



## NEWSLETTER MAY 2026

### EDITOR'S CORNER



Editor: Contact me, Phil Joiner at [ww3aphil@gmail.com](mailto:ww3aphil@gmail.com). Articles for next month to be received by **19th May**.

I don't usually comment on our Speakers, but I thought that Tony Harris who was dressed up as Henry VIII was absolutely brilliant at our last meeting and kept us all amused by his knowledge of the subject, booming voice without a microphone, plenty of audience involvement, and topical references. Many members had a photograph taken with him, including myself and this is shown above.

### AGM

#### NOMINATIONS FOR MEMBERSHIP OF THE WANSTEAD & WOODFORD U3A COMMITTEE 2026-2027



Vote to be held on Tuesday 6th May 2025 at the Memorial Hall South Woodford at 10.00 a.m. The nominations are as follows:

1. Jan Martin
2. Jon Pushkin
3. Ron Prince
4. Barbara Kelly
5. Ros Hay
6. Val Lord
7. Sandie Farthing
8. Krystyna Derkacz
9. Janet Taylor
10. Lynne Stillwell
11. Jane Brown
12. Sandra Reekie

Can I please have a vote from the floor to accept or reject. Thank you. Chairman Richard Barnes.

#### CURRENT GROUP VACANCIES

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

Editor: If there are any other Groups that should be on this list, can the Convenor please let me know and I'll add them

Even very slow progress is still progress

### WWU3A NEWS

On Tuesday 5th May at 10.00 a.m. (Note amended time)  
(Doors open at 9.15 a.m.)

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

**AGM TO ELECT OFFICERS FOR THE 2026/2027 COMMITTEE**

**FOLLOWED BY SPEAKER: BARRY LINTON**



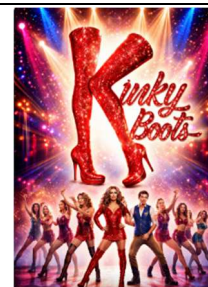
**TOPIC: STAYING SAFE ONLINE**

Barry Linton is a member of Thorpe Bay U3A, and prior to retirement worked in the IT Industry and some of his work had been on high security networks. In Jan 2020, Barry was recruited as a specialist Volunteer within the Essex Police Cybercrime Protect and Prevent Team, with particular emphasis on giving talks in a non-technical manner to older audiences.

For the past eight years Essex Police and the u3a have been delivering a seminar on Cybercrime protection to u3as all over the county, and sometimes further afield. The seminar is delivered by Barry Linton of Thorpe Bay u3a. Since 2020 Barry has been an official volunteer within the Cybercrime Protection team. He will focus on the key risk areas, and talk about the latest scams being reported to Essex Police, particularly those most affecting older people.

It covers: cover such topics as

- Dangers of free Wi-Fi
- Scam emails, texts, phone calls, WhatsApp, QR Codes
- Bogus calling number appearing on your phone
- Impersonation and Identity Frauds
- Internet on-line Payments
- Romance Frauds
- Contactless Bank Card Frauds
- Passwords
- Dangers of social media



#### KINKY BOOTS SHOW

Janet Taylor reports: 30 members of our U3a had such a great afternoon watching the West End show Kinky Boots with Johannes Radebe in the part of Lola Simon. He was amazing, as were his costumes. We all knew he could dance, but certainly didn't know he had such a good voice. The show is definitely worth seeing if you weren't with us. It's lively, funny and is a real feel good show. Some members finished the day off with a meal up town and the tube was behaving itself on the way home, so all in all a very enjoyable day. Watch out for further shows.

## MORE WWU3A NEWS



### FPR1 OUTING

Janet Taylor reports: On a bright April day, 12 members set off for our visit to The Silver Vaults in Holborn. Of course, our first stop was for coffee. After a good lengthy chat and catch up we made our way to the vaults. Below some info on the vaults, and a picture of a canteen of cutlery that can be yours for about

£15,000. Beneath the respectable bustle of The Silver Vaults in Holborn, lies a place that feels less like a shopping destination and more like the secret lair of a very well-dressed dragon. Descend the stairs and you half expect to hear a hiss and the clink of treasure being counted—except instead of gold coins, it's teaspoons. Thousands of them. Possibly millions. No one has dared to count.

Originally built as strongrooms, the vaults now house an astonishing collection of antique silver, curated by dealers who can spot a Georgian gravy boat at twenty paces. To the untrained eye, it may look like "just cutlery," but spend five minutes here and you'll begin to suspect your own spoons at home are living a lie. These spoons have pedigree and stories. Your spoon just stirs tea and judges you.

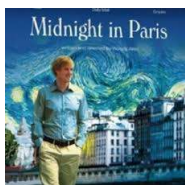
The atmosphere is delightfully eccentric. Each dealer's space feels like stepping into a tiny, glittering time capsule, where you can browse items once handled by people with titles like "Viscount" or "Someone Who Definitely Had a Butler." It's the sort of place where you walk in thinking, "I'll just have a look," and walk out seriously considering whether you need a full set of Victorian fish knives for a lifestyle you absolutely do not need

In short, The Silver Vaults are proof that London has layers—some of them underground, all of them shiny, and at least one of them quietly trying to convince you that your life would be significantly improved by owning a very distinguished teapot.

After we were all 'silvered out', some of the group had other commitments and made their way home, the rest of us made our way to the Weatherspoon's for lunch, but after lunch we decided that their coffee left a lot to be desired so went next door for a coffee in the local Pret which proved to be a very good idea.

Our thanks go to Beryl and Anne for such an interesting day out.

### FILM GROUP



Our first meeting for the summer term was very well attended and we watched *Midnight in Paris* – a 2011 film. A successful Hollywood screenwriter, Gil, is on holiday in Paris with his fiancée Inez and her parents. On his wanderings about the city at night he found a magical place to inspire his writing. The verdict to our audience was enjoyable escapism for the afternoon. Our next meeting is on 13th May, Angela Barnes 0781 790 4572 [angelabarnes1972@gmail.com](mailto:angelabarnes1972@gmail.com)

## MORE WWU3A NEWS



Ron Prince advises: For the April meeting, a small group of us met at the home of one of our members who is a keen collector of many types of ephemera.

The items that Paul showed us were from his collection of Stereographs, 3D photos to you and me. Paul's collection dates back to the very early days of photography in the late 1800's. Paul has over 7,000 slides and dozens of viewers. The scenes varied from views of the 1st World War trenches to The original Crystal Palace, in Hyde Park and much more. Seeing them in 3D gave us an entirely different view of how the world around us looked. We had a very instructive and enjoyable time, followed by tea supplied by Paul's wife.

### LUNCH GROUPS



This is an invitation open to all Wanstead and Woodford u3a members. Jan Martin runs a lunch group that meet in local restaurants on the fourth Thursday of every

month. She would very much like new members to join this very friendly group. If you are interested please contact her by email at [janmartin4754@aol.com](mailto:janmartin4754@aol.com)

Please note because of the planned tube strike the next lunch is rescheduled for the fifth Thursday of the month i.e. 30th April. We are meeting at Filika Restaurant in Wanstead at 12.30.

The Tuesday lunch group enjoyed the new set menu at the Three Jolly Wheelers earlier in the month. This group is one of the longest running lunch groups in the Wanstead and Woodford U3a, having been started by Lee Ward pre-covid, taken over by Sue Goldstein who is still a member and now managed by Mickey Knight and Jane Brown.

Dining out is always popular and these groups are so easy to run. Just pick your favourite restaurant/pub /cafe, let everyone know and enjoy your meal in good company. Please contact Jane Brown ([brown2jane@gmail.com](mailto:brown2jane@gmail.com)) or Val Lord ([lordval99@btinternet.com](mailto:lordval99@btinternet.com)) if you would like to organise a dining group or any other activity.

### CURRENT AFFAIRS DISCUSSION GROUP

#### THIRD THURSDAY AFTERNOON OF MONTH

This new group started two months ago and has been a great success, with members suggesting various topics which exclude religion, on which we can do some research if we need and discuss the following month. Some know a lot about a subject, others little and we all hear opposing views and widen our knowledge. It has thrown up some different opinions and much lively discussion. We have room for a few new members. If interested contact Richard and Tina Harris [tina.rich86@gmail.com](mailto:tina.rich86@gmail.com)



## MORE WWU3A NEWS



### TRAINS BOATS AND PLANES GROUP

Ann Speed reports: Glorious weather made for a wonderful trip, that combined an interesting journey, good company and destinations perfectly. We met at 10.30 as usual and got on the DLR at Bank to Cutty Sark station, where the escalator is now thankfully functioning. A short walk past the Cutty Sark took us to the Maritime Museum for a cup of coffee and if needed a cake. Then a whizz around the recently beautifully curated displays together with informative history. A quick lunch and on to the river boat along the scenic Thames to Barking Riverside and on to the overground to Leytonstone High Road and the W13 home. A truly memorable day, well done and thanks to Richard. Next month's trip will be to Bentley Priory, former headquarters of bomber command in World War II.



### TRIP TO RHS GARDEN WISLEY ON THURSDAY 4TH JUNE

Lynne Stillwell invites us for a delightful day out to the world famous RHS Garden Wisley, one of the UKs most beautiful and inspiring gardens. The coach will be leaving Hawkey Hall at 9.30a.m. and leaving Wisley at 4.00p.m. The cost of the trip will be £16.00. However, should you wish to join a private tour this will be an extra £8.00 per person bringing your total cost to £24.00. For those less mobile, they do offer a complimentary mobility scooter service, but this must be reserved before the trip or there are wheelchairs available, although these are provided on a first come first served basis. There is also a Visitor Services Vehicle that offers a hop on-hop off service to several points throughout the garden and this runs every 20 minutes.

Whether you are a keen gardener seeking inspiration, or simply want to unwind and enjoy a leisurely stroll around the gardens, this outing offers something for everyone. You will have ample time to explore the gardens at your own pace, browse the gift shop, and enjoy lunch at one of the cafes. The coach accommodates 55 people, and payments for the trip will be collected at the May meeting. See you there!



Ron Prince writes: As some of you know, I collect Pill bubble packs, knitting wool, bottle corks and used postage stamps. Many of you have asked what happens to these items, well depending on the type of wool, they are made into blankets for premature/new born babies or blankets for the homeless. I am trying to obtain photos of the end result of other items collected. Please continue to bring these items to the monthly meetings.

Hard choices, easy life. Easy choices, hard life.

## LET'S QUIZ

### WWU3A QUIZ

Don't forget **TUESDAY 28th APRIL** for our next WWU3A QUIZ at The Memorial Hall from 1.00 -4.00 p.m. Great refreshments provided and a raffle. Entry fee £5.00.

### BUCKHURST HILL, RODING VALLEY AND WANSTEAD AND WOODFORD SHARED QUIZ

The next date for the Shared Quiz is the 15th May – it is always on the 3rd Friday of the month. We will be having a summer break and will return on the 18th September. It will still be at Roding Valley Village Hall at 2.00 p.m. Only £2.00 pay at the door. You must book beforehand. Contact Val Lord – [lordval99@btinternet.com](mailto:lordval99@btinternet.com)

## POETRY CORNER



### I'M NOT OLD- I'M LIVED IN

I know that my face is now wrinkled,  
More lines than a decent-sized book.  
But laughter will do that to faces,  
And I've gone for the hilarious look.  
Yes, the hair on my head is receding

That's the way it goes. I'm not balding, but now it's gone up my nose. And I know what is left is much whiter, but I prefer it looking grey. It has nothing to do with me ageing. It's just that hair isn't trendy today. The grunting noise when I sit down, has a perfectly good explanation. It's not as you think pain related, it's my pensioner echo location. I use it when I try power walking and go slowly in front of your path. To make you look up from your mobile and hope we might have a laugh. I know I have lived a long time, but I still haven't lost all the plot. Growing old is very compulsory, but acting old is definitely not.

Extracts from a poem by Paul A. White from Bushey, previously published in The Daily Mail

A man in the moon, and made of cheese, I was told tales like these.  
Now I'm older and thanks to science and their bravery,  
Men have walked on the moon and the cheese on my plate is savoury.  
So don't believe all you hear. Outer space is already near.

Contribution by Member Jackie Raine

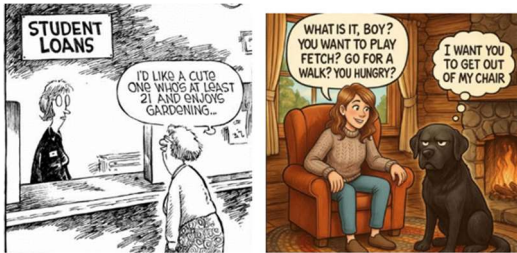
## LOCAL NEWS

The **BBC Antiques Roadshow** is visiting Valentines Mansion & Gardens in Ilford on Sunday, June 7, 2026. This ticketed event invites residents to bring antiques heirlooms, and collectibles for free expert valuations, with potential for filming. Attendees must apply for tickets in advance via the Lost in TV website.

The **Highams Park Spring Festival** takes place in The Park on Sunday 17th May from 11.30 a.m. – 4.30 p.m. Includes Shire Horse Shows, Classic Cars, Live Music, Stalls, Entertainments, Rides, Refreshments. Free entry

Reaction is weakness; Considered response is strength Page 3

## CARTOON CORNER



**it's been months since I bought the book "how to scam people online" it still hasn't arrived yet.**



Are you sweating while you're putting petrol into your car? Feeling sick when you pay for it? Then you've probably caught the 2026 strain of the CAR-OWNER VIRUS

I feel like my greatest accomplishment today has been not saying what I'm thinking out loud.

I got myself a seniors' GPS. Not only does it tell me how to get to my destination, it tells me why I wanted to go there.

**Sometimes I wonder what happened to the people who asked me for directions...**



## TOPICAL JOKES

### FOOTBALL WORLD CUP 2026

After his team was eliminated from the World Cup, the Nigerian captain personally offered to refund all expenses that fans of his country paid to travel. He just needs their bank details and pin numbers to complete the transactions.

What do the English do immediately after winning the FIFA World Cup? Turn off the PlayStation.

What do you call an American in the World Cup Final. The ref.

We hoped for a clean World Cup Final. But instead we got a Messi one.

I have my wedding and tickets to the World Cup Final on the same day – can anyone take my place? If so, the place is St. Parish Church and the bride's name is Paula.

### PETROL AND DIESEL QUIPS

Petrol prices are getting ridiculous – I went online to check the value of my car and it asked if the tank was empty or full.

As a result of rising petrol prices, kidnap victims will no longer be taken to a second location.

Petrol prices are so high these days, I used vodka in my lawnmower. Now my grass is half cut.

I went to buy petrol – the pump asked me if I wanted to finance it.

Oil prices are so bad right now, Vin Diesel was forced to change his name to Vin Petrol.

I drove past a petrol station and my wallet hid under the seat.

I don't get road rage anymore. I can't afford sudden acceleration

## ONE LINERS

I told my Wi-Fi we needed space... now it's not talking to me.  
 I tried to be lazy today, but I couldn't find the motivation.  
 I used to play piano by ear, now I use my hands.  
 The scarecrow won an award. He was outstanding in his field.  
 I'd tell you a memory joke, but I forgot the punchline.  
 I'm not arguing, I'm just explaining why I'm right.  
 I told my dog a joke – he said it was ruff.  
 I tried to catch fog yesterday. Mist. ☁️  
 My wallet is like an onion – opening it makes me cry.  
 I told my boss I needed a raise – he told me to stand up.  
 I failed math so many times... I can't even count.  
 I gave my plants a pep talk... now they're rooting for me.  
 I tried to write with a broken pencil – pointless.  
 I'm reading a book on teleportation – it's bound to take me places.  
 I organized a hide-and-seek contest – good players are hard to find  
 I used to work at a shoe recycling shop – it was sole destroying.  
 I don't trust people who do acupuncture – they're back stabbers.  
 I'd agree with you, but then we'd both be wrong.  
 I'm writing a book about reverse psychology – don't buy it.  
 I used to work in a blanket factory, but it folded.  
 I used to be a banker, but I lost interest.

**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 2027 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