

ART APPRECIATION

A small off-shoot of the group very much enjoyed a visit to Christchurch Mansion in Ipswich on 1st September to see the special exhibition to mark the 250th anniversary of John Constable, featuring a number of loans from other museums. The display was very well displayed and curated with clear explanations. The main event was

The Hay Wain, on loan from the National Gallery - a great opportunity to see a national treasure up close. We continue with our programme of talks and visits on into the new year: in October, Three Women Artists from Bury St Edmunds.



Anna Smith

NEW GROUPS - NEW IDEAS - NEW PLANS

Is there a particular subject that you would like to see Newmarket U3A offering as a group meeting? We are only a small U3A but there may well be those of you who have interests in an activity of hobby for which we do not currently provide. For example this might be a discussion group for issues in your own village or a more specialised activity.

Any new group will require one or more members to lead and we are totally reliant for volunteers to carry this out. The Executive Committee will provide support and assistance in setting up the group and finding a suitable venue appropriate to the activity planned.

If you have thoughts, ideas or a proposal, email us at:

ntk.u3a.chair@gmail.com



NEWMARKET & DISTRICT

E-NEWS FOR OCTOBER
& NOVEMBER 2026

From the Chair

Thank you to all our members who managed attended the AGM in July. I am pleased to let you know that Newmarket U3A is able to continue into its 40th year. Thanks go to all the committee members for standing but especially to Denise Cioffi, Susanne Stammers and Pat Spence who have just joined us and Di Angus-Smith who has been co-opted for a further year to be our treasurer.

And so back-to-day to day business. A new page has been added to the website with links to the timetables for bus services that support Newmarket and the surrounding areas. This proved to be quite difficult to do so if any of you use a bus regularly and it is not on the list please let me know and I will add it.

The topics and dates for the Speaker meetings for 2027 have also been added to the website so you can make a note in your diary.

Have you ever considered volunteering? Did you know that Newmarket U3A is run entirely by volunteers? If you have some spare time and would like to do more please let us know... Many hands make light work.

Geraldine Cornwell,
Chair, Newmarket U3A



SPEAKERS MEETINGS:

28 SEPTEMBER 2.30pm SARAH DOIG

The Real Basil Brown: From Rickinghall to Sutton Hoo and Back

Many people will be familiar with the story of the discovery of the Anglo-Saxon Great Ship Burial at Sutton Hoo. However, the life and achievements of the man behind one of the greatest archaeological finds. This talk shines a light on Basil Brown, a native of Rickinghall in



Suffolk; his motivations, passions and discoveries. It tells, in his own words and using recollections from local people and from those who worked alongside him, a tale of a largely self-educated farmer's son who achieved immortality in the world of archaeology.

Sarah Doig is an independent historical researcher and author. She is also a popular speaker on local and general history. As well as having written for local magazines, Sarah has had several books published by The History Press and Amberley Publishing

26 OCTOBER 2026 2.30pm HAZEL GRIFFITHS

The Motion of the Ocean

The story of how Hazel Griffiths became a Cruise Ship speaker, with tales of her travels.

“As a Destination Speaker, I deliver engaging presentations that prepare guests for the ports they will visit. My talks cover the history, culture, and key attractions of each destination, while also offering practical advice to help guests make the most of their time ashore safely and confidently.”



HISTORY

In **September** we had a fascinating presentation by Denise on **underwear**, with both male and female examples of developments from Roman times to the 1920s

October's talk will be by Tim, on “**Life (and death), in Nelson's Navy**”.

In **November Denise** will be looking at the building of the early priories and abbeys in this area, with special reference to **Anglesey Abbey**.

6 November: Denise brings us “The first Lord Fairhaven and the history of Anglesey Abbey”.

For **December's meeting we will be going for our Christmas lunch at the White Horse, Exning, as in previous years.**

Denise Cioffi, Di Angus-Smith & Tim Young

FAMILY HISTORY

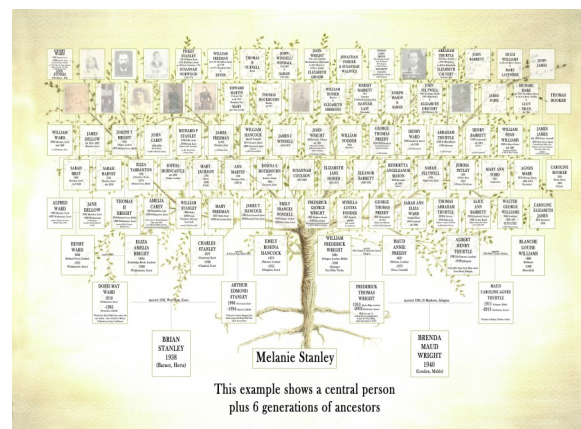
If you are interested in researching and recording the history of your family, please come along and join our friendly and informal group.

On 9 October our meeting topic will be learning – particularly about training for trades and apprenticeships.

On 13 November, we will be welcoming back **Barrie and Brian Kirk**, highly experienced family history researchers, as guests. This time they will be sharing the results of some of their own family research and Barrie will be giving a talk entitled “**Tracing a cousin at Trafalgar**”.

There will be no meeting of the Group in December.

Bridget Kerle



MUSIC APPRECIATION

September 18th - "Tone Poems" - pieces of orchestral music that tell a story, evoke a landscape, or illustrate a non-musical idea.

October 16th – “Lessor Known Rachmaninov” – performances of his 4th Piano Concerto and 3rd Symphony.

November 20th – To be arranged.

December 18th – No meeting.

Please keep an eye on the website for any changes.

Richard Unwin

GARDEN GROUP

This summer has been particularly challenging for gardeners, both with the heat waves and hose pipe ban but now that the rain has returned to the “East Anglian Desert” we can once again begin to enjoy the greening of the grass and see the recovery of plants we thought we had lost.

As usual, the Group meets every third Wednesday at 2.30 in the Racing Centre. Last month Andy Wickham from the Chrysanthemum Society introduced us to the beauty of his chrysanthemums, and also awed us with the dedication he gives to growing and showing chrysanthemums in regional and national shows.

We are sure that many of us have been given a present of an orchid on a special occasion but keeping that orchid alive and more importantly, continuing to bloom is a real challenge. Our next speaker on 16th September is Huw Richards from the Cambridge Orchid Society will teach us about the range of orchid types as well as advise on caring for them.

On October 21st, Margaret Nimmo-Smith who will talk to us about “Making the Most of a Small Garden”. Margaret is no stranger to the U3A having previously led the Cambridge U3A Garden Group.

Margaret & Richard Webb

WINGS, WHEELS & WATER

*Our meetings start at 10.30 am, 2nd Monday of the month,
in the Racing Centre.*

14 September: Richard Rigby entertains us with a transport related, ‘A Surprising Revival!’***

12 October: Tim again with the story of the ‘Magnificent Maltese Buses’

In **November** it will be David’s turn again and Tim will conclude 2026 in **December**, with a seasonal presentation.

*** Rumour has it that Richard’s surprise might take two sessions!

David Soanes, Tim Young

REALM OF BOOKS

In August we had an unusual meeting which could have been entitled: “A good read”. Instead of reviewing a title from the existing time-tabled reading list, members were invited to come to the meeting with a book of their choice, give a brief synopsis and their own review of the book. It was very interesting to hear individual views.

At our October meeting, on the 23rd, the members of the group will start planning the reading list for 2027. The new list will be put on the Realm of Books pages of the website in November.

If you are hesitant but curious, please join us on that day. It will give you a taste of things to come. You are of course welcome to attend any other session and decide for yourself if the Realm of Books is for you - you don’t need to have read the book of the month.



We meet every 4th Friday of the month at 2.30 pm at the Racing Centre. An excellent venue for our needs.

Sabine Deering

MOTO: Members on their Own

The MOTO group have enjoyed one or two trips lately. A large group of us joined up with Cheveley Evergreens and had a lovely day at Felixstowe (complete with fish and chip lunch!) and some members also went to St Ives for the day. A visit to Kirtling Church for their Friends Day on 26th September is also planned.

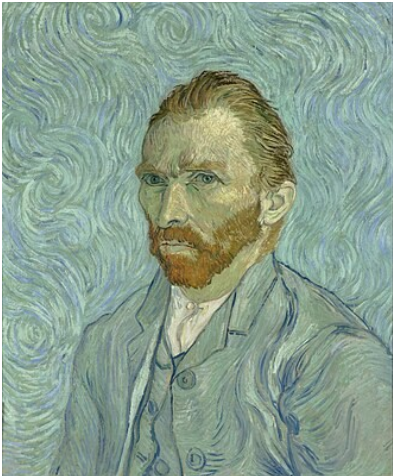
Our next activity will be a visit to Scotsdales at Horningsea on Thursday, 19th November for a look round the shop (lots of lovely Christmassy things!) and lunch at 12.00. If you think you will be joining us for lunch, please let me know so I can book a suitably-sized table.

WALKING GROUP

Nobody has come forward to take on the organisation of the Walking Group – one of two members have agreed to do future walks but that's as far as it goes.

Rosemary Foreman

PORTRAIT GROUP



The Portrait Group will start up again, after the summer break, on 22 September at 2pm in the Racing Centre. We meet on the 4th Tuesday of each month (except for 22 December). This is largely an untutored group and we endeavour to represent portraits (head and shoulders - fully clothed!) of a volunteer sitter, or from a photograph, in whatever medium we like (pastel, charcoal, watercolour, acrylics etc.).

Do let me know if you have any questions about joining the group.

David Watson

(Continued from previous page)

Two of the grandest projects, on which John and Jack were leading stonemasons, occurred in Lancaster, and involved the building of the original Town Hall (now a museum) and the Ashton Memorial in Williamson's Park. Travellers heading north on the M6 Motorway between junctions 33 and 34 can still see, over to the left, the imposing dome of the Ashton Memorial stood proudly above the skyline.

CREATIVE WRITING

The Creative Writing Group has again been well attended, despite the usually quiet holiday season.

We're such a fixture at Brampton Manor Care Home that Valda knows our drinks order without having to ask.

We're hoping the Open Morning will bring us a few new members this year again, as we were joined by some very creative writers last year.

Our story this month comes from **Bill** who joined after attending the Open Morning. He has contributed very enjoyable stories to the group in the last year. His story this month is the result of our prompt 'Family'.

Sarah McManus

SPEAKER MEETING: 23 NOVEMBER 2.30pm

ELIZABETH GOWING; Edith and Me



"Edith Durham, On the Trail of an Edwardian traveller in Kosovo."

The talk is based on the book that Elizabeth Gowing has written about tracking down the legacy of the extraordinary Balkan explorer and anthropologist, Edith Durham, On the Trail of an Edwardian traveller in Kosovo. Elizabeth's talk is illustrated with her own photographs.

CREATIVE WRITING: STORY OF THIS EDITION

FAMILY LINKS

By Bill Middleton

Forty or so years ago a lady called Lorna Milne, living in Canada, took it upon herself to investigate her ancestral history, which she had learned fell within a family with the surname Bainbridge. She concluded that the family had originated in a village of the same name, nestled alongside the



River Bain in Wensleydale, North Yorkshire. It was thought to be Saxon in origin, with the spelling, Baynbrygg.

Lorna's research led her back to a chap called George Bainbridge who, from 1786 to 1842, lived, married and brought up a family of six in the village of Burton-in-Kendal. Burton is located just north of the Lancashire-Cumbria border (or Westmorland as it was known in those days). Lorna's work showed that my mother, Nancy, born with the Bainbridge surname, was also a descendant of George Bainbridge.

In the early generations stone masonry dominated the lives of many of the male members. George, his second son John and grandson Jack exercised their craft throughout the nineteenth century in North Lancashire and Westmorland. They built houses and schools in the area, and even some churches.

DATES FOR YOUR DIARY

Holkham by Candlelight.

December 3rd. There are just 3 places left. If you are interested please see the online booking form or request a printed one.

ANNUAL LUNCH

January 21st 2027 at the Cherry Tree Soham.
Further details to follow.

Looking even further ahead.....

Newmarket U3A will be celebrating its 40th

anniversary on
Friday June
11th, 2027.



Planning has already started for a buffet lunch, hopefully followed by entertainment. More details as plans are confirmed.

Booking forms are available on-line, and at Speaker Meetings and on request. Only a deposit is required to secure your place.

OCTOBER 2026

GROUP MEETINGS

DAY/DATE	TIME	GROUP	VENUE
Friday 2	14:30	History	The Racing Centre
Monday 5	14:30	Camera Group	The Racing Centre
Tuesday 6	14:30	Art Appreciation	The Racing Centre
Wednesday 7	10:30	Walking	See Website
	14:30	Antiques	The Racing Centre
Thursday 8	10:30	Carpet Bowls	The Racing Centre
Friday 9	10:30	Family History	The Racing Centre
Monday 12	10:30	Wings Wheels Water	The Racing Centre
	14:30	Scrabble	The Racing Centre
Tuesday 13	10:30	Model Making, Craft	The Racing Centre
	11:15	Coffee & Cook Off	The Racing Centre
	14:30	Discussion	The Racing Centre
Wednesday 14	12:00	Brunch Meeting	The Stable Cafe
Friday 16	14:30	Music Appreciation	The Racing Centre
Monday 19	10:00	Executive Committee	-
Tuesday 20	14:00	Creative Writing	Brampton Manor Care Hm
Wednesday 21	10:00	Mahjong	The Racing Centre
	14:30	Garden Group	The Racing Centre
Thursday 22	10:30	Carpet Bowls	The Racing Centre
Friday 23	14:30	Realm of Books	The Racing Centre
Monday 26	14:30	Speaker Meeting	Catholic Parish Hall
Tuesday 27	14:00	Portrait Group	The Racing Centre
	14:00	Rummikub	Brampton Manor Care Hm
-	MOTO Group - See Website		

NOVEMBER 2026

GROUP MEETINGS

DAY/DATE	TIME	GROUP	VENUE
Monday 2	14:30	Camera Group	The Racing Centre
Tuesday 3	14:30	Art Appreciation	The Racing Centre
Wednesday 4	10:30	Walking	See Website
	14:30	Antiques	The Racing Centre
Friday 6	14:30	History	The Racing Centre
Monday 9	10:30	Wings Wheels Water	The Racing Centre
	14:30	Scrabble	The Racing Centre
Tuesday 10	10:30	Model Making, Craft	The Racing Centre
	11:15	Coffee & Cook Off	The Racing Centre
	14:30	Discussion	The Racing Centre
Wednesday 11	12:00	Brunch Meeting	The Stable Cafe
Thursday 12	10:30	Carpet Bowls	The Racing Centre
Friday 13	10:30	Family History	The Racing Centre
Monday 16	10:00	Executive Committee	-
Tuesday 17	14:00	Creative Writing	Brampton Manor Care Hm
Wednesday 18	10:00	Mahjong	The Racing Centre
	14:30	Garden Group	The Racing Centre
Friday 20	14:30	Music Appreciation	The Racing Centre
Monday 23	14:30	Speaker Meeting	Catholic Parish Hall
Tuesday 24	14:00	Portrait Group	The Racing Centre
	14:00	Rummikub	Brampton Manor Care Hm
Thursday 26	10:30	Carpet Bowls	The Racing Centre
Friday 27	14:30	Realm of Books	The Racing Centre
-	MOTO Group - See Website		