



"Registered Charity
Number 1153877



NEWSLETTER AUGUST 2026

EDITOR'S CORNER



Contact me, Phil Joiner at ww3aphil@gmail.com. Articles or comments for next month to be received by 19th August.



Peter Fox ran a Sweepstake for some of our members, on the result of the Football World Cup and drew the teams at random. I was fortunate enough to draw the winners Spain. Unfortunately there was no entry fee or winners prize, except, as Peter remarked, I have bragging rights for 4 years. Richard Harris had Argentina, but even he was glad he didn't win!

CAN YOU HELP OUR U3A?

We are looking for volunteers for two key roles: Membership Secretary, and IT Coordinator. Both roles offer the chance to make a real contribution, meet new people and help our u3a thrive. As Membership Secretary you would join our committee. The role involves welcoming new members, processing renewals and applications, maintaining membership records and liaising with the Treasurer regarding subscriptions. Our outgoing Membership Secretary, Ros Hay, has offered to provide training and support.

The tasks of the IT Coordinator would include updating and maintaining our website, supporting committee members with digital tools and advising on simple technical matters. You do not need to be an IT professional. We are looking for someone with practical computer skills, a willingness to learn and an interest in helping our members stay connected.

For further information please contact: Membership Secretary - Ros Hay email address: roshay844@gmail.com IT Coordinator - Jan Martin email address janmartin4754@aol.com

WANTED

Could you spare a little time to help at our monthly meetings? We are looking for members to join our tea duty rota. Duties involve preparing and serving tea/coffee at the meeting and helping to tidy up afterwards. Unfortunately, if we are unable to recruit additional volunteers, we may have to discontinue the provision of refreshments. If you would like to help, please contact Val Lord. Email lordval99@btinternet.com.

Don't worry. Everyone has bad luck sometimes!

WWU3A SPEAKER



On Tuesday 4th August
at 10.30 a.m.
(Doors open at 9.45 a.m.)

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

Speaker Gordon Brown
(Not The Labour Politician)

Subject: The History of The SAS in Essex

Gordon Brown's research details the SAS's lesser-known, massive presence in Essex during the latter stages of World War II. Operating from bases like Earls Colne from late 1944, the SAS Brigade grew to over 2,500 personnel in the county, launching vital behind-the-lines operations into occupied Europe and Germany.



HAVE YOUR SAY. IDEAS FOR FUTURE TRIPS

We are always looking for interesting and enjoyable outings for our members and would love to hear of any suggestions you may have for any future days out. Whether it's a local attraction, a garden visit, historical building or river cruise, we would welcome all ideas.

Please send your suggestions to me Lystillwell@hotmail.co.uk together with any detail you think may be helpful. Whilst we cannot guarantee that every suggestion will be arranged, all ideas will certainly be considered.

I look forward to hearing from you and helping to create a programme of trips that reflects the interests of our members. Lynne Stillwell



SINGING FOR FUN

There will NOT be a session in August The next time we meet will be the 11th September. This is because our pianist is away on holiday on the 4th. Our new venue is South Woodford Methodist Church Derby Road, South Woodford from 12.30 until 2.30 p.m.

Please remember you are paying for 4 sessions so that is £16. Dates: 11th September, 2nd October, 6th November, 4th December If you are interested in joining us please contact Val Lord on 07806093533. Or email lordval99@btinternet.com

I'm brilliant at hindsight

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WWU3A NEWS



TO OUR NEW MEMBERS

Sheila Allard, Ruth Barber
Catherine Cuddefirs, Susan Elliot,
Jennifer Gaughan, Steven Gaughan
Gladis Gomez, Mo Lalude, Tom Lister, Anna McMahon,
John Moss, Nicole Perkins, Margaret Rees

CURRENT GROUP VACANCIES

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



MAMA MIA

Janet Taylor writes: Would the remaining members who signed up for Mamma Mia please arrange to make payment at the August meeting. This will allow me to allocate the tickets and

distribute them at upcoming meetings. If you wish to make payment on line, the details are as follows. Payment can be made at meeting using your debit card and our Sum up machine. Wanstead and Woodford University of the Third Age. The sort code is 20-52-74 Account No. 23064565 If you choose this method of payment, would you please send me an email advising date paid, this helps me, and the treasurer tie up our paperwork. twotaylorss@btinternet.com



FPR 1

Beryl Riches writes: An excited group of FPR1 met to enjoy a trip to the refurbished Theatre and Performance

Galleries at the V&A South Kensington. Stopping inside the museum for a coffee and cake break, first our leader went off to let them know we had arrived. We all thought she was joking when she arrived back straight-faced to tell us it wasn't open due to the hot weather and isn't likely to be for the whole of the summer.

What happened to loaned air con units? We were all a bit bemused as this was the slightly cooler week following the recent heatwave. Not to be deterred (we're an intrepid lot!) we had a quick change of plan and went off to see the jewellery. A lovely day was had by all, some going on to celebrate with a pub lunch. Big thanks to Cathy Daley who had taken on Mary Knight's trip as she is recovering from recent surgery, she wasn't fazed at all and we had a lovely day out as always.

Thankfully good news all round as Mary is making a good recovery and is now planning to take the group there in November. Let's hope it's not too cold by then and they close it in case we get frostbite!

MORE WWU3A NEWS



BACK BY POPULAR DEMAND TRIP TO CHENIES MANOR HOUSE-BUCKINGHAMSHIRE WEDNESDAY 9th SEPTEMBER

We have had several requests for a return visit to the stunning Chenies Manor House.

Nestled in the picturesque village of Chenies the Manor House is one of England's finest surviving Tudor Manor Houses dating back to 1460, the Grade 1 listed building has a fascinating history stretching back more than 800 years and has connections with some of the most significant figures of the Tudor period.

Our visit will include the following: Tea/Coffee biscuits on arrival and an introductory talk. Tour of the house in small groups by knowledgeable guides. Followed by a light lunch of sandwiches after which there will be time to explore the beautiful gardens, maze and church. Total cost of the day out £49.00.

The coach will leave at 11.00a.m. from Hawkey Hall and leave Chenies at approximately 4.00pm. If you would like to come along we will be taking bookings at the August meeting. Lynne Stilwell



GARDENERS AHoy!

Sandra Reekie writes: We are holding a "seed swap" at our September and October monthly meetings. Please collect the seeds from your flower heads as the die off and the end of the summer, pop them in an old envelope or two, write the name of the plant on the envelope and bring them along to the meeting to swap with others. A lovely way to increase the variety of plants in your garden.

Remember to collect your spring flower seeds as they die off next Spring and we will have another swap next year. Whether you have a garden, window box or a tree pit, it's a good and pocket-friendly way to blossom and bloom.

LONDON REGION

WALKS AND GALLERY VISITS SEPTEMBER/OCTOBER 2026

London Region announces the next full programme of walks and gallery visits for September/October. All events are £10, no refunds.

The programme can be found on the [events](#) page of the website. The sessions for September/October will launch on Thursday 20th August from 10.00 a.m. All of our walks/gallery visits have proved very popular and been fully booked almost as soon as advertised. So don't delay book up on launch day.

There will of course be waiting lists for each session.

Please remember that the London Region events team cannot book or reserve places book or reserve places on your behalf. bookings.lru3a@gmail.com Website <https://lru3a.u3asite.uk/>

MORE WWU3A NEWS



FILM GROUP

Angela Barnes writes: On a very warm afternoon, we gathered to watch 'What we did on our Holiday,' written and directed by Andy Hamilton and Guy Jenkin, the writers of the hugely popular BBC comedy Outnumbered. Doug (David Tennant) sets out to travel with his wife Abi (Rosamund Pike) and three children to the Highlands to visit his father Gordie (Billy Connolly), who has terminal cancer, to celebrate for his 75th birthday. After a very eventful journey, they arrive to witness that Doug's very controlling brother Gavin (Ben Miller) organising a lavish party for a reluctant Gordie. Despite his illness Gordie is a fun loving Grandad and he insists on taking the children to a beach for the day while the party is being prepared. The ensuing events are hilarious and moving and we all thoroughly enjoyed whether we had seen it before or never had seen it, one of our members confessing to having seen it 6 times but was happy to see it again)

No meeting in August. We will meet again on 9th September. Our rent at the Hall has been increased and so we will have to make a small increase in our fees to cover expenses. If we have at least 22 members signing up at beginning of term we can keep it as low as possible. Come along to the September general meeting on Tuesday 1st September and pay by the machine or online. Have a great summer!



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

LOCAL NEWS

Repair café draws a big crowd and saves 205kg of waste from landfill



The April South Woodford Repair Café saved 205kg of waste from landfill by repairing 59 items, which prevented the equivalent of 1,252kg of CO2 emissions. "It was a huge success with over 100 people attending and all sorts of repairs undertaken, including a dress mended in time for an evening party. We were also pleased to welcome St John's Ambulance, who helped people practice vital CPR," said a spokesperson. The next event will take place on 25 July from 10am to 1pm at the Woodford Memorial Hall. Email swrepairers@gmail.com

Every birthday is another chapter worth celebrating.

SENIOR MOMENTS

THE JOYS AND STRENGTHS OF SENIOR CITIZENS

Growing older is often described as a journey, and for senior citizens, it is a journey filled with wisdom, resilience, and countless life experiences. While aging brings its own challenges, it also offers opportunities for personal growth, stronger relationships, and a deeper appreciation for life's simple pleasures. Today's seniors are more active and engaged than ever before. Many continue to pursue hobbies, travel, volunteer, and even start new careers or businesses after retirement. With better healthcare and increased awareness of healthy living, older adults are enjoying longer, more fulfilling lives.

One of the greatest gifts senior citizens offer society is their wisdom. Their experiences provide valuable lessons that inspire younger generations to make thoughtful decisions, overcome obstacles, and appreciate the importance of family, friendship, and perseverance. Grandparents, mentors, and community leaders play an essential role in passing down traditions, values, and knowledge.

Technology has also opened exciting new doors for seniors. Many have embraced smartphones, video calls, and social media to stay connected with loved ones across the world. Online learning platforms allow them to explore new interests, from painting and photography to languages and music, proving that learning truly has no age limit.

Perhaps the most inspiring quality of senior citizens is their resilience. They have witnessed changing times, overcome personal challenges, and adapted to new ways of living with remarkable courage. Their stories remind us that strength comes not only from youth but also from experience, patience, and determination. As a society, we should celebrate and respect our senior citizens, not only for what they have achieved but also for the inspiration they continue to provide.

OTHER U3A'S

Coach Trip to Richmond and the Poppy Factory

Waltham Forest u3a

	Date: Wednesday 9th September
	Cost: £15 Richmond only £30 Richmond and the Poppy Factory
	Pick-up: 8.45 a.m. at The Larkwood Harvester, New Road, Chingford E4 9EY There is parking very close by

Richmond offers lots of green spaces, exclusive shops and a variety of restaurants. You can walk by the Thames. You can spend a relaxing enjoyable time there.

The Poppy Factory

For those of you who have chosen the Poppy Factory the visit will take approximately 2 hours leaving plenty of time for lunch and to explore Richmond. The Poppy Factory is a National Charity helping to support Veterans and their families. Our visit includes a 30 minute presentation, an hour self-guided time in which you can explore the exhibition and have a go at poppy-making.

Please contact us for further information

Joy Pankhurst 07952142232 jpankhurst@btinternet.com	or Val Lord 07806093533 lordval99@btinternet.com
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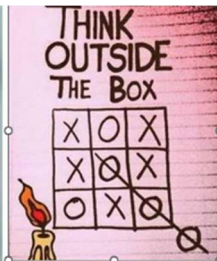
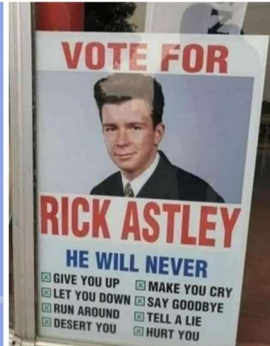
Older people don't lose fun — they refine it.

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COMICAL CARTOONS

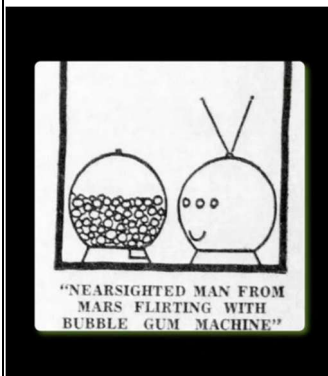
THE UK IS STARTING TO FEEL
LIKE YOU'RE ABROAD.
THE SUNS OUT AND NOBODY
SPEAKS ENGLISH 🌞

I do my best to be nice to
others... But sometimes my
mouth doesn't cooperate... 😞



I trained my dog to
fetch beer. It may
not sound too
impressive but he
gets them from the
neighbor's fridge.

I can't prove this,
but I swear I used to be
smarter, funnier,
and less tired.



YOU'RE HAVING A LAUGH |

I sued the airline for my lost luggage, but I lost my case
I'm friends with all electricians — we have good current connections.
The scarecrow got promoted — he was outstanding in his field.
I used to play piano by ear, but now I use my hands.
The calendar factory closed — all its days were numbered.
I named my dog "Five Miles" so I can tell people I walk Five Miles a day.
I have enough money to last me the all my life... unless I buy something.
My friend's bakery burned down — now his business is toast.
I lost my thesaurus — now I'm at a loss for words.
I went to buy camouflage pants but I couldn't find any.
The magician got frustrated and pulled his hare out.
The coffee filed a police report—it got mugged.
I told my dog a joke—he thought it was pawsome.

Husband to Marriage Counsellor: We were very happy for 22 years.
marriage counsellor What happened? Husband: We got married.

Marriage counsellor, turning to wife: Do you agree with your husband's
assessment of your marriage? Wife: Yes, the only thing my husband
and I have in common is that we were married on the same day.

Marriage Counsellor to husband. How can I help? Well he says, we
have had 2 happy years of marriage Well why are you here? We've
been married 47 years!

A husband and wife go to a marriage counsellor for the first time. As
soon as they sit down, the wife starts complaining about the husband.
The counsellor tells the wife to stop. He then says, "Stand up and walk
over to me." As soon as she walks over, the counsellor grabs her
tightly and gives her a passionate kiss. He then looks over to the
husband and says, "See? That's all she needs three times a week to be
happy." The husband laughs excitedly and says, "That's great, Doc! I
can drop her off every Monday, Wednesday and Friday"

A young man was in love with two women and could not decide which
of them to marry. Finally he went to a marriage counsellor. When
asked to describe his two loves, he noted that one was a great poet
and the other owned a fish and chip shop. "Oh," said the counsellor. "I
see what the problem is. You can't decide whether to marry for batter
or verse."

Two elderly people were living in a Care Home. He was a widower and
she a widow. They had known one another for a number of years. Now,
one evening these two were at the same table. As the meal went on,
he made a few admiring glances at her and finally gathered up his
courage to ask her, "Will you marry me?"

After a dramatic pause and precisely six seconds of 'careful
consideration,' she answered. "Yes, I will." The meal ended and they
went to their respective places. Next morning, he was troubled. "Did
she say 'yes' or did she say 'no'?" He couldn't remember.

Try as he would, he just could not recall. Not even a faint memory. With
trepidation, he went to the telephone and called her. First, he explained
to her that he didn't remember as well as he used to. Then he reviewed
the lovely evening past. As he gained a little more courage, he then
inquired of her, "When I asked if you would marry me, did you say 'Yes'
or did you say 'No'?" He was delighted to hear her say, "Why, I said, 'Yes,
yes I will' and I meant it with all my heart." Then she continued, "And I
am so glad that you called, because I couldn't remember who had
asked me."