



## NEWSLETTER JULY 2026

### EDITOR'S CORNER



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



Sue and I attended the Antiques Road Show in Valentine's Park, Ilford on Sunday 7th June and were delighted to be filmed. Sue did all the talking to the expert Matthew Hayley, who is Managing Director of Bonhams Knightsbridge. We showed him the original of a reception

invitation for Sue's Dad. This contained the original signatures of all the members of the expedition who were the first to climb Mount Everest in 1953, including Sir Edmund Hilary and Sherpa Tensing. Interestingly, the document was also signed by James Morris of the Times newspaper who covered the event. James was possibly the first public figure to have a sex change and became a famous author under the name of Jan Morris, who only died in 2023. The programme (if we are selected) will be broadcast in September at a date to be notified.

### 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](mailto:roshay844@gmail.com) IT Coordinator - Jan Martin email address [janmartin4754@aol.com](mailto:janmartin4754@aol.com)

Most of what you worry about doesn't materialise

### WWU3A SPEAKER



**On Tuesday 7th July at 10.30 a.m.**  
(Doors open at 9.45 a.m.)

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

**Speaker Lindsay Siviter**

**Subject: Inspector Morse**

As a trained historian Lindsay worked for many years in museums around the UK, including six years at The Science Museum in London. Lindsay has extensive experience as a freelance researcher and has built up an enviable reputation for uncovering little known facts about her subjects.



### 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](mailto:lordval99@btinternet.com).

### 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](mailto: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!!!!

A new group has started!! we are currently singing in the Churchill Room at The Memorial Hall on the first Friday of every month from 1.15 until 2.15 p.m. It

is only £2 per session We are looking for a new venue but have not moved yet BUT we are a very enthusiastic group. Some of us have not sung for years, but we make a creditable noise. Come and join the fun!!!! Contact Val Lord on 07806093533. Or email [lordval99@btinternet.com](mailto:lordval99@btinternet.com)

Volunteering for something is win-win for everyone

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## MORE WWU3A NEWS

### 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: have obtained 30 tickets for Mama Mia at a matinee show on the 15th October at 3.00 p.m. It is at The Novello Theatre Aldwych, WC2 4LD. Cost

£30.00 for seats in the Dress Circle. This is a special price which Groupline have given us, and very reasonable by today's standards. I will start taking payments in July.

### OUTING TO WISLEY



Janet Taylor writes, on what we thought was going to be a very wet day, 51 members of the U3A set out for a visit to RHS Wisley. This proved to be wrong and we only got caught in a couple of sharp showers. On arrival at the gardens a quick pit stop for a coffee and toilets, then 24 of us split into 3 groups for a guided tour of the gardens. Our guide was very knowledgeable and we all thoroughly enjoyed her tour. We then went our separate ways to have lunch at one of the various places this could be taken.

Despite the occasional rain, there was plenty to enjoy. The glasshouse provided a welcome shelter, with its collection of exotic plants thriving in the warm, humid atmosphere. Outside, visitors moved between sunny spells and passing showers, pausing beneath trees or garden structures before continuing their explorations. The rain brought out the rich greens of the lawns and woodlands, while each return of sunshine illuminated the landscape with renewed brilliance. By the end of the day, the mix of weather had made the visit feel especially memorable, revealing the gardens in a variety of moods and highlighting the natural beauty of the seasons.

Finally there was, of course, a visit to the shop, where quite a few members purchased new plants for their gardens, the day had been enjoyed by all. Back onto the coach at 4.00 pm for the journey home, but as we approached South Woodford the heavens opened, but we were lucky again and by the time we reached Hawkey Hall the rain had stopped. I think I speak for everyone when I say thank you Lynn for arranging this lovely day out, and we all look forward to whatever next you have planned.

## MORE WWU3A NEWS

### CURRENT AFFAIRS DISCUSSION GROUP



This new group started in February and meets on the third Thursday. There are a few vacancies available.

We discuss three or four topics either of current affairs or subjects of general interest. The format is that the subject matter is briefly introduced and then everybody in turn states their view and then there is a general summing up. Some of the topics we have discussed have been :- The Gulf War, BBC Licensing, Shoplifting, Advantages and Disadvantages of getting Old, Makerfield By-Election.

All is conducted in a very friendly manner with much humour. Richard and Tina Harris ([tina.rich86@gmail.com](mailto:tina.rich86@gmail.com))

### FREEDOM PASS ROVERS 2nd MAY TRIP TO TRINITY BUOY WHARF



Sheila Gilkes writes: It was a spectacular sunny day for the group members to enjoy this heritage site. Where structures were built by and for Trinity House the organisation

that designed, and maintained the navigational equipment, buoys, lighthouses and lightships that kept Britain's coastal waters safe. It has now become a place with studios for people in the creative industries. We were able to view many amazing Sculptures by Andrew Baldwin and visit one of London's smallest museums documenting the life and times of Michael Faraday.

It really is worth another visit at the weekend to listen to the Longplayer a composition by Jem Finer written to play for 1000 years only open at the weekend.

We had lunch overlooking the Thames with a superb view of the O2 and the London Cable Car, as well as the Uber Boats. It was a very enjoyable day, and we were free to wander round at our own pace, using a map of the area as a guide.

## 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](#)



### RESEARCH OPPORTUNITY

AbilityNet (the charity we work with for providing IT skills training) are looking for participants in a research project. They will make a small pay for your time. Full details

including sign up method can be viewed here: [ITResearch](#)

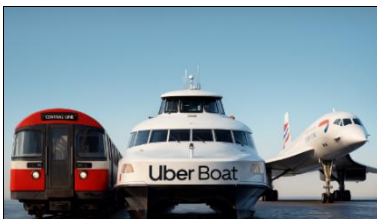
We all have some bad times but they are outweighed by good times

## MORE WWU3A NEWS



### FILM GROUP

Angela Barnes writes: Our film Cinema Paradiso was a loving homage to cinema which tells the story of Salvatore, a successful film director. Summoned home by his mother for the funeral of Alfredo, the projectionist, from the local cinema in a little town in Sicily. The phone call from his mother brings back to his mind the memories about his childhood obsession with the cinema and his friendship with the projectionist and his passion for anything connected with the cinema. The first of the third of this film is illuminated by the little boy, Toto, and is completely absorbing. Then he remembered as himself as the teenager suffering the highs and lows of his first love affair with beautiful Elena. Finally he reconnects with the community he left 30 years ago. It was a two hour film and we were completely hooked until a little time into the second hour when the Salvation Army chairs reminded us where we were and I decided to put into effect a tea break that we had discussed as a possibility before we began. After some refreshments we were ready to enjoy the rest of the film! Our next meeting is on 8th July. Our film could be What we did on our Holiday or About Time. We do not meet in August.



### TRAINS, BOATS AND PLANES

Our group set out expecting a pleasant trip from Richmond to Hampton Court—a very pretty river jaunt—but the tide had other ideas and prevented the boat from making the journey. After considering the alternatives, we decided instead to travel from Richmond back to Westminster, a longer trip of over two hours.

We passed through the lock at Richmond, glided by the crenelated outline of Syon House, and enjoyed river views that seem unchanged since Georgian times. We even spotted the Steam Packet pub, possibly an inspiration for the 1960s blues singer Long John Baldry.

There was plenty of river life to admire: herons, egrets, Egyptian geese, and schoolchildren honing their rowing skills—or, in some cases, simply messing about in boats. Good times were had by all, and it proved to be a delightful river trip—many thanks to Richard. Next month's outing is still to be decided.



### 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](mailto:lordval99@btinternet.com)

Wake up with optimism and it should be a great day

## MORE WWU3A NEWS



### ART AND CULTURE GROUP

Jane Brown writes: Despite the hot weather several members of the Art and Culture group had a very enjoyable private tour of the V and A Storehouse at Stratford, with one member doing his own thing and going to the V and A museum by mistake. The two hour tour was organised by Chris Pleasant and taken by Dave, who volunteers at the Storehouse and is also a U3a member, those of you who are members of the Grumpies will know him. Dave knowledge of the different pieces really brought the various collection to life

The building is spread across three floors and reaches over 20 metres. It houses over a quarter of million objects, 350,000 books and 1000 archives in a warehouse style space. I can't describe how impressive it is. Each level has public walkways with a metal grid floor and glass balustrades allowing you to see all the floors below. Dave talked in detail about the history of several objects (his knowledge was amazing) but I was impressed by a tapestry which showed how racism has existed throughout the ages. (See photo). The tapestry was part of a display charting different aspects of racism over hundreds of years to the present day.

If you want to check this out for yourselves try this link. see our visual story. The next visit for the Art and Culture group will be something very different which is an open air theatre performance in Walthamstow of Shakespeare's The 'Merry Widows'. This will probably be on Thursday 23<sup>rd</sup> July.

### THE MERRY WIVES OF WINDSOR at THE OPEN AIR THEATRE, WALTHAMSTOW

Walthamstow's best kept secret is The Open Air Theatre in The Village. Many locals are still surprised to discover this magical venue on their doorsteps, though luckily it IS known to members of the U3A. Since 1958 The Greek Theatre Players have presented an annual Shakespeare play there.

This year's production, running from Wednesday to Saturday 22 - 25 July is the Merry Wives of Windsor.

The Merry Wives of Windsor is on at The Open Air Theatre, Woodbury Road, Walthamstow, E17 9RZ. Indoors if weather bad Wed to Fri 22 - 24 July @7.30pm and Sat 25 July @ 2.30pm and 7.30pm The amphitheatre is at the bend of Woodbury Road in the grounds of Walthamstow Girls school just off Church Hill. There is no need to book just turn up... if the weather is wet the play goes ahead inside. I would suggest you bring a cushion or blanket to sit on, the stone seating can get very hard after a while.

Director, Pamela May, said 'This is a big, brash, boisterous play Falstaff is an ever popular figure and the ladies of the title are more than a match for him. There are many quotes in this which an audience will be familiar with, for example 'better three hours too early, than a minute too late' or 'the world's mine oyster' and 'this is the short and long of it'. It is our aim to use Shakespeare's brilliant words to 'make 'em laugh

Do favours for people without expecting reciprocation Page 3

## OTHER U3A'S

### VISIT TO PRIVATE GARDEN AT ROYDON ESSEX FRIDAY 10th JULY

Organised by Buckhurst Hill U3A

This is a private viewing to an outstanding private garden, including formal Japanese beech as well as sculptures. It is part of the National Garden scheme and all money raised goes to Cancer charities. £10.00 per person, make your own way there. Open 11.00 to 3.00 p.m. For more details contact Liz Davison on 07768 514281

### VISIT TO CHATHAM DOCKYARD

FRIDAY 4th SEPTEMBER

Organised by Buckhurst Hill U3A

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 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. For more details contact Mrs. Hilary Wrightman at 07836 671582 who will tell you how to book tickets.

### NEW KALOOKI GROUP (BH AND RV)

EVERY 3<sup>rd</sup> THURSDAY AFTERNOON  
FROM SEPTEMBER ONWARDS

Organised by Buckhurst Hill U3A

A similar game to Rummy and very easy to learn. Anyone interested should contact Hilary Wrightman on u3a.hilary.wrightman@gmail.com

### COACH TRIP TO RICHMOND AND THE POPPY FACTORY

WEDNESDAY 9th SEPTEMBER

Organised by Waltham Forest U3A

Cost £30. Pick up at The Larkwood Harvester, New Road, Chingford. We have a booking for 50 people. The visit will be two hours leaving plenty of time for lunch and to explore Richmond with its exclusive shops, parks and green spaces.

For further information contact Joy Pankhurst jjpankhurst@btinternet.com Mobile: 07952 142232

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## WWU3A OUTING



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

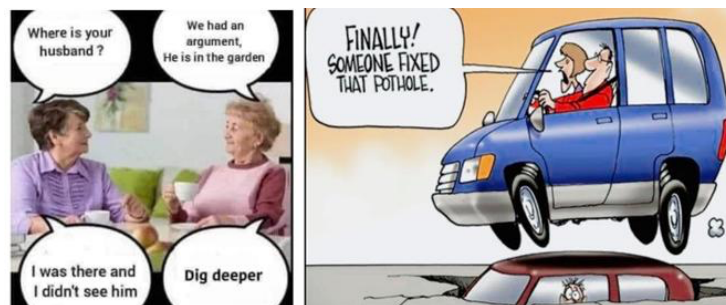
We have had several requests for a return visit to the stunning

Chénies Manor House. Nestled in the picturesque village of Chénies 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 11.00am from Hawkey Hall and leave Chénies at approximately 4.00pm. If you would like to come along we will be taking bookings at the July and August meetings.

## POSITIVE MATURITY!

Getting older is proof that life kept choosing me.  
Every birthday is another chapter worth celebrating.  
Older means wiser about where to spend your energy.  
Age teaches you that joy can be wonderfully ordinary.  
Growing older means your priorities finally make sense.  
Every year adds depth, not just numbers.  
Older people don't lose fun — they refine it.  
Experience is the one thing you can't fake or fast-track.  
Life becomes richer when you stop rushing through it.  
Maturity is discovering what actually matters.  
Aging teaches you that happiness is often homemade.  
Aging is proof you kept going.  
Experience turns chaos into wisdom.  
Every year lived is a victory many never get.  
Aging replaces urgency with understanding.  
The privilege of aging is often underestimated.  
Growing older is not losing youth — it's gaining clarity.  
Adventure in retirement is just a slower scenic route.  
Positive retirement: where every day feels like Saturday.  
Experience never gets old even if people do.  
Secret to aging well is staying curious and laughing often.  
Old age is simply other words for a lifetime of victories



You don't have to be perfect to make you a wonderful person