



NEWSLETTER AUGUST 2025

OUR U3A

CHAIRMAN'S THOUGHTS - JULY 2025

Richard Barnes writes: As you may be aware, I rarely speak about what is happening with Wanstead and Woodford U3A, but I felt it necessary to mention Safeguarding and Risk Assessment. I must say how impressed I am with the progress being made by the Committee and convenors in the implementation of these items. I realise that one or two people are reticent in having to put these practices into place, but at the end of the day we have to look after each other as best we can.

We are a strong and vibrant group of people who relish offering our skills and knowledge for the betterment of the group and long may this remain so.

May I wish everybody a great summer and I look forward to meeting up with you all at the next meeting.

Editor: You can contact Phil Joiner at ww3aphil@gmail.com or 07728 748 131. Thanks for all the articles last month. I hope you will keep them coming. Contributions for next month to be received by midnight on 19th August.

Some of you may know that I am regularly published by The Daily Mail (mostly anagrams) and on 8th July this appeared as a lead article. It is all true! A member who read it suggested I share it with you.

NOT FOXED BY WORDLE AFTER CUB MADE A VISIT

ONE morning a few weeks ago, while I was drinking tea in bed, a fox cub came into our bedroom, then - after we'd conducted a frantic hunt - disappeared, so we assumed it must have run out again. A few minutes later we took in our neighbour's dog so we could take him for a walk. He bolted upstairs and found the fox under some cupboards - this time he definitely went out! A neighbour's nosy cat, which often pops in, also visited to see what all the commotion was. So although the fox had gone, we had to protect her from the dog. We'd had three animals in the house by 7.30am - none of which we owned! It was like



London Zoo and we half expected a giraffe to appear. We sat down to breakfast and did Wordle as usual and the answer was 'vixen'. We collapsed in fits of laughter at the coincidence!

Phil Joiner,
Woodford Green, Essex

UPCOMING MEETING



On Tuesday 5th August at 10.30 a.m.

(Doors open at 10.00 a.m.)

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

Speaker: Craig Haslam

Topic: My time in the police, as a toastmaster
and as a Deputy Lord Lieutenant

Craig has 30 years experience with the Metropolitan Police Service. As a senior officer, he has led and delivered major national events including The Queen's Birthday Parade, Royal Weddings and other State Occasions. He played a pivotal leadership role in the wedding of the Duke and Duchess of Cambridge in 2011. He has taken his skills into the world of Toastmaster duties and has carried out over thirty varied events and functions as a Toastmaster. These have included weddings, civil partnerships, award ceremonies, gala dinners, masonic ladies festivals and charity fund-raisers.



TO OUR NEW MEMBERS

Ann Alderson, Graham Brown,
Tessa Hilton, Bharat Patel
Yasmin Ramjohn

CURRENT GROUP VACANCIES

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

The Looking at Art group needs a new convenor.
Is anyone willing to take this on?



HYDE HALL

Ann Speed reports: Lynne Stillwell organised a lovely day out for a coach full of members at the RHS garden near Chelmsford. The weather was warm and breezy, perfect for exploring. On arrival, many of the group took advantage of the guided tour and checked out the innovative horticultural features like the dry gardens and a global vegetable garden designed for warmer climates. The guided tour was informative, and we had a wonderful lunch break, many of us sampling the delicious food at the Gardener's Rest. There was a quick rain shower, but it didn't dampen our spirits and it was nature's way of reminding us of who's boss. At the end of the day there was green shopping, lots of plants, garden ware and artisan produce. Overall, it was a full, social and educational trip, grateful thanks to Lynne Stillwell.

OUR U3A



WITNESS FOR THE PROSECUTION

Janet Taylor writes: I am pleased to advise you that I have obtained a further 10 tickets for Witness for the Prosecution. So all the members who put their name down on the waiting list have now been allocated a ticket. I will start taking payment at the August/September meetings. If you could pay, preferably by Sum Up at the meeting, that would be great. You can also pay by bank transfer, quoting your membership no. and the reference 'Witness'. If you pay by bank transfer, can you please advise me of the date paid. Finally if you are unable to pay by either of these methods I will accept a cheque. My email address is twotaylorss@btinternet.com which you can use to advise me of any payment made.



TRAINS BOATS AND PLANES

Ann Speed writes: Sunny weather, glorious landscape and good company. What a perfect recipe for a good day out with the Trains, Boats and Planes group. Meeting up as usual at South Woodford underground, we took the overground (air conditioned) from Stratford to Richmond for a boat trip to Hampton Court. The M&S at Richmond supplied beef and horseradish sandwich for me and a strawberry and cream sandwich for Leslie. We then took the H57 bus (directly outside the station) a short way to the river where there was a vegetarian café (see picture). The boat cost £10.50, wonderful value to appreciate an extremely pretty part of the Thames, together with a cheeky and informative commentary from the captain. A short walk at Hampton Court to the station took us efficiently to a train to Waterloo for the return journey home.

Next month's trip is to Brighton for a trip on Volks Electric Railway & Fish & Chips. If you are interested please contact Richard Moules (Convenor).



LOOKING AT ART

John Lawrence writes: On Friday 20th June we went to this recently opened V & A store Easthouse East Museum. It is within walking distance of Westfield shopping centre with a bus service to & from Stratford. There is a cafe on the ground floor where we took coffee etc. The storehouse is spread over 3 floors and there are exhibits of various ages and types in a warehouse type arrangement. This is an overflow of the V & A collection. A different and interesting place to visit. This is my final visit report as I am stepping down as leader of the group.

Editor: We thank John for all the excellent visits he has arranged over the years and are now looking to find somebody to succeed him. Any one interested should contact Val Lord, Group Co-ordinator at 07806 093 533 email lordval99@btinternet.com

MORE U3A

FREEDOM PASS POVERS 1



Anne Perrin reports: We travelled to Euston Road on 3rd July to visit the Wellcome Collection, a free museum and library exploring the past, present and future of health. The spacious, air conditioned cafe in the collection was a welcome stop when we arrived on what was another warm, sunny day, where we enjoyed coffee and cakes before exploring the collection.

The museum has a fascinating mix of exhibits, including historical medical instruments, prosthetics and interactive displays exploring human biology and mental health. A favourite was the clear, life sized model of a female body, complete with all internal organs which lit up when the corresponding button was pressed. This sparked some surprises and lots of discussion among us as to the position and size, or lack of, of some of the organs.

Among others were spectacles with hearing aids attached and orange tinted reading glasses to aid the owner who was dyslexic.

Before the journey home, we stopped for lunch in the Captain Flinders Inn, very close to the museum and the station. Now a Wetherspoons establishment, it's named after Captain Flinders, the Royal Navy explorer who led the first circumnavigation of Australia and whose remains were found by archaeologists working on the HS2 project in Euston.

Many thanks to Sandra Reeves and Janet Catmur for choosing such an interesting venue for our trip this month.



QUIZ DETAILS

Our own quiz is on 30th September and it will take place 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 August 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

OUR U3A



FILM GROUP

Angela Barnes writes: Our July meeting was well attended to watch *Under a Tuscan Sun*, a charming film based on the book by American author Frances Mayes. She impulsively bought a wreck of a house in Tuscany when on a coach tour of the area after her divorce. It was more than a rom com, having a number of interesting story lines and some beautiful settings including the town of Cortona (many of the local people were enthusiastic extras) and the well-known Amalfi coast town of Positano. It was a very pleasant way to spend the afternoon.

We do not meet in August but begin again in September. I have a group of loyal members who sign up at the beginning of each term even though they can't always get to every meeting. They understand that we still have to pay the hall rental and the film licence. We need 20 members to be able to charge £4 a session and break even. Many of the group are finding it easy to pay by tapping their bank cards on the SUM UP machine at the monthly general meeting on the first Tuesday of the month. Otherwise you can pay online or we do accept cheques as a last resort.

Next meeting is on Wednesday 10th September 0781 790 4572 angelabarnes1972@gmail.com



Editor: Members may remember that if you book your holidays with Riviera Travel 01283 901502, you get a 10% discount which is credited to our U3A. Mention when booking

that you are a member of Wanstead and Woodford U3A and they will do the rest and it will not cost you a penny. Diane our treasurer tells me that our U3A received over £2,000 last year through this scheme. Have a good holiday!

LONDON REGION



LONDON REGION OF U3AS WALKS AND VISITS PROGRAMME SEPTEMBER AND OCTOBER 2025

The entire programme can be found [here](#) so you can peruse and choose at your leisure. The "click here" links will not be live until the respective launch dates. The launch of the bookings will be in stages 31st July for September's sessions and 21st August for October's Black History month sessions. Please ensure you check the events page on the launch date to register. For those members receiving their copy of the newsletter by email to open the link you have to hover the mouse over the link and then hold CTRL (control) and click.

Make them laugh and everyone is a winner

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/>

BEHUND THE SCENES OF THE ROYAL ALBERT HALL

<https://www.royalalberthall.com/tickets/tours-and-exhibitions/behind-the-scenes-tour>

LAMBETH PALACE OPEN DAY

Friday 29th August. £10.00

<https://www.archbishopofcanterbury.org/about/lambeth-palace/visit-lambeth-palace>

POSTAL MUSEUM

<https://www.postalmuseum.org/>

TOURS OF WESTMINSTER SCHOOL

<https://www.westminster.org.uk/about/archives-and-collections/guided-tours/>

LOCAL EVENT



COPPED HALL

www.coppedhalltrust.org.uk

GARDEN AFTERNOONS £7.00 online

On 3rd August and 7th September.

GUIDED TOURS - £12.50 online.

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

POETRY CORNER



TODAY'S THE DAY

Today I won't do a thing. I'm not feeling weak or ill.
I won't reach my potential, with nothing to fulfil.
Today's the day I'm lazy, no cooking or cleaning.
Or doing any tasks that I would find demeaning.
I'll just do nothing at all, or answer any call.
I won't be stressed. I'll sit down and have a rest.

CATS IN FILMS OR BOOKS

Films or books for our feline friends??

To kill a Mockingbird	Cat Ballou
The Mousetrap	The Birds
Cat on a hot tin roof	Catwoman
Catcher in the Rye	A tale of two kitties
Of mice and men	Top Cat
Perrfect strangers	Supurrman
Tom and Jerry	Cat o' nine tails

Live life the way you want it and on your terms

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YOU'RE HAVING A LAUGH!



The only thing I take seriously in the newspapers nowadays is Fish and Chips.

And even that I take with a pinch of salt.



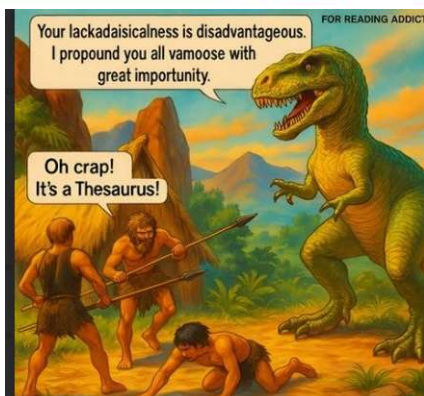
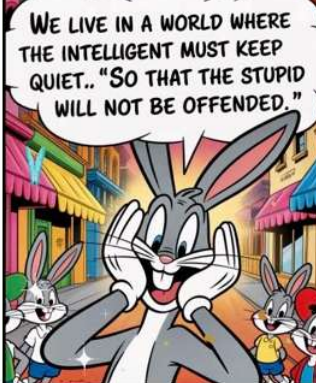
I'm a person who wants to do A LOT of things TRAPPED in a body that doesn't...

Do you remember before the internet, that people thought the cause of stupidity was the lack of access to information?

Yeah, it wasn't that.

I was so suspicious and paranoid about my wife having an affair, that we moved to a new town 700 miles away.

I couldn't believe my luck when we still managed to keep the same gardener.



YOU MUST BE JOKING!

A lorry carrying minced beef and Kidney beans crashed with a lorry carrying rice. It's Chilli Con Carnage.

My wife said Have you seen the dogs' bowl?
I said that I didn't even know they played cricket.

Classical music fans go to the supermarket with their Chopin Liszt Library's are so strict about noise, as they have to go by the book.
Smoking and eating bacon may kill you. But smoking bacon will cure it.
The French eat snails as they can't stand fast food.
The inventor of doorknobs found fame too hard to handle.
Invest your money in taxes. They are the only things likely to go up.
IKEA now supply a rocket scientist to put together your flat packs.
Desperate High Street Stores are gift wrapping items for shoplifters.
Old Bank Accounts never die. They just lose their balance.
Some people living beyond their means should learn to act their wage.
I had amnesia once -or was it twice, or even three times?



Karl, fresh out of accounting school, went to an interview for a good paying job. The company boss asked various questions about him and his education, but then asked: "What is three times seven?" "Twenty-two," Karl replied. After he left, he double-checked it on his calculator and realised he wouldn't get the job. About two weeks later, he got a letter that said he was hired for the job! He was not one to look a gift horse in the mouth, but was still very curious. The next day, Karl went in and asked why he got the job, even though he got such a simple question wrong. The boss shrugged and said: "Well, you were the closest."



It was raining hard and. n old man stood beside the puddle holding a stick with a string on the end and jiggled it up and down in the water. A curious gentleman asked what he was doing. "Fishing," replied the old man. "Poor old fool," thought the gentleman. So he invited the old man to have a drink in the pub and paid for their orders. Feeling he should start some conversation while they were sipping their whiskey, the gentleman asked, "And how many have you caught?" "You're the eighth."



A man goes to join an order of monks. The head Monk says to the man, "This is a silent order. You will only be allowed to speak once, every 15 years." The man says "Okay," and so begins his time with the silent order. 15 years pass and the man is sitting in the refectory when the head monk approaches and says to the man, "It has been fifteen years. What would you like to say brother?" The man responds, "The porridge could do with a little more sugar." The head monk nods in acknowledgement and walks away. Another 15 years pass and the head monk finds the man in the dormitory and says, "Brother, it has been another 15 years. What is it that you wish to say?" "The bed sheets are a bit thin." Replies the man. Again the head monk nods in acknowledgement. Yet another 15 years pass and the head monk sees the man and asks, "15 years have passed. Have you anything to say?" "Well actually I've been thinking about it and I'm leaving the order. It's not really for me," says the man. "Yes, yes," sighs the head monk. "I think that's for the best. You've done nothing but complain since you got here."