



NEWSLETTER JUNE 2026

EDITOR'S CORNER



LETTERS TO THE EDITOR

Editor: It has been suggested that we have a section in the newsletter 'Letters to the Editor' Any member can make comments or suggestions on any U3A topic, which I will hopefully publish providing it is POSITIVE Contact me, Phil Joiner at ww3aphil@gmail.com. Articles or comments for next month to be received by **19th June**

AGM

A MESSAGE FROM THE NEW CHAIR

Jan Martin writes: Many thanks to all the members who attended the Wanstead and Woodford U3A AGM on Tuesday 5th May. This provided us with the opportunity to thank our outgoing Chair, Richard Barnes, for his great leadership over the past two years. He has always undertaken his duties with kindness, warmth and humour.

Under his guidance, our u3a has continued to grow and flourish with group activities, organised events and friendships continuing to strengthen across the membership. We offer our sincere gratitude, and wish him and his family all the very best for the future. In my role as Vice Chair, Richard was always on hand to offer me support and guidance and I feel in a strong position to carry on his good work.

I take on the role of Chair with a real sense of responsibility and commitment and will work hard alongside the committee, group leaders and members to ensure that our u3a continues to grow, evolve and provide an enjoyable experience for everyone.

We will continue to encourage participation and welcome new faces in the months ahead. I look forward to meeting more of you in the coming year and to building on the strong foundations already in place.

Ron Prince writes: Unfortunately there was a minor procedural error at our last AGM held on the 5th May 2026.

This requires an EGM (Extraordinary General Meeting) to correct. The EGM will be held at the start of the monthly meeting on the 7th July 2026 and will take less than 5 minutes. The error was that the minutes of the previous AGM, held on the Tuesday 6th May 2025, were not approved.

If you smile at they will hopefully smile back

WWU3A NEWS



On Tuesday 2nd June at 10.30 a.m.
(Doors open at 9.45 a.m.)

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

Speaker **Patricia Gregory**
Subject: **Woman's Football**
and my involvement

Patricia Gregory MBE is an advocate for women's football in England. She was a founding member of the Women's Football Association (WFA) and acted as its second Honorary Secretary from 1973 to 1981. She has also worked for the British Broadcasting Corporation Sport (BBC Sport), Independent Television (ITV), and as a member of the Union of European Football Association (UEFA) Women's Football Committee from 1980 to 1994.

MONTHLY MEETINGS.

We have a rota to help with the teas, but we need more people on it. Please volunteer to help. You will only be called upon every 4 or 5 months if enough people come forward to help. Contact any member of the Committee to volunteer and give them your mobile and email. Thank you!!

CAN YOU HELP OUR U3A AS MEMBERSHIP SECRETARY?

Wanstead and Woodford U3A is looking for a volunteer to take on the role of Membership Secretary. This involves welcoming new members, maintaining membership records and helping to ensure that renewals run smoothly. Writing and receiving emails and having computer skills would be necessary. Ros, our outgoing Membership Secretary, has kindly offered her support during the handover period. She has agreed to remain in post for up to three months, so hopefully someone will come forward in the near future. By volunteering you would be making a valuable contribution to keeping our U3A, a thriving organisation. If you are interested and would like to find out more, please contact Ros Hay. Her email address is - roshay844@gmail.com

FILM GROUP

In our film The Windermere Children this month, we were in a very different world from our last month's film. We were with Polish Jewish children and young people rescued from concentration camps at the end of the Second World War. Many of them had been in a number of the camps and been helped to survive with scraps and the care by adults around them. They were brought to Windermere in the Lake District by the British Government and voluntary groups to try to adjust the young people recuperate from the horrors of the camps, under the voluntary therapists and to find kinship in each other. It was an emotional subject and very well realised and in the end seeing the testimonies of the real old people who had been acted by the young people in the film was heart-warming. Our next meeting is on 10th June. Our film could be Cinema Paradiso. Angela Barnes 0781 790 4572 angelabarnes1972@gmail.com

MORE WWU3A NEWS

CURRENT GROUP VACANCIES

Boules	Bridge	Canasta and Cards
Current Affairs	Enjoying Opera	History
French	Racketball	Ten Pin Bowling

Trains, Boats and Planes

Please note: Ros Hay advises that the afternoon tea group has moved to the 4th Wednesday of the month



FPR 2

Jan Martin reports: On a very sunny day in March, 16 Freedom Pass Rovers 2 Group members visited Charterhouse, a heritage building in Clerkenwell with historical links to the

prestigious Charterhouse School in Surrey.

This interesting building dates back to Medieval and Tudor times and is sited in 10 acres with beautiful gardens. It houses an impressive chapel, a museum, monastery ruins and almshouse accommodation for the poor and needy of the community (there is a long waiting list!).

We had an excellent, very knowledgeable, tour guide who filled our heads with Charterhouse's extensive history, which also included the excavation of a burial site for the black-death plague within its grounds. There is an almost complete skeleton in the museum. Charterhouse is a hidden gem in the East End of London, alongside Smithfield Market.



TRAINS BOATS AND PLANES GROUP

Richard Moules, our convenor took a small, select group to brave the rain for a visit to Bentley

Priory Museum. The site has a wonderfully colourful history – from the former home of Queen Adelaide to the wartime RAF Headquarters of Fighter Command during the Battle of Britain. From these rooms, under the leadership of Air Chief Marshal Sir Hugh Dowding, the bravery of the aircrew and the tireless work of the teams in the filter room and operations room helped direct Britain's air defence.

Next month, the group will be going on a boat trip down a most beautiful part of the Thames from Richmond to Hampton Court.



BUCKHURST HILL, RODING VALLEY, WANSTEAD AND WOODFORD SHARED QUIZ

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

MORE WWU3A NEWS



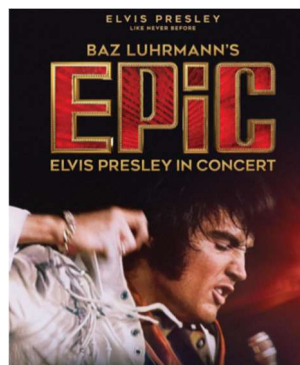
Val Lord reports: So many people have said how enjoyable the WWU3A quiz in April was. Thank you Jane Brown, Sandra and David Reekie and Barbara Kelly for dishing up cakes and teas. Also, thank you to Phil, Sue and Diane for organising the quiz. Thank you also for the donated raffle prizes. They were unusual!!

The winners were on Table 8 and members of this team are shown below. They were just one point ahead of Table 9. There was not a lot of difference between top and bottom!

Ronald Whiting, Naomi Whiting, Josiane McCarthy, Judith Howard, Kate Marks, Nigel Fidan, Adele Fidan

Editor: Thanks goes to Val for all the hard work she puts in arranging things and making sure everything goes to plan. As the quizzes seem well supported, we will possibly have another one in September.

SILVER SURFERS GROUP



Jane Brown advises: The new cinema group got off to a flying start having already seen two screenings - Eternity and The Housemaid. Ticket prices are £2 and include a hot drink and a biscuit.

Our next outing to the Odeon in South Woodford is on 2nd June to see Epic: Elvis Presley in Concert. This will be after the Tuesday General Meeting at Memorial Hall.

How this works. I have booked my ticket ..Screen 3. Row G. Seat 1 ...you book your ticket as close (or as far away) as you like. Drop me an email (brown2jane@gmail.com) to let me know you are coming and turn up at about 12.40 to have time to drink your tea before the film starts at 1.00 p.m. It is best to book in advance as the cinema is quite small and it has been fully booked on a couple of occasions.

The cinema doesn't seem to run the silver surfers every Tuesday so it is a question of looking out for what is on when.

LONDON REGION

LONDON REGION

IT Skills Training, Spring Programme (May/June)
We are pleased to launch our next IT Skills Training sessions in conjunction with AbilityNet. See the full programme and sign-up form here: [IT Training Spring 2026](#). Or go through our Events webpage: [LRU3A Events](#)

LOCAL NEWS

FITNESS WITH JACKIE

2-3pm Tuesdays at St. Thomas of Canterbury Church Woodford.

If everyone was equal, life would be very boring.

MORE WWU3A NEWS



FPR1 GROUP

Beryl Riches reports: It was a bright May morning when a group from FPR1 set off on a fun day out. A coffee and cake stop after arriving at Blackfriars set us up for the walk ahead. First stop the Bazalgette

Embankment created when the new sewers were recently built. We were lucky to find a film being made. The nice young man told us about the film content and how he had been down into the sewers filming (not sure that would be on my bucket list!) On this particular day he was filming a skateboarder using the area.

Armed with that information we set off on our walk along the riverside to Embankment Pier arriving with just enough time to climb aboard the Uber Thames boat which would take us to Woolwich Arsenal. Such an interesting ride seeing the sights from the glass sided boat as we made our way.

Having said goodbye to some at Embankment Station the rest of the group had a lovely lunch at The Dial Arch which sits on the original site of the Royal Arsenal and birthplace of Arsenal football club (other London football clubs are available!) before setting off home. What a great day! Everybody arrived home happy, refreshed and fulfilled. Thank you to Laurie Treloar and Sue Cox for arranging such a special day. Editor: Congratulations to Arsenal who have won the Premier League 2035/2026!!

THE LONDON WALKS 2 GROUP

Kathy Rodliffe writes: This Group has been enjoying a variety of walks, ably guided by Helen McPherson for just over the past 10 years. We travel all over the capital – and its environs-visiting not just the many famous landmarks but, often more interestingly, many of those lesser known places off the beaten track. Helen carefully researches our routes (there's always a planned stop for coffee, chatting and the inevitable trip to the loo!) and she regales us along the way with a variety of historical facts, tales of “derring do” and a plethora of fascinating anecdotes.

The group consists of about 50 members and, on a sunny and warm day in late April, many of us gathered for a celebratory lunch to mark the 10th anniversary. Some of the group had been amongst the original founder members, some had joined over the years and some, like myself, were relative newcomers. It was a lovely outing – good food, good company and good weather! What more could you ask for?



THE SHAKESPEARE PLAYREADING GROUP

Val Brame informs us that this group celebrated William's birthday at our meeting on

Thursday 23rd April, with a cake and a few candles! We are currently reading 'Measure for Measure', next up is 'Othello'."

Things may be tough, but many others are far worse off

BITS AND PIECES



ARTIFICIAL INTELLIGENCE

AI is changing the world by helping people work faster and solve problems more efficiently. It is used in healthcare, education, business, and everyday technology such as smartphones and virtual assistants. AI can save time, improve accuracy, and support innovation. However, AI also has its advantages. Some people worry that it could replace jobs, invade privacy, or make unfair decisions if systems are biased. There are also concerns about the misuse of AI in areas such as misinformation and cybercrime. Overall, AI has both benefits and risks. Its impact on society will depend on how responsibly it is developed.



BUCKHURST HILL U3A OUTING TO CHATHAM DOCKYARD

On Friday 4th September. Departing Roding Valley Hall at 9.00 a.m., leaving Chatham Dockyard at 4.30 p.m. and returning about 6.30 p.m. Ticket Cost per person: £62.50 per person Availability: 25 tickets available (first come, first served) Booking Deadline: Sunday 31st May 2026.

Join them for a tour of the Call the Midwife set at 11.30. (There is a lot of walking involved!) At 2.00p.m. there will be a coach tour of Chatham Dockyard itself.

Completed booking form will be needed to book your place, so please contact Mrs. Hilary Wrightman at 07836 671582 who will tell you how to book tickets and how their system works.

IN MEMORIAM

To Susan Bloom who died 17th April 2026. Sue was a much-loved and valued member of our committee for many years, someone whose warmth, energy, and quiet dedication left a lasting mark on us all. She gave her time generously, always working behind the scenes to make things run smoothly, and never seeking recognition for the effort she so willingly gave. Many of us will remember Sue for the wonderful outings and theatre trips she organised. These were not just events, but moments of joy and connection that brought people together—something she cared deeply about. Her thoughtful planning and attention to detail ensured that everyone felt included and able to share in those experiences.

She was an active member of the London Walking Group and will be fondly remembered by all the members of the group. Beyond her contributions, Sue will be remembered for her kindness, her reliability, and the easy way she made others feel welcome. She was someone you could count on, and her presence will be greatly missed by all who had the pleasure of knowing her. Sue leaves behind a legacy of friendship, community, and shared memories that will not be forgotten.

Nobody likes you if you keep moaning about small things Page 3

CARTOON CORNER



I just figured out VCRs. Don't rush me.
 I tried online dating, but my dial-up wouldn't connect.
 I finally got my head together, now my body is falling apart.
 I used to bounce back—now I just wobble forward.
 My idea of a wild night is staying up past 9.00 p.m.
 The older I get, the better I used to be.
 I'm not slowing down—I'm just conserving energy.
 I'm not forgetful... I just like giving my brain a surprise.
 My train of thought often leaves the station without me.
 Getting lucky" means finding my keys.
 I'm not lost—I'm exploring alternative routes.

CARTOON CORNER



Doctor says I have to cut out drinking.



The new £20 note has been designed but be aware of fakes like this one. You can spot that it's fake because there are only 4 people in the dinghy.

"There are no words in the English language that have all the vowels in alphabetical order,"

he said facetiously

90% of the things I worry about never happen



The oldest computer was owned by Adam and Eve. It was an Apple with very limited memory, just 1 byte, and everything crashed.

Parking lot in front of the Laser Eye Surgery Center.



POLICE SIR



A Police patrol officer waited outside a popular pub, hoping for a bust. At closing time everyone come out and he spotted his potential quarry. The man was so obviously inebriated that he could barely walk. He stumbled around the parking lot for a few minutes, looking for his car.

After trying his keys on five other cars, he finally found his own vehicle. He sat in the car a good ten minutes, as the other patrons left. He turned his lights on, then off, wipers on, then off. He started to pull forward into the grass, then stopped. Finally, when he was the last car, he pulled out onto the road and started to drive away. The police officer, waiting for this, turned on his lights and pulled the man over. He administered the breathalyser test, and to his great surprise, the man blew a 0.00. The police officer was dumbfounded. "This equipment must be broken!" he exclaimed. "I doubt it," said the man, "Tonight I am the designated decoy!"

A man purchased a new car to celebrate his wife leaving him and was out on the interstate for a nice evening drive. The top was down, the breeze was blowing through what was left of his hair and he decided to open her up. As the needle jumped up to 80 km/h, he suddenly saw flashing red and blue lights behind him. "There's no way they can catch this car," he thought to himself and opened her up further. The needle hit 90, then 100, then the reality of the situation hit him. "What am I doing?" he thought and pulled over. The police officer came up to him, took his license without a word and examined it and the car. "It's been a long hard day, this is the end of my shift and it's Friday. I don't feel like more paperwork, I don't need the frustration or the overtime, so if you can give me a really good excuse for your driving that I haven't heard before, you can go. The guy thought about it for a second and said: "Last week my nagging wife ran off with a cop. I was afraid you were trying to give her back!" "Have a nice weekend," said the officer.

A circus performer was pulled over by a police officer for speeding. As the officer was writing the ticket, she noticed several machetes in the car. "What are those for?" she asked suspiciously. "I'm a juggler," the man replied. "I use those in my act." "Well, show me," the officer demanded. So he got out the machetes and started juggling them, first three, then more, finally seven at one time, overhand, underhand, behind the back, putting on a dazzling show and amazing the officer. Another car passed by. The driver did a double take, and said: "My God. I've got to give up drinking! Look at the test they're giving now."

SNOOKER LOOPY



Even the pockets move when it's my turn.
 I'm not out of position, I'm just creatively placed
 Every shot I take is a trick shot... unintentionally
 My cue action is smooth up until I hit the ball
 The Russian snooker player was Innoff the red.

I've mastered the art of looking confident before missing
 I waited for ages to play snooker but gave up as the cue was too long.
 I'm going to have a break from playing snooker. I needed a rest.
 I'm not out of position — I'm just exploring creative angles
 The only thing consistent about my game is disappointment.
 My snooker technique is so loopy even the cue ball gets confused.
 I've got a great safety game—mostly because I can't pot anything.
 Even the referee looks surprised when I pot something.
 I don't play position, I play "let's see what happens."