numbers have swelled, so we really do want to hear what you would like. We still do not have any offers of organisers for Educational Visits which were very popular so think about it and let any of us on the Committee know. (We all wear yellow lanyards now to make for easy identification.)

I enjoyed my week in Andalucia, getting in my annual dose of culture trips and have been visiting family in Yorkshire. A coach trip to Bletchley followed, a trip to the theatre with a three and a half year old on the Park and Ride was fun, if exhausting. Closely followed by a very, very wet trip to Orford Ness – no birds due to the weather but an interesting if desolate place to visit.

...so.. as I said... an interesting summer!

Best wishes to you all

Liz (Chairwoman)

The history, organisation and Work of SARS

For our June meeting Derek Wilding enlightened us about the Suffolk Accident Rescue Service.

Until the late 1980's there were no paramedics so SARS was formed about 50 years ago when it was felt that immediate care onsite could be vital in emergency events especially in a rural county like Suffolk with accidents on the A12. SARS covers mainly Suffolk but also attends incidents in Norfolk, Essex and Cambridgeshire.

Even now with the distance to hospitals the service is still needed. The SARS doctors can carry out procedures at the roadside or elsewhere that are beyond the ability of ambulance staff.

The SARS doctors and critical care paramedics work either single crewed, using their own car that has been adapted with blue lights and siren carrying all the necessary equipment, or double crewed using a

specially adapted SARS vehicle. SARS will be called out through the 999 service. They carry all the equipment needed for an advanced medical response and are available 24 hours a day unlike the Air Ambulance.

We were shown illustrations of the vehicles and the equipment carried. 70% of the call outs are for medical emergencies, road traffic collisions and cardiac events, the remainder being for falls, stabbings, equestrian accidents and other incidents. All the doctors and critical care paramedics are volunteers and no charge is made. There are other volunteering opportunities in administration and in promoting the organisation. The organisation is funded totally by voluntary contributions.

For further information www.sars999.org.uk

Mary Dunbavin

From Beer to Bolognese

For the July talk Steve Ruthen described the development of the Pub from a “Men Only Club” to what it has now become.

Some of the earliest pubs would have been set up by entrepreneurs to sell locally the ale that they had brewed. Then local breweries were started and some of the alehouse owners began to purchase beer from them. Sometimes these alehouses were then acquired by the brewers and run by a tenant landlord.

Nothing much changed until after the Second World War when there was a shortage of raw materials used for brewing, so during the 1950’s the larger breweries started to take over the smaller breweries to take advantage of the economies of larger scale production. At this time pubs started to open Off Licences (Jug and Bottle) and some breweries started to produce keg ales (Red Barrel). In the 1950’s bottled beer represented about 44% of production – now it is about 10%.



In the 1960’s there were more mergers leaving the “big six” resulting in greater profitability. It was also the era of commercial television advertising the national brands, particularly the keg beers.

In 1967 the introduction of the breathalyser made drink driving a measurable offence.

Moving on to the 1970’s there was an increase in lagers, both national and international. It was still not the age of food in pubs. The 1980’s was the zenith of the US style bars, for example Berni Inns. J D Wetherspoon started up in 1979 using new names, such as the Moon under Water, a fictional name coined by George Orwell.

This was the start of routine food service in pubs. The pub is no longer the reserve of men. Cask and keg ales are being produced as well as craft beers and there has been an increase in Micro Breweries. CAMRA has been active in the support of “real ales”.

Mary Dunbavin

My Work as an Eye Clinic Liaison Officer

The September talk, given to 133 members, was presented by Jen Bacon, accompanied by Jenny Loney, of the Sight Support Team at West Suffolk Hospital.

The purpose of the group which is completed by Sara Padron-Sanz, an optometrist, is to provide a personal centred service with the team aiming to educate and trying to answer the Why, What and How questions to give people the right help and advice at the right time.

The main causes of eye sight deterioration among the elderly are Age Related Macular Degeneration , Cataracts, Glaucoma and Diabetic eye disorders.

The progressive loss of vision is a difficult thing to face and the patient tends to follow a pattern known as The Kubler–Ross Grief Cycle and patients follow the five stage grieving model, moving from



the initial denial through anger on to depression followed by bargaining and ending with acceptance.

The Sight Support Team help patients through these stages and they also provide resources such as canes, magnifiers and assistive technology which covers items such as screen magnifiers.

Jen showed a number of photographs that demonstrated the visual effects of eyesight loss the most worrying of which was perhaps a picture showing that a car driver had been unable to see two children crossing a road in front of his car.

This very interesting and educational talk left me feeling that should I suffer sight loss there would be a good level of back up support to help me accept the trauma of the situation.

Laurie Marshall



Wild flowers on Beyton Green

A walk on the Shotley Peninsular

For their walk in July the Friday walking group travelled to Lower Holbrook for a circular route via Alton Water.

A track from the car park led down to Holbrook Creek and the remains of Alton Wharf, once used by barges to transport grain to London and return with a load of “night soil” to spread on the fields as fertiliser. After skirting Holbrook Bay we turned inland passing a paddock of black alpacas and views of the Royal Hospital School and its playing fields.

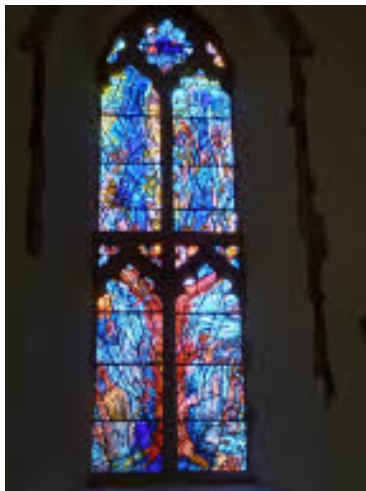
The school was established in 1712 in Greenwich for the education in arithmetic and navigation of boys from seafaring backgrounds. Moving to the present site in 1933, it became co-educational in 1991, and still retains many nautical traditions.



Royal Hospital School

We continued along the edge of a colourful private garden with views of a house apparently owned by Griff Rhys Jones.

A brief visit was made to St Peter's church to view the Millennium stained glass window. It also has a rood screen said to be a copy of the one in Elmswell church.



Then on to Alton Water where we stopped for our picnic.

Alton Water Park, opened in 1978, covers 400 acres with the reservoir serving Ipswich, Felixstowe and Stowmarket. Several leisure facilities are available including water sports and we watched a group preparing to kite hydrofoil (where the board lifts entirely out of the water and you are riding only on the hydrofoil). This was one of the sports in the Paris Olympics.

The final leg was past the treatment works and through woodland along a pretty brook, home to dragonflies and kingfishers, that drains into Holbrook Creek.

Bryann Ward

Sense and Sensibility at Tolethorpe Open Air Theatre



We left in the rain which lasted for the whole journey to Tolethorpe! Thankfully, the rain stopped as we arrived and held off for the rest of the day. It was an early start as we were seeing a morning matinee performance but coffee and cake were waiting when we arrived so all was well (or so we thought). Another U3A group were there and because of the inclement weather they were congregating in the area our refreshments were being served, some members of that U3A thought they would like some free coffee and cake so joined our queue! Tina and I had to rescue several pieces of cake and cups of coffee, but it was all done in good spirit and we were suitably refreshed before taking our seats for the show.

As usual, the performance was excellent and lasted for three hours including the interval so thank goodness for coffee and cake! Tolethorpe is a beautiful venue and the seating is under cover with all seats getting a very good view of the stage which is set amongst the trees. It is an easy coach ride from Thurston to Stamford and takes about an hour and a half.

The sun was shining after the performance and we could enjoy our picnics in the grounds before returning home. There was an important England football match starting at 5.00pm so we were keen to get back to watch this on television.

Margaret Knock

Garden Visits

On Friday August 30 a party of 51 travelled by coach to Audley End for the Gardeners World Autumn Show. We were very fortunate to have a beautiful sunny day.

There were many nurseries selling a huge variety of plants, bulbs, garden tools and garden furniture. Adam Frost, one of the Gardeners World presenters, was giving talks and there were several other workshops and talks to attend. There were ample food and drink outlets with plentiful seating available on bales of straw whilst a choir and saxophonist provided entertainment throughout the day.

Our tickets also included admission into Audley End House, a fine early 17th-century Jacobean country house built on the site of Walden Abbey by Thomas Howard, the first Earl of Suffolk. In 1948 the house was sold to the Ministry of Works, the predecessor of English Heritage.

Whilst there was limited entry to the main house, the stable block told the history of the estate and the walled garden provided additional interest for gardeners.

A lovely day out enjoyed by all.



A nursery exhibitor's display



The walled garden

Art and Mixed Media Group Exhibition

You are invited to our annual exhibition in Pakenham Village Hall

On Saturday 26 October
From 10.00am to 4.00pm

Entry is free and homemade refreshments will be available
Paintings will be for sale.

Members of any standard are always welcome to our relaxed bi-monthly meetings.

Contact David Morley
on 01359 230193

Monthly Lectures

10.00am at New Green Centre
Refreshments served
until 9.45

Monday 4 November

Changing Face of retail in Bury St Edmunds

Stephen Moody

Monday 2 December

Social Gathering with seasonal refreshments *and* songs by
Classic Femme

Monday 6 January

The Great Train Robbery –
Heroes or Villains

John Saunders

Monday 3 February

The Young Basil Brown

Sarah Doig

Items and pictures for the newsletter should be sent to bryann@brysuward.plus.com

Dead line for the next issue is
15 December