



NEWSLETTER JULY 2025

OUR U3A



Editor: You can contact Phil Joiner at ww3aphil@gmail.com or 07728 748 131. Contributions for next month to be received by midnight on 19th July. Keep the articles coming please. On a personal note, we had a baby fox suddenly appear in our bedroom one morning this month and we borrowed our neighbour's dog to chase the fox out. By sheer coincidence, the Wordle solution that morning was Vixen!

CONVENORS' MEETING 3rd JUNE

A lively discussion was held concerning various issues including risk assessments. Members should know their limitations and ask the convenor if they are in doubt about whether to take part in an activity. It was decided that a member should be removed from a convenor's list if:

1. They have not been in contact with the convenor for three activities/ sessions
2. They have not been in contact with their convenor to apologise or explain their absence. This will allow people on the waiting list to be invited to take part.

Convenors need to have Emergency contact numbers from their members in case of accidents / incidents. All Convenors need to complete a risk assessment for their activity. Only one risk assessment is needed each year for Home, Venue and Café, restaurant and pub (with places specified on this assessment)

In the future we are inviting a member of London Regional Office to advise and clarify regulations necessary for walking/travelling groups.

Richard Barnes – Chairman,
Jane Brown – Group Co-ordinator
Val Lord – Group Co-ordinator



Ros Hay writes: Do you have your new Membership Card? If you didn't supply a stamped addressed envelope when renewing, please do so as soon as you can. My address

is 9 Shaftesbury, Loughton, IG10 1HN. Otherwise, the cards may be collected at the monthly meetings. You should have the card with you when you attend the meetings and any of the Interest Groups. And don't forget to put your Emergency Contact details on the back.

Don't cling onto your mistakes. Move on to the next one!

UPCOMING MEETING

On Tuesday 1st July at 10.30 a.m.

(Doors open at 10.00 a.m.)

At: The Memorial Hall,
South Woodford 209 High Rd, E18 2PA.

Speaker: TBA

Topic: The Match Girls strike of July 1888

In July 1888, the women and teenage girls working at the Bryant & May match factory in Bow, London, England went on strike. At first, the strikers were protesting the dismissal of a worker after employees had refused a demand from Bryant & May management to repudiate an article on terrible working conditions at the factory. When management promised to rehire the fired worker, the strikers continued the industrial action to bargain for a cessation of unfair deductions from pay and for improvements to working conditions.



TO OUR NEW MEMBERS

Ann Foster, Freda Gray,
Gillian Hilton, Adrian Lee,
Peter Lodge, Marian Murphy
Kumar Sandirasegaram,
Julian Walker, Celia Wynne

NEW MEMBERS MEETING

After the monthly meeting on Tuesday 1st July, we are inviting new Wanstead and Woodford U3A members to meet for tea/coffee in an area of the hall which will be specified on the day. As well as being introduced to other new members, they will have the opportunity to meet some of the committee and group convenors.

CURRENT VACANCIES

Basic Italian	Boules	Bridge
Bridge Tuition	Enjoying Opera	Film Group
French	History	Music Appreciation
Ten Pin Bowling	Trains, Boats and Planes	

Unfortunately the Evening Dinner Group 1 has closed
Also Local Walks



WANTED: CONVENOR TO RUN A SPANISH LANGUAGE GROUP

Currently Bernice Butcher runs a very successful Intermediate Spanish group, but she has had some enquiries from members who would like to start learning Spanish. If there is anyone who thinks they would like to run a beginners group (or possibly a second intermediate group) please get in touch with Bernice for more information at baglady2k@hotmail.com

Love keeps the cold out better than a coat

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OUR U3A



WITNESS FOR THE PROSECUTION

Janet Taylor writes: I have 20 tickets for **Witness for the Prosecution**, showing at the London County Hall.

Tickets are for Thursday 20th November at 2.30p. m. at a cost of £35.00. Quite a long way in advance I know, but you are all such busy people with diaries full of meetings, walks etc that I have to plan well in advance. We have been given an excellent price of £35.00. So come along and see me at the next meeting and put your name down, no payment needed until August/September. This is a unique courtroom staging in the magnificent London County Hall. Explore the world of witness for the prosecution. I haven't seen it, but I have been informed that even if you have seen it, the ending changes depending who had been picked to serve on the jury. Something to look forward to in the darker days of winter.



TRAINS BOATS AND PLANES

Ann Speed writes: This month the Trains, Boats and Planes group travelled via the Chilton Railway to Beaconsfield to visit a

famous model village. Bekonscot is a charming model village built in the 1920s, delightfully and humorously capturing the essence of the 1920s British lifestyle. Visitors can explore the intricate details of the village, from the bustling market squares to the serene countryside scenes. It features both fictitious and real buildings, including Beaconsfield's airport for biplanes, model railways, cable cars, a circus, and a zoo. The village is known for its punning names like Sam and Ella, a butcher's shop, Dan D Lyon the florist, and Argue and Twist the solicitors. The attention to detail in these areas is remarkable, making Bekonscot a delightful destination for all the group.

The next outing of Trains, Boats and Planes will be on Tuesday 8th July taking the river boat from Richmond to Hampton Court, a very pretty part of the Thames. If interested contact Richard Moules (convenor) for further details.



GUIDED WALK WITH PAUL BARWICK

Those of you at our last General meeting will remember the wonderful talk given to us by Paul Barwick on Nancy Wake,

the WW2 most decorated female spy. He is giving his "Eyes on the Spies" espionage walking tour that impacted London from WW2 until today. This is planned for 3rd July starting at 11am from Green Park TFL Station. It lasts 2 ½ hours and costs £15. Each guest receives a supplied audio receiver and earpiece. Number of guests 6 to a maximum of 20. If you would like to join fellow U3A members, please contact Paul directly to reserve your place or get more info. Please pay on the day by taking £15.00 in notes. Paulbarwick999@gmail.com 07958 623252.

VARIOUS ITEMS



FIDDLER ON THE ROOF

Janet Taylor writes: On the 12th June 20, members of the U3A had an afternoon at the Barbican Theatre to watch the sell out show **The Fiddler on the Roof**. I hope I speak for all of us when I say what a fantastic show

it was. Tevye played by Olivier nominee Adam Dannheisser was outstanding. With some beautiful music, Sunrise Sunset, the theatre lit by candlelight was a very moving end to the end of act one. If you haven't seen this show, I urge you to do so whilst it is still running at the Barbican. Watch out for further outings to the theatre.



HYDE HALL

Lynne Stillwell advises: I still have 13 tickets available for this trip on Tuesday 15th July. The cost is £17.00, or should you require a guided tour it is £22.00. The coach will be leaving Hawkey Hall at 9.45a.m. and returning at approximately

5.30.p.m. There is also the option of making your own way to Hyde Hall. Should you wish to take this option, please contact me asap, or at the very latest at the July meeting.

Hyde Hall is known for its diverse plant collections, stunning views and unique themed areas. It is situated in rural Essex, with panoramic views of the surrounding countryside. There are many gardens to visit and whilst the paths are well maintained, some areas may be less accessible for visitors with mobility issues. Should you need one, there are manual wheelchairs available on a first come, first served basis and mobility scooters available, but these must be booked in advance, so please let me know. There is a café at the entrance of the garden which serves light lunches and snacks, or a restaurant within the garden that has more substantial options. Also, you are welcome to bring a picnic and are allowed to picnic anywhere except the top lawn, apparently you will know it when you see it! 07957760071 Lystillwell@hotmail.co.uk



EHIC/GHIC/PASSPORT ADVICE

Peter Fox advises: Many people got these during COVID times and they are only valid for five years, so yours may have expired. It's easy enough to renew online, but it can take up to 15 business days for new ones to arrive. Check at <https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>

Also, you can visit Google 'passport checker tool' to double check if your passport is still valid for EU travel post-Brexit



MEMORY LANE

Sandra Reekie reminisces: This photo is of the first ever coach trip of the WWU3A, which I organised, I think, in 2014/2015. It was to Paycock House near Chelmsford. We visited the house and the old the barn and we had a full coach.

OUTING FEEDBACK



FPR 1

Jan Martin reports: The rather rainy day on Thursday 5th June didn't dampen the spirits of the members of Freedom Pass Rover 1. Meeting at Mile End Station, we took the

Hammersmith and City Line to Cannon Street and continued to Blackheath by National Rail. When we arrived at Blackheath Village we made our way to The Exchange, a community hub, where we enjoyed coffee in the nonprofit making cafe run by volunteers. The community hub supports the charity Age Exchange which offers the opportunity for local residents to join a class or volunteer in the community library which is housed in the building. We saw a Knit and Natter group in the cafe and downstairs the members of a Dementia Choir were enjoying a singing session.

From Blackheath, we caught the Superloop SL4 bus to Canary Wharf which took us through the newly opened 1.4 kilometre long Silvertown Tunnel. From Canary Wharf we walked to West India Quay and most of us stopped for lunch at the Ledger Room The building takes its name from the building's original use which was to house the ledgers of the West India Docks and is a very impressive building. Then we caught the West Ferry DLR back to Stratford.

Many thanks go to Sue Cox for organising the very enjoyable outing.



QUIZ DETAILS

Our own quiz date has been moved owing to the unavailability of the Memorial Hall on 23rd September and it will now take place on

Tuesday 30th September from 1.00 to 4.00 p.m. so please put the date in your diary. Tickets will be on sale from Val at the July Meeting.

In addition, the shared Quizzes have proved to be popular, so we have three more lined up. They are all at Loughton Bowls Club. It is still £2.00 pay at the door but you must pre-book!! They are on 19th September (R.V. Quizmasters), 17th October (W and W Quizmasters) and 21st November (run by B.H. Quizmasters) All quizzes starts at 1.30p.m. Book with Jane Brown - brown2jane@gmail.com or Val Lord - lordval99@btinternet.com

LOCAL EVENTS



COPPED HALL

www.coppedhalltrust.org.uk

GARDEN AFTERNOONS
£7.00 online

On 6th July*, 3rd August and 7th September.

*On 6th July the afternoon includes a Teddy Bear's picnic

GUIDED TOURS - £12.50 online.

On 20th July, 17th August, 21st September,
19th October and 16th November.

LONDON PLACES TO VISIT

These are the selected events this month for interesting visits
Please visit any of the websites for further details

VISIT LONDON (LOADS OF EVENTS)

<https://www.visitlondon.com/>

BEHIND THE SCENE TOURS OF THE ALBERT HALL

<https://www.ianvisits.co.uk/articles/tickets-alert-behind-the-scenes-tours-of-the-royal-albert-hall-81307/>

TOWER OF LONDON MEDIEVAL PALACE

<https://www.ianvisits.co.uk/articles/the-tower-of-londons-medieval-palace-reopens-after-revamp-81346/>

TOURS OF THE KING'S OBSERVATORY

https://www.ianvisits.co.uk/articles/tickets-alert-tours-of-the-kings-observatory-in-june-2025-81279/?utm_source=newsletter&utm_medium=email

HOUSES OF PARLIAMENT OPEN EVENINGS

https://www.ianvisits.co.uk/articles/houses-of-parliament-to-have-public-open-evenings-this-summer-81146/?utm_source=newsletter&utm_medium=email

POEM

HOLIDAYS

Holidays are overrated I know, what to see, and where to go,
Money spent and not much to show.
But the places I've been for goodness sake!
Friends from everywhere I'm happy to make,
All kept in my memory store, making me wish for even more.
I love a walk- in shower and not to be woken at an early hour.
That's really is all I ask and applying sun cream my only task.

Poem from our member Jackie Raine

ALL OUR YESTERDAYS



We met and married a long time ago
We worked long hours when wages were low.
No TV, no bath, for times were hard.
Just a cold water tap and a walk in the yard.
No holidays abroad, no carpets on floors
We'd coal on the fire and didn't lock doors.
Children were safe going to play in the park,
And old folk could go for a walk in the dark.
People seemed happier in those far off days,
Kinder and caring in so many ways.
We all got our shares of trouble and strife,
But we just had to face it - the Pattern of Life.

COMIC CAPERS

A hacker called me and said he had all my passwords, I got a pen and paper and said 'Thank God for that, what are they'

By replacing your morning coffee with green tea, you can lose up to 87% of what little joy you still have left in your life.

Government pleads with UK public to stay at home this weekend as overcrowding at beaches could leave channel boats nowhere to land.



A mummy covered in chocolate and nuts has been discovered in Egypt. Archaeologists believe it may be Pharaoh Roche.

Labour announce that pensioners over 80 will need to be living with both parents to receive additional support.

At a certain age, life is like a game show and it's called "Guess which part of your-body-is-going to hurt today?"

YOU MUST BE JOKING

100 years ago only the rich had cars. Today everyone has cars and only the rich own horses. How the stables have turned.

Driving instructor to pupil. 'When I say Labour, do a U turn'
My pet mouse Elvis died yesterday. He was caught in a trap!
There is no water, so my swimming baths are closing lanes 7 and 8.
We divorced over religion. I thought I was God, but my wife didn't.
How was the Roman Empire cut in half? With a pair of Caesars.
I was told my friend was buying me headphones. Music to my ears.
It only rained twice last week. Once for 3 days and once for 4 days.
Sign outside a Castle. 'The key is under the moat'.
RAC Motto. We don't charge an arm and a leg for a tow.
Where did the person who invented patents go to register his idea?
A shotgun marriage is a case of wife or death.
He had a photographic memory which was never developed.
A dentist and a manicurist married. They fought tooth and nail
This couple went to the gym, but their relationship didn't work out.
I had an unknown burnt vegetable at a restaurant. I think it was Chard.



Early one morning, a mother went in to wake up her son. "Wake up, son. It's time to go to school!" she said. "But why, Mum?" he replied. "I don't want to go." "Give me two reasons why you don't want to go," his mother fired back. "Well," he said. "The kids hate me for one, and the teachers hate me too!" "Oh, that's no reason not to go to school," his mum said. "Come on now and get ready." "Give me two reasons why I should go to school," the son quipped. "Well for one, you're 52 years old, and for another you're the Head Master.



A sweet grandmother telephoned St. Joseph's Hospital. She asked, "Is it possible to speak to someone who can tell me how a patient is doing?" The operator said, "What's the name and room number of the patient?" The grandmother in her weak, tremulous voice said, "Norma Findlay, Room 302." The operator replied, "Let me put you on hold while I check with the nurse's station for that room." After a few minutes, the operator returned to the phone and said, "I have good news. Her nurse just told me that Norma is doing well. Her blood pressure is fine; her blood work just came back normal and her physician, Dr. Cohen, has scheduled her to be discharged tomorrow". The grandmother said, "Thank you. That's wonderful. I was so worried. God bless you for the good news". The operator replied, "You're more than welcome. Is Norma your daughter?" The grandmother said, "No... I'm Norma Findlay in Room 302! No one tells me anything



An artist asked the gallery owner if there had been any interest in any of the paintings he currently had on display. "Well, I have some good news and some bad news for you," the owner replied. "What's the good news?" the artist asked. "Well, a gentleman inquired about your work and he asked me whether these paintings would appreciate in value after your death,". "And when I told him they would, he bought all 30 of your paintings." "Wow.. "So, what's the bad news?" "He said he was your doctor".