

The Diss u3a website (u3a-diss.uk) has up-to-date information about our committee and about all of our activities.

There is a wide and varied range of interest groups, which are open to all members of the Diss u3a.

Chairman	Fanny Grey	07583 504953 chairdissu3a@gmail.com
Vice Chairman	Vacant	
Treasurer	Pat Cooper	01359 259032 dissu3atreasurer@gmail.com
Secretary	Lynda Brooks	01379 652768 dissu3asec@gmail.com
Membership Secretary	Lesley Morris	01379 423734 membershipdissu3a@gmail.com
Health and Safety Officer	Barry Davies	07713 355646 hsu3adiss@gmail.com
Publicity Secretary	Lucie Maldoom	07936 871565 publicitydissu3a@gmail.com
Groups Coordinator	Sandra Balaam	01508 498988 dissu3agroups@gmail.com
Programme Secretary	Helen Rowland	07548 186443 progsecu3adiss@gmail.com
Website Editor	Non Committee Post	webmanagerdissu3a@gmail.com



(Charity No: 1179720)

MONTHLY PROGRAMME January to December 2026

u3as are self-help, self-managed lifelong learning co-operatives for older people no longer in full-time work, providing opportunities for their members to share learning experiences in a wide range of interest groups and to pursue learning not for qualification but for understanding and enjoyment.

Speakers for 2026

Date	Speaker	Topic
8 Jan 2026	Speaker TBA	Norfolk Blood Bikes
5 Feb 2026	Dr Jane Wilson-Howarth	Lemurs of the Lost World
5 Mar 2026	Horry Parsons	Bury St Edmunds Tower Part 3
2 Apr 2026	Joy Hawkins	Stones Bones & Herbs
7 May 2026	David Williams	The Greening of London
4 June 2026	Paul Jordan	Life in Specialist & Covert Operations
2 July 2026	Tony Diamond	The Shipping Forecast
6 Aug 2026	Derek Adams - Lee Miller	20th Century Woman
3 Sept 2026	Owen Thompson	The 18/19th Century fabric of Norwich Cathedral
1 Oct 2026	Tracy Mackness	The Giggly Pig Co.
5 Nov 2026	Ben Potterton	Dickleburgh Moor
3 Dec 2026	Robert Cator	The Accordion Man

Our meetings start at 1030, on the first Thursday of each month, at The United Reformed Church, Mere Street, Diss.
Doors open at 0945 and free refreshments are served until 1015.

Note: The January meeting will take place on the second Thursday so as not to clash with the bank holiday