



August 2026

Best wishes

Derek

East Anglia Speech Tracking (EAST) project

We are the East Anglia Speech Tracking (EAST) project, a team of university researchers studying how the accents and dialects of Norwich have changed over the last 60 years. We are writing to you as a valued community organisation to ask for your help in spreading the word about the study.

*** Why Norwich? ***

Not many people know this, but in 1968 Norwich-born Professor Peter Trudgill carried out one of the most important studies of accents and dialects in history.

Trudgill interviewed dozens of Norwich people and made several breakthrough discoveries, including about why men and women tend to speak differently and why people from different social backgrounds often speak differently too. Students still learn about Trudgill's Norwich study at universities all over the world today.

Almost 60 years later, we are returning to Norwich to find out how the city's accents and dialects have changed, what has remained the same and why.

*** Who can take part? ***

We are looking for local volunteers to take part in short, informal, recorded interviews. Participants will have the opportunity to discuss topics such as local dialect words, changing accents, life in Norwich and what it means to be East Anglian. Participants will also be asked a few questions about their background.

You can take part if you:

- are aged 16 or over;
- have lived in Norwich for most of your life; and
- have spent no more than three years living elsewhere.

It does not matter if you think you "don't have a Norwich accent". We are keen to hear from local people who speak in all sorts of different ways!

** How can you help? ***

We will be carrying out interviews in Norwich between 6 and 28 August 2026.

We can meet people at home or at another suitable location, at a time that works for them.

We would be extremely grateful if you could:

- share this invitation with members of your organisation or network;
- tell friends, parents, grandparents and other long-standing Norwich residents; or
- put us in touch with anyone who may have taken part in the original study.

You can find more information here www.theeastproject.co.uk

Anyone interested can contact us using the form here [Contact us - East Anglian Speech Tracking Project](#)

Life Long Learning

Norwich Lifelong Learning (NLL) is a community organisation providing high-quality daytime adult education across Norfolk. Established in 2024 by experienced adult educators, it was created to preserve and expand local learning opportunities after previous provision was reduced.

NLL offers a friendly, inclusive programme of short courses and day schools, with no exams or prior knowledge required. Subjects include literature, philosophy, history, art, politics, music, science and film, with courses ranging from half-day events to five-week programmes.

Classes are led by enthusiastic tutors and encourage curiosity, discussion and the sharing of ideas in a relaxed atmosphere. Most take place at The King's Centre in Norwich, with Saturday courses at The Forum and additional provision in Aylsham.

As an independent not-for-profit organisation, NLL keeps fees as affordable as possible and also operates a learner support fund to widen access.

Since its launch, NLL has attracted strong enrolments and excellent feedback, becoming an important part of Norwich's educational and cultural life.

The Autumn 2026 programme is now open for booking. For more information and to enrol, visit: <https://norwichlifelonglearning.co.uk>

Possible Mindfulness and Meditation Group

Basically, I would like to know if there are any members in Norwich u3a who might be interested in joining me in practicing Mindfulness and Meditation, based on the "8-week Mindfulness programme devised by Dr Mark Williams and Danny Penman.

Having completed the 8-week MBSR course I have been practicing Mindfulness for the past 10 years, or so, and find it supportive in everyday life. For further information please see <https://www.mindfulness.org/home>

Please contact: nancycarr99@gmail.com.

NORWICH U3A WALKING GROUP

We are a walking group and would love to welcome new members.

We generally walk between 8 and 10 miles in the East Norfolk countryside and coastal areas.

Walks are organised on alternate Tuesdays starting from a designated point at 10.00, taking a picnic lunch and drinks with us. We finish around 14.30 to 15.00 and we usually have tremendous luck with the weather! We encourage members to organise/ lead walks on a rota, if they wish to do so.

Stephen Osborn is now our Coordinator and he can be contacted at sdosborn5@outlook.com (or phone 01604 426189).

Rediscover Easton, 31 August, an invitation to Norwich u3a

I'm Charli, a neighbour in Easton, a village just west of Norwich. On Bank Holiday Monday 31 August, we're running Rediscover Easton, a free village-wide fun day organised by your neighbours at the Easton Community Cupboard: a yard sale across driveways, a fun day at venues across the village, and a street feast, running 11am to 7:30pm.

Best wishes,

Charli

Easton Community Cupboard

eastonyardsale@gmail.com | 07377 864837

Learn Arabic

Interested in languages... How about Arabic? Judging by the number of foreign languages on offer in our Norwich U3A programme many members welcome the opportunity to revisit a language they learned at school or get to know a new one - without the pressure of school exams. What's more, practising a foreign language is a sociable activity and it's great for the brain! It was with this in mind that I decided to offer a basic introduction to spoken Arabic, having lived in the Middle East for many years. The BBC course that we use teaches the basics of this interesting language with the aid of conversations in everyday situations. Occasionally we make a trip to a Middle Eastern café in Norwich and give our orders in Arabic – to the delight of the proprietor! We meet weekly at 9.45-11.15 on Tuesday mornings at my home just off Earlham Road. A new course will begin in August. It runs for approximately 30 weeks. Terry Edwards (Arabic course convenor) edwardsthierry1948@gmail.com