



NEWSLETTER MARCH 2026

EDITOR'S CORNER



You can contact me, Phil Joiner at ww3aphil@gmail.com Contributions for next month to be received please by 19th February 2026.

One of my own anagrams was published in a National Newspaper in February.

NIGEL FARAGE = ENGAGE, FLAIR

WE NEED MORE COMMITTEE MEMBERS



As the AGM in May approaches, we are still short of a number of committee members for the following year, as some of the existing committee are 'retiring' (Not those illustrated above!!) We would appreciate some fresh blood on the new committee and hope that some of you are prepared to support our U3A.

On the first Tuesday of each month, the Memorial Hall is jam-packed full of talented and intelligent members, many of whom may lack self-belief or underestimate their talents. Well please don't. Step up. Come on board (even if you are a new member) and help our wonderful Wanstead and Woodford U3A. If interested, please contact our existing Chair Richard Barnes or anyone on the present committee.



TO OUR NEW MEMBERS

Nicci Braun, Ian Brown, Resh Chand, Russell Coffey, Annette Galloway, Phillipa McCarthy, Sandra Rose.

CURRENT GROUP VACANCIES

Boules	Bridge	Canasta and Cards
Enjoying Opera	History	French
Racketball	Ten Pin Bowling	
Trains, Boats and Planes		

No action of compassion is ever wasted

WWU3A NEWS



On Tuesday 3rd March
at 10.30 a.m.
(Doors open at 9.45 a.m.)

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

Speakers: Graham and Mary Brace.

Subject: Travels in Brazil, North America & Sri Lanka.

We have a return visit by Graham & Mary Brace with an illustrated talk, and many beautiful wildlife pictures of their travels in Brazil, North America & Sri Lanka.



IMPORTANT INFORMATION FROM OUR TREASURER

Once again we are nearing the end of our financial year (March 31st 2026) and I am now able to start collecting your membership fees for the year 2026/2027. In line with the cost of

living increases that we have all seen over the last few months, we have decided to increase the annual subscription by just £2.00 to £20.00. We have maintained the postage charge for those not on email and who require the newsletter to be sent out, at £15.00

As in previous years I urge you to try and pay by internet, phone or at the Post Office and at long last I've been given the 'go ahead' to use the Card reader at the monthly General Meetings. As we have a speaker each month from 10.30 to around 11.30, card reader payments can only be made from 9.45 to 10.30, and after the speaker until 12.00. If we can't fit you in during those times, please either use one of the other methods or wait for the following month.

Please consider asking a friend or family member to pay on your behalf if any of the above methods are not suitable for you. If there really is no other option, we will accept a cheque, but whatever method you use it is necessary that you add your Membership Number and the word/s SUB or SUB/POST in the reference box. You can add your surname if there is room, but your number must take priority. Also, if you are paying for someone else don't forget to give their details as well. For those paying at the Post Office, if you can add some details and it is very important that you do so.

I attach the membership renewal form for you to complete and return to Mrs. R Hay, 9 Shaftesbury IG10 1HN with a stamped addressed envelope and she will send you your membership card (which you will need to show to the convenors of your activities). Regards Diane Conway.

MORE WWU3A NEWS



Jane Brown writes: Our new groups have got off to a flying start The discussion group is now full, and there is only limited availability in the other groups. Also very popular are the lunch groups with just a couple of spare spaces on the second Thursday (contact Jane Brown brown2jane@gmail.com) and the 3rd Thursday. Organiser Jan Martin janmartin4754@aol.com)

There are also still some seats available at the cards and canasta tables on the second and third Wednesday morning of the month at Wanstead library

I am hoping to get a silver surfers cinema club running at the Odeon South Woodford. This would be at 2.00 p.m. on the third or fourth Tuesday of the month... let me know if you are interested. Note there is no choice of film for the Silver screen, but you do get a free cup of tea and a biscuit.

Finally, something a bit different ...social table tennis, five large tables to play on in Stratford pub ..fourth Monday in the month starting in March. The price you pay to hire the table will vary depending on the number of people who sign up and the amount of time you play for, but for March they are offering a half price deal to get us going ..let me know if you are interested in giving it a go

If any of this appeals to you, please email me as we need to know numbers before we can launch the groups...If you have any other activities in mind, Val Lord and I can help you get them off the ground. The U3a cannot run if people do not step up.

CONVENORS LUNCH



Convenors Lunch

Janet Taylor writes: 49 convenors, committee and helpers were treated to a very enjoyable lunch at Rosso in Woodford Broadway. This was arranged by Val and Jane and a big thank you goes

to both of them. Whilst we were all together, Richard our chairman, who is actually standing down at the next AGM and will be greatly missed, thanked all the convenors for the hard work that they do during the year, and without whom there would in fact be no WWU3A, which would be dreadful!



NEW SUNDAY LUNCH GROUP

SUNDAY LUNCH GROUP

18th of January saw the first meeting of The Sunday Lunch Group. We were a small friendly group of 8 in total. A very nice meal was enjoyed at Mila, a Mediterranean restaurant in Loughton. The set menu proved to be popular and good value. Several new members attended; it was lovely getting to know them. All in all, we had a very pleasant time. This group will now continue on the third Sunday of the month

MORE WWU3A NEWS



FILM GROUP

We had a good turnout for our February meeting and we spent a rollercoaster of an afternoon with Thelma and Louise. I have never seen this iconic road movie and I really enjoyed it, but felt wrung out after it!

Most of the group seemed to enjoy it too! Our next film will be shown on Wednesday 11th March. I am thinking it could be The Devil wears Prada, but I might have some other possibilities by the time we get to March. It might be nearly Spring by then! Angela Barnes 0781 790 4572 angelabarnes1972@gmail.com



SINGING FOR FUN

Val Lord advises: Singing for Fun will be on the first Friday of the month. I was hoping we could start in April, but the Memorial Hall is closed as it is Good Friday. The keyboard in the Churchill Room needs Attention – keys are sticking and pedal doesn't seem to work. So fingers crossed we can start on 1st May. The time will be from 1.15 p.m. until 2.15.p.m. The cost will be £2.00 per session. If you have any songs you would like to sing please let me know. If you are interested in coming please contact lordval99@btinternet.com

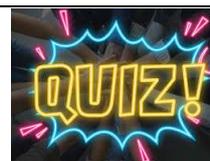


ART AND CULTURE GROUP

Jane Brown reports: This year's first meeting took place at the end of January on a day with major disruptions on the Central line .. but despite the hold ups, all the group got to the Canal Museum at Kings Cross...with the leader i.e. me arriving last!! The biggest surprise for me was how Kings Cross has changed with pedestrian walkways and up market shops, well worth a visit. Despite the presence of classes of primary school children, we found about the history of London canals, the people who worked on them and the vital role the horses played in pulling the boats along the canal and through the tunnels. We also had a chance to go inside a mock-up of an original Canal boat, once the kids had stopped running through it!

Although the main theme is of a waterways museum, the building also tells the story of the ice industry. We were able to peer down into the huge Victorian ice well where the imported ice from Norway brought by ship and canal and stored) This building is the actual warehouse built and used by ice cream maker Carlo Gatti in the 1860's

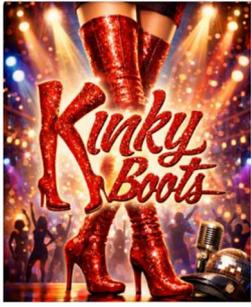
After watching a video showing the work of the canal boats in the early 1900s, the majority of the group took a walk along the tow path from Kings Cross to Camden lock which allowed us to look at more canal boats actually being lived in, before having lunch and returning home.



SHARED QUIZ

Please note that from March 20th the venue will change. The quizzes will be held at Roding Valley Hall. The cost will be the same £2.00 pay at door. The starting time will be 2.00p.m. instead of 1.30p.m. Please book with Jane Brown - brown2jane@gmail.com Or Val Lord - lordval99@btinternet.com

MORE WWU3A



KINKY BOOTS 9TH APRIL

Janet Taylor advises: Thank you to everyone who came forward and paid for their tickets. I will be handing out your tickets at the next U3A meeting, so please come and see me and collect yours. If you can't make the March meeting, don't worry there is always the April meeting, as the meeting is on the 7th and theatre trip is on the 9th.



Ely Cathedral

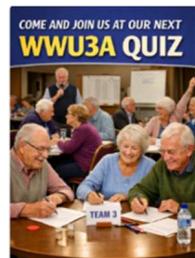
ELY DAY TRIP THURSDAY FEBRUARY 12th

Jacky Healey writes: Our thanks to Lynne Stillwell for a wonderful outing to Ely. The trip proved very popular, with a full coach of our members ready to

discover the history and heritage of one of the UK's smallest cities. We had excellent private tours arranged for Oliver Cromwell's House in the morning, followed by Ely Cathedral in the afternoon.

Oliver Cromwell, a divisive figure from English history, lived in Ely from 1636 to 1647. The visit to his home showed domestic life for a middle-class family in the 17th Century as we toured Mrs Cromwell's kitchen and the family rooms (including Cromwell's allegedly haunted bedroom), and heard about education and fashion of that time. We learnt about Cromwell's rise from local gentleman to military leader and eventually Lord Protector, and about the English Civil War, our guides really sharing history with fascinating stories.

From there we had time to spend in the picturesque High Street with its listed buildings, shops, market and cafes and to get a flavour of the old medieval town. After lunch, our tour took us to the magnificent Ely Cathedral which dates back to 1083 and took 300 years to build. The central octagonal tower, the most celebrated feature of the Cathedral, is considered to be one of the wonders of the Medieval world and a masterpiece of medieval engineering. We were amazed by the incredible architecture of the Cathedral and again so impressed with the knowledge of our Guides and the history they brought to life and shared with us. A great day out was had by all – thank you Lynne!



WWU3A QUIZ

Please put **TUESDAY 28th APRIL** in your diary for our next WWU3A QUIZ at The Memorial Hall from 1.00 – 4.00 p.m. Refreshments provided as usual and a raffle. Entry fee £5.00. Tickets will be available from Val Lord at the next General Meeting on Tuesday 3rd March.

Just be thankful for all that you have

MORE WWU3A

FREEDOM PASS ROVERS 1



Spike Milligan

Sandra Reekie reports: This is a hardy bunch, so there is always a goodly number who turn up and so it was on 5th of February. The rain was icy, cold and relentless, but nevertheless a dozen or so ladies and one man turned up for the walk Lesley had arranged for us and we caught the underground and chatted merrily until we reached Finchley.

We visited the grounds of Inky Stevens' house which Lindsey made a note of when it had been used as a venue for the Antiques Road Show. The grounds are now a very well laid out park, but in their day also had cattle, sheep, pigs, deer and vast greenhouses where the local village people could grow their own fruit and veg. Despite the weather it was lovely to see so many snowdrops, the catkins were a delight and even some plants were starting to blossom, such a welcome sight on such a wintry day. The old stables had been turned into a cafe so we made full use of that after our lovely walk.

Inky Stevens got his name as he was the inventor of Stevens Ink. He was a philanthropic man and when Finchley was still a village the local people must have really appreciated his philanthropy. It was good to learn more about this little-known worthy gentleman. Placed just outside the stables was a memorial bench to Spike Milligan, who was also a long-time resident of Finchley. Thank you Lesley for taking us to a real little gem, definitely somewhere to revisit in warmer weather.

Eileen Cowell has sent us 2 photos from her French and Boules Groups which both have vacancies.



French Group



Boules Group



DO YOU ENJOY READING NON- FICTION BOOKS?

Roding Valley U3A have a group that meets on Thursday evening in a local pub. If you are interested, please contact Laura Blake - RVu3a@hotmail.com

Show consideration to both friends and enemies

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WWU3A OUTING

TRAINS BOATS AND PLANES



Ann Speed reports: This month's visit was a highly *informative Depot Discovery* tour of the London Transport Museum Depot at Acton Town. The programme included lunch at the Jungle Café, followed by a guided overview

of the historical development of buses, trams, trolleybuses, and Underground trains. The tour was expertly led by our convenor, Richard Moules, whose knowledge was complemented by insights from the depot's volunteer engineers. Together, they made the visit absolutely enthralling.

Next month's trip will be a visit to the Milestone Museum at Basingstoke



LONDON REGION

LONDON REGION

We are delighted to announce the next full programme of walks and gallery visits for April and May. All events are £10.00 with no refunds.

The programme can be found [here](#) for April and [here](#) for May. The sessions from April will launch on Sunday 22nd March. Sessions for May will launch on Thursday 16th April and all future events can be found on the [events](#) page of the website.

POETRY CORNER

Rain rain please go away. I don't exactly want to play,
For once in a very short while, let my hair-do keep in style,
It is beyond a joke. Last year's drought,? Sorry I spoke,
You get what you wish for, I didn't mean to pour & pour.

Thanks to Jacqui Raine for this poem

GETTING OLD

Seniors don't need GPS—we can get lost just fine on our own.
My memory's so bad, I could plan my own surprise party.
I don't act my age because I've never been this old before.
You know you're old when your back goes out more than you do.
At my age, happy hour is a nap.
I'm not old—I'm chronologically gifted and well-seasoned
Seniors don't get older, they level up.
The birthday candles cost more than the cake.
My knees are officially weather forecasters.
You call it forgetfulness, I call it selective memory.
I'm not grumpy—I'm just surrounded by stupid amateurs.
At my age, getting lucky means finding my glasses on the first try.
My joints are like a bad garage door—lots of squeaks and creaks.
I don't jog anymore... my parts don't come with warranties.
Exercise? I get enough when I chase my memory around the house.
The only six-pack I want is in the fridge.
Doctor's orders: take it easy. Best prescription I've ever had.
The best exercise at my age? Pushing my luck.
My biggest achievement? Remembering why I came into the room.

YOU KNOW YOU'RE GETTING OLD WHEN YOU BARELY DO ANYTHING ALL DAY, BUT STILL NEED TO HAVE A NAP TO CONTINUE TO DO BARELY ANYTHING.

Dear Mother In Law,

Don't teach me how to bring up my children.

I'm living with one of yours and they need a lot of improvement!

IT'S A SHAME NOTHING IS BUILT IN THE USA ANY MORE. I JUST BOUGHT A TV & IT SAID "BUILT IN ANTENNA".

I DON'T EVEN KNOW WHERE THAT IS.

Remember when we used to line up at a fair and pay to see a fat tattooed lady? Now they're everywhere!

Marriage is a relationship where one person is always right and the other person is the husband.

At my age, I stay out of antique shops. I'm afraid they'll sell me.

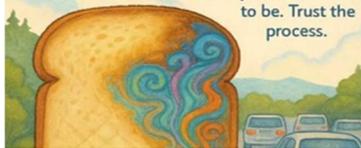


The burnt toast theory

Every time you burn your toast, miss an exit, miss your flight, or get stuck in traffic, you're actually being delayed for a reason. You are being redirected to a different path.



What feels like an inconvenience is actually protecting you from something unseen. Even if you don't get where you wanted to go, you will always end up where you are meant to be. Trust the process.



Wouldn't it be nice to go to the pub with The Beach Boys:



One of my neighbors owns several cats. On a recent visit she introduced them to me "That's Astrophe, that's Erpillar, that's Aract that's Alogue"



"Where on earth did you get such unusual names?" I asked "Oh, those are their last names," she explained. "Their first names are Cat."

APPLICATION FOR MEMBERSHIP RENEWAL 2026-2027

I wish to renew my membership of Wanstead and Woodford University of the Third Age for the year 1st April 2026 to 31st March 20267 at a cost of £20.00.

Please enter your details using Capital Letters and use a separate form for each person.

Title.....First Name..... Surname.....

Address.....

.....

.....

Postcode.....

Membership Number.....

Home Telephone No.....

Mobile no.....

Email Address.....

Please complete the following as required:

1) Please enclose a stamped self - addressed envelope for your membership card. ()

2) I will pay £20 by card reader at the meetings, bank transfer or telephone banking, stating my last name and membership number as well as the word 'SUBS'. ()

3) If you require the newsletter to be posted to you, add an extra £15 and the word 'NEWS' making the total payment £35. ()

4) You can continue to pay by cheque or debit/credit card either at your own bank or a branch of Barclays - some banks are more helpful than others so I'm afraid I can't be definite on this matter.

5) If these options are not available to you, you can send a cheque (payable to Wanstead and Woodford University of the Third Age) to Ros Hay (see details below). Please write your surname, membership number and 'subs' on the back of the cheque.

Signed Date.....

Payments to be made to: Wanstead and Woodford University of the Third Age.
Sort code 20-52-74 A/c 23064565

Please return this form and cheque (if using) together with a stamped self - addressed envelope to: Membership Secretary, Mrs. R Hay, 9 Shaftesbury, Loughton, Essex IG10 1HN