



Affiliated to the Third Age Trust  
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# Newsletter

Issue 115

September 2023

Hello to all Members,

I hope you all had a good summer. I started off being very busy as I was still catching up with some events postponed since before Covid but I have had a (rainy) rest and now look forward to a holiday in September! I can confirm that all our policies are on the website and we have just about received all the risk assessments from the Interest Group Leaders meaning we will be covered under the U3A Insurance. A copy of the certificate is also on the website.

You should have received your new and slightly larger membership cards and programmes for 2023/24. We are also catching up on Gift Aid forms.

Our trips and events have continued to be successful during the summer and I personally enjoyed Michael Ball in "Aspects of Love". I heard they have all been well received. "The Lady in the Van" at Toilethorpe will have passed by the time you read this and more musical trips have been organised. Thanks to Tina and Margaret.

Most Interest Groups broke up for a part of the summer I believe, but again a big thank you to the Group Leaders.

Moving forward, the Committee will be updating and expanding the website. It is lacking a lot of information and fails to properly advertise the variety of Interest groups we have operating currently and showcasing all our hard work which I think is a shame. We need it to be easily accessible for those who are... and are not... happy using a computer and of course for prospective members.

I will be looking for some photos too – but respecting Members wishes and compliant with Data Protection of course!

Best wishes

Liz (Chair)

## Monthly Lectures

10.00am at New Green Centre  
Refreshments served until 9.45am

### Monday 2 October

My Tutu went AWOL

Iestyn Edwards

### Monday 6 November

Writing for Children–More Than Child's Play

Samantha Hammerson

### Monday 4 December

Our Jolly Wassail

Malcolm and Liz Ecclestone

## SOCIAL AND LOCAL HISTORY GROUP

The Social and Local History Group completed their current programme of talks in July with a talk covering Amy Johnson's famous flight to Australia. During the year to date we have enjoyed talks on the usual wide range of subjects including The history of coal mining, The Cobbold Family, The Lighthouses of England and the Kohinor Diamond

These talks, prepared and presented by group members, have all generated discussions and it is amazing just how much one can learn even as we get older and think we know it all.

We meet at 10am on the THIRD THURSDAY OF EACH MONTH at NEW GREEN CENTRE in the Conservatory and we would welcome new members. If you would like further information call me on 01359 241859. Our next meeting is on 21st September

Laurie Marshall

## Art and Mixed Media Group's Exhibition

All are invited to our **annual exhibition on Saturday 28 October from 10.00am to 4.00pm in Pakenham Village Hall.**

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

New members of any standard are always welcome to this relaxed group and should contact David Morley on 01359

230193 .

## **Not All Blood and Guts**

THIS was the title of the June lecture given by Gary J Jones CBE FRCN FFNF

Gary did not enjoy school until he joined a Red Cross youth group in school and was inspired to become a nurse at a time that “only girls became nurses”. In order to achieve this ambition he had to stay at school to get his CSEs. He became a hospital cadet at the age of 16 before becoming a student nurse and gaining his SRN in 1974.

He then worked at Orsett Hospital in A&E at nights treating the usual range of injuries and incidents. He mentioned some of the patients he remembered from that time. The mobile accident teams were set up at this time to take a doctor and a nurse to the scene where a casualty was trapped.

There was awareness that the outcomes for A&E casualties were more favourable in the USA and Canada so Gary applied for a scholarship from the Florence Nightingale Foundation to go to the USA and find out what they were doing differently. He discovered air ambulances, paramedics and triage. On his return he put in place the triage system and paramedic training was started for ambulance crews.

In the meantime he retained his connections with the Red Cross and received an award from them for his services. He then became a Nursing Officer running 24 Hour services in A&E. He applied for another scholarship to research into what was happening at the Royal Victoria Hospital in Belfast with nurse managers. Following introduction of this method at Orsett, people came to visit to find out about the practice.

He talked about the changes to the NHS, the merger of Basildon Hospital with Orsett, the centralisation of A&E at Basildon with a Minor Injuries unit at Thurrock.

He then set up his own consultancy practice advising on many aspects of emergency care including paramedic training, expert nursing practice and emergency community care. He was also advising solicitors in connection with negligence cases. From 1994 to 1997, he was honorary consultant nurse advisor to the Chief Nursing Officer at the Department of Health.

He was made a Fellow of the Florence Nightingale Foundation and also of the Royal College of Nursing and has been awarded the CBE.

*Mary Dunbavin*

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## **Oprah Winfrey Touched my Elbow by Graham Keal**

IN July we were entertained to a humorous talk by Graham Keal covering some of his experiences in interviewing many famous people over a journalistic career that covers almost 50 years.

Graham had, at one time, hoped to be an entertainer himself and his delivery reflected his communication skills and contained a number of anecdotes about the famous people he had met.

One of his early interviews was with Eric Morecambe who, shortly after his serious heart attack, was playing in a local charity cricket match. Eric had agreed to give the young reporter an interview after the match and Graham asked whether, given his heart condition, he should be playing cricket on his one day off. Eric replied that he was fine and was sure that greetings from his many friends and fans had helped his recovery, particularly one from Des O'Connor who had asked his audience to pray for Eric's recovery and the prayers of these six people were a major contribution to his recovery! This story reflects that Eric was obviously a naturally

humorous man but also willing to talk to a junior reporter.

Eric Morecambe had obviously made a very positive impression on Graham but this could not be said for all of the famous entertainers that he had interviewed.

During the course of his talk Graham mentioned a large number of people and the talk became a bit of a name dropping exercise laced with Graham's memories of his contact with people such as Jimmy Tarbuck, Henry Kissinger, Vanessa Feltz, Sir David Attenborough and Liz Hurley.

His interview with Oprah Winfrey was shared with four other reporters. Graham was obviously impressed by her and as he left the meeting he told her that he had given up his day off to do the interview and it was at this point that she touched his elbow. Graham wondered what she would think if she knew that a number of years after the meeting he was using that brief contact as the title for a talk.

The attendance was higher than recent meetings and perhaps some of the audience had been attracted by the title and had attended to find out more.

*Laurie Marshall*

## Friday Short Walks Group

JULY'S walkers set out on a rather warm day to the hamlet of Dagworth, on the banks of the upper reaches of the River Gipping between Haughley and Stowmarket.

Although tiny today, Dagworth is described in the Domesday Book which contains a near continuous record of Lords of the Manor and the many residents of Dagworth Hall from 1066 to the present day, giving a real sense of how the settlement has evolved from Saxon times.

We started by Narey's Garden Centre, walking down the very quiet country road that is Spikes Lane, then turning left by the side of the railway and along some lovely but well-trodden fields to Dagworth itself. We passed some russet-red cattle and sheep in adjoining fields taking shelter in any available shady patches, as well as some pyramidal orchids.

Along the way we learnt that, perhaps surprisingly, Dagworth was the centre of hop cultivation in Suffolk; in fact, Dagworth had a long tradition of hop growing as shown on a map of 1686. It still has what is possibly the only remaining example of a hop-kiln building in Suffolk, now converted to residential use. A 1912 photo shows it looking similar to a Kentish oast house with two conical roofs.

In his *History of Stowmarket* of 1844, the Rev Hollingsworth wrote that an early mention in the parish papers of the cultivation of hops in the Stowmarket area was in 1635 when "hop poles were brought from Stowupland's Columbine Hall to Stowmarket". He quotes

the tradition that hops were first brought to this country for cultivation in 1520, and that the first places they were planted in England were in Old Newton and Dagworth, reasoning that they were brought by Flemish weavers who settled in the area. Furthermore, Arthur Young's survey of Suffolk's agriculture in 1813 quoted Dagworth as having eight acres of hops.

So, we were not surprised to walk past Hop Farm and Maltings Cottage in the village, as well as the 19th Century farmstead and 15th Century farmhouse of Dagworth Hall (East and West) with what looked like a redundant but quite substantial dovecot and, more intriguingly, a rather gorgeous and substantial Grade 2 listed building called Sorrels House.



The final bonus on this lovely country walk was a field of bright red poppies waving in the sunshine.

Many thanks to Neil Langridge of Suffolk Local History Council for the hop history of Dagworth

*Stella Chamberlin*

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## Watching Wildlife Group

IN July our visit was to Newsons Farm, Thorpe Morieux where we were the guests of Roland and Frances Bee.

The meeting started with a brief history of the farm which is now a county wildlife site. In 1995 the Bees purchased the farm which consisted of just over 9 acres of land and a late Mediaeval/early Tudor house. They bought it primarily for the land with the dream of developing it for wildlife and conservation. The land consisted of two large fields which had been used for arable production for many years and a small meadow. In 2005 they purchased an additional 1.5 acres of adjoining land, which had been untouched for many years and had mainly gone to scrub.

We split into two groups, one led by Roland and the other by Frances, for a tour of the site. The first stop was the woodland of mostly native deciduous broadleaf trees, planted in winter 1997 in one of the large fields, with rides and glades where the meadow brown butterfly was in abundance. The wood is also home to dormice and we were able to see the boxes where their families had been successfully raised. We emerged onto a large grassland area, a third of which is a wildflower meadow flowering continuously from April to the end of August. It is given a high cut once a year in early September to preserve the insects, small mammals and invertebrates. A third of the remaining meadow is cut in rotation once a year to encourage tussocky grass for the small mammals, owls and kestrels. It was pleasing to see a wide variety of flowers and butterflies in this space. Along one side of this field there is a bank of rubble overgrown with brambles and shrubs that provides refuge for re-homed lizards and slow worms, both of which we spotted. Also seen were signs of a wasps' nest which had been excavated by badgers in search of the wasp grubs. The final stop was by one of the two ponds, home to great crested newts and dragonflies but, apart from the flora, there was little to see as the water level was low.



Picture of slow worms by Angela Lee

To finish a most interesting morning we were treated to tea and scones and were able to make a donation to a hedgehog charity for which the Bees provide re-homing facilities.

*Bryann Ward*



## Garden Visits

These are organised by Tina Taylor and three have taken place in recent months

### Kathy Brown's Garden



At the end of May 36 members travelled to Stevington by coach and on arrival were met by Kathy who escorted us to the Manor House and garden.

Kathy is a cookery writer and creator of magnificent cakes, which we were all able to try, with a cup of tea or coffee, before touring the grounds.

The 4.5 acre garden is the creation of Kathy, and her husband Simon, over more than 30 years, and has previously been voted eastern region winner in the Nation's Favourite Garden competition. We were split into two groups, one with Kathy and the other with Simon, for a tour of the garden, explaining the plants used and features, some reclaimed from former buildings such as concrete stair steps surrounding a water feature, and a metal gate which was once used at a cattle market. The interpretation behind some of the planting schemes and divisions was also explained.

The garden had lots of roses, peonies, wisteria, alliums, irises, and laburnum in bloom, and many other plants and features of interest. There were bee hives in one remote area on the edge tended by a local villager.

Our next stop was at Coton Garden Centre near Cambridge, where we could buy refreshments in their lovely café, and shop for plants, sundries and clothes.

### Norfolk Lavender

In July two guides took us on a tour of Norfolk Lavender. As with Kathy Brown's garden we were split into two smaller groups and found it very informative and interesting.

We had lunch in their restaurant where a section had been reserved for us. We had already pre selected and sent our choices to them. Everyone was efficiently served their chosen meal, and I have to say it was very good. The fish and chips, for those that had chosen them, were delivered from a fish and chip shop in Hunstanton, and looked fabulous.

Before leaving we had time to look around and shop and on the return journey we visited Peter Beales Roses at Attleborough. Many roses were still in flower and looked lovely scrambling over pergolas and arches. Afternoon tea and cake was available in the café.

Black clouds had followed us around and it was only as we arrived in Thurston that it poured with rain.



### RHS Hyde Hall



On 2nd August we visited RHS Hyde Hall where there was a garden show that day with many trade stalls selling plants, accessories, and everything you might need for your garden.

After a very enjoyable four hours we stopped at Perrywood garden centre near Tiptree on our way home.

### SOCIAL BRIDGE GROUP

The Social Bridge Group runs on the second and fourth Tuesday 1.30 to 4.00pm at the Wesley Cafe in Elmswell. It is a relaxed afternoon of play, no need to have a partner, but members do need to be able to play Bridge.

We would welcome some new members so if you are interested please contact Margaret Knock – 01359 240604

### John Stemp

We do not normally publish the names of members who have passed away but I am making an exception for John as he was a founder member very involved in setting up BU3A in 1994. He was convenor of a Big Band interest group and when chairman always started the Monday lecture meetings with a piece of music.

John died on 27 July and a celebration of his life took place in the cathedral on 18 August

### The deadline for the next newsletter is 24 November.

Items for inclusion should be sent to:  
bryann@brysuward.plus.com