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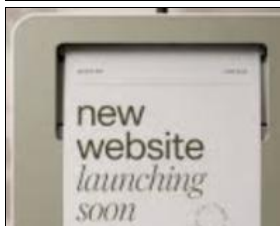


NEWSLETTER OCTOBER 2026

EDITOR'S CORNER



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



OUR NEW WEBSITE IS COMING SOON

We are delighted to announce that, subject to the final preparations being completed, our new Wanstead and Woodford

u3a website is planned to launch on 28th September. The website has been created using SiteWorks, the website platform developed especially for u3a's. It contains a wealth of information about Wanstead and Woodford u3a, including our activities, interest groups, meetings, events and the many opportunities available to members.

Dinah Calderbank has worked incredibly hard to create and develop the website, carefully transferring information and ensuring that it is clear, attractive and easy to use. We are extremely grateful to her for the enormous amount of time, care and effort she has devoted to this important project.

The launch is an exciting step forward for our u3a. We hope the new website will help existing members keep up to date, while also showing prospective members everything that our friendly and active organisation has to offer.

We look forward to sharing the new website with you very soon. Jan Martin. Chair, Wanstead and Woodford u3a

Free digital skills training for older people and disabled adults

- Need help with your emails?
- Want to book a GP appointment online, or do your shopping online?
- Need to know how to avoid digital scams?

Visit abilitynet.org.uk/BTDigitalSkills to book

Or call 0300 180 0028

Editor: I have checked this and as they are a charity, I am told it is a free service. Please check for yourself.

OCTOBER SPEAKER



On Tuesday 6th October
at 10.30 a.m.
(Doors open at 9.45 a.m.)

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

Speaker Andy Malcolm

Subject: Jokes, Sea Shanties
and true life tales

An entertaining talk by Andy Malcolm..... and his work with the fishermen's mission.... he made us think about the fishermen who catch our fish. A great speaker!! This is UK's only national charity working to support fishermen and their families who see a fishing industry where every person feels supported, valued, and safe.



TABLE TENNIS POSSIBLE NEW GROUP

Are you interested in playing ?
Can you play or would you like to learn?
There is a possibility of a group starting.
If you are interested please contact
Val Lord on lordval99@btinternet.com



SINGING FOR FUN

The next Session is on the 2nd October at
Woodford Methodist Church from 2.30 -
2.30p.m. Come and join us!!

If you are interested in joining us please contact Val Lord on
07806093533.Or email lordval99@btinternet.com



WOMEN'S FOOTBALL BOOK

Earlier this year, Patricia Gregory spoke at our monthly meeting on her work to establish women's football in England.

She mentioned her book "Breaking the Grass Ceiling - The History of the Women's Football Association". In August it won the Lord Aberdare literary prize awarded by the British Society of Sports History." Well done Patricia.

WWU3A NEWS



TO OUR NEW MEMBER

Leslie Ramon Marais

CURRENT GROUP VACANCIES

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

If you want to join a different group not shown here it will be worth contacting the convenor in case they now have a vacancy



ETSY CHRISTMAS MARKET AT THE BRIGHTON DOME

AND CHRISTMAS SHOPPING DAY ON SATURDAY 5th DECEMBER

Join us for a festive day out to Brighton and visit the Etsy Christmas Market at the Brighton Dome. The Etsy market is a wonderful opportunity to browse unique, handmade gifts and decorations leaving the rest of the day for Christmas shopping or simply enjoying all Brighton has to offer at this time of the year. For those that fancy something a little different, the Royal Pavilion will be beautifully decorated ready for Christmas and can be visited during the day. So hopefully something for everyone!

The coach will leave Hawkey Hall on Saturday December 5th at 8.30a.m. and will be leaving Brighton at 5.30p.m. The cost of the trip will be £26.00 We will be taking bookings at the next meeting. Look forward to seeing you there! Lynne & Sandra



Eileen Cowell writes: There is a change in the meeting times for boules. Now we shall meet the LAST Thursday in each month at 10am Highams Park; Next date 24th September.

MORE WWU3A NEWS



FREEDOM PASS ROVER 1 TRIP TO THE BRITISH LIBRARY

Cathy Daley reports: A small group of Freedom Pass Rovers went to the British Library for our September outing. After meeting up with our organisers, Krystyna and Geraldine, at Mile End Station we proceeded to Kings Cross and then a short walk to the Library. After our usual coffee break, in the Library, we went up to the main display room.

I have to say that my eyes were immediately drawn to the ancient bibles. They are so exquisite, the illustrations are vibrant and the writing so small and neat. It is amazing to think that this work was done, by candle light, by monks standing at a desk. They only had quill pens, which they must have been continually sharpening, and homemade ink. They are most likely in such beautiful condition as they were kept safe in the libraries of the great houses of England. Obviously these weren't the only books and manuscripts on display. There was the Magna Carta and a first folio edition of Shakespeare's plays, along with books from many religions. The most up to date item, in the American section, was a "No Kings" flag from last year's demonstrations in the States!

After we had all had our fill of these amazing works, half of the group headed home while the other half went off for lunch. Many thanks to Krystyna and Geraldine for organising this fascination trip for us.



GARDENERS AHoy

Sandra Reekie writes: Our first ever SEED SWAP appeared to be quite well received, and by the number of packets taken, next spring should be blooming beautiful! I hope some more collected seeds come in at the October meeting to swap - HOWEVER the seed swap table will be back next spring for us to share summer plant seeds and here's how to collect them from your window box, patio or garden.



FILM GROUP

Angela Barnes reports: Our first film group of the term was Victoria Wood's 'That Day We Sang'. Michael Ball and Imelda Staunton star as Tubby and Enid, reunited in 1960's Manchester forty years after they sang as children on a famous record. Tubby the lonely insurance salesman falls for Enid and feels he has a last chance of romance, but for Enid things are more complicated. Interwoven with their bumpy road to love is the story of the little boy Jimmy, whose day singing on the record turns out to be the most important life of his life.

We have some spaces in our friendly group. Why not have a try with us? We meet on the second afternoon on Wednesday of the month in the Salvation Army Hall in Daisy Road. The room is accessible from 1.30pm and we start the film at 2.00p.m. At the moment we are charging for £16 a term. If you join us in October it will cost £12. If you would like to join us you can pay on the SUM UP machine at the general meeting on the first Tuesday of the month or bank transfer online. I will take a cheque if you are not able to pay by the other method. Do get in touch by phone or email if you have any queries.

MORE WWU3A NEWS



Janet Taylor writes: We had a lovely U3A visit to Chenies Manor. On arrival, we were welcomed with tea and coffee before enjoying an interesting introductory talk by the owner, who gave us some background about the house and its history. See below. We were then split into three groups for a guided tour of the manor, where we learnt more about its fascinating past

and admired the beautiful rooms and furnishings.

After the tour, we enjoyed a delicious buffet lunch before having some free time to explore the gardens at our leisure. The gardens were beautiful, and the dahlias were absolutely amazing, with a wonderful display of colours and varieties, with apparently over 2000 plants to be lifted and stored each year..! It was a very enjoyable day out, with good company, interesting history, gardens looking just stunning. Our thanks to Lynne for arranging another lovely day for us to enjoy.

A few interesting facts about Chenies Manor. Chenies Manor is a really old Tudor house, with parts of the present building dating back to the 15th century. It is Grade I listed, which means it is considered to be of exceptional historic and architectural interest. The house stands in the lovely village of Chenies, in the Chiltern Hills, on the Buckinghamshire/Hertfordshire border.

There are some rather impressive royal connections too. Henry VIII visited Chenies several times, sometimes with a huge royal entourage, and Queen Elizabeth I stayed there for about a month in 1570.

Apparently, Elizabeth may even have lost some of her jewellery while sitting under an oak tree in the grounds — the tree is now known as the Elizabeth Oak!

The manor was owned for centuries by the Russell family, later the Dukes of Bedford, who eventually moved their main home to Woburn. In the 1950s the house was in poor condition, but it was bought by the Matthews family, who lovingly restored both the house and gardens.

The gardens we enjoyed today are the result of many years of hard work and were designed to complement the Tudor character of the house.

And one final little gem: beneath the grounds is an ancient medieval undercroft, thought to be part of the earlier manor house. It may even have been used as a prison during the Civil War! So, when we were wandering around the beautiful gardens and admiring those amazing dahlias, there was actually hundreds of years of history underneath our feet.

If you can't say anything nice about people don't say anything

POET'S CORNER

Small children starting school,
In new uniforms looking cool,
Little Arms in longer sleeves
Bigger shoes on smaller feet,
Kicking leaves, along the street
To continue our studies, stop pining and yearning,
Because, with u3a, you never stop learning.

Poem by our member Jackie Raine

LONDON REGION

WALKS AND GALLERY VISITS OCTOBER 2026

London Region announces the next full programme of walks and gallery visits for October. All events are £10, no refunds. The programme can be found on the [events](#) page of the website.

The session for 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 on your behalf Website <https://lru3a.u3asite.uk/>

OTHER U3A GROUP



Buckhurst Hill U3A are launching a new Guitar Music Group on the 22nd September, run by Stephen Selby. Stephen is an experienced guitarist who has played acoustic, electric and bass guitars over many decades and still plays in several bands. He is

introducing a monthly fun session for beginner and intermediate players, to get together to play and sing well known songs, chosen by the group (singing will not be compulsory!). Some guitars are available but players should bring their own if possible.

The Group will meet on the 4th Tuesday morning of each month at his home in Buckhurst Hill for a two hour session. It doesn't matter how good you are as long as you want to join in and have a lot of fun. We will need a minimum of three players to start the group off and the maximum will be around 6 people because of space.

If you would like to join the Group or just find out more, please contact Stephen at this link [Stephen Selby](#)

U3A MAIN EVENT

BRANDENBURG CONCERT

U3A Christmas Concert 2026 with The Brandenburg Camino Singers Join u3a for a concert of traditional carols enhanced by the gentle glow of mulled wine and mince pies on Wednesday 2nd December 2026 from 2.00 to 4.00 p.m. at St Margaret Pattens Church, Rood Lane, Eastcheap London EC3M 1HS (Nearest underground station Monument – 5 minutes' walk) Cost £27.00 Details at [Brandenburg Bookings](#) launch 23rd September at 2.00 p.m.

Criticism is easy to give. Praise is much harder.

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CARTOON CAPERS



You know it's a rough neighbourhood when you see a bird with an ankle monitor carrying a knife....



Crossing things off my to-do list... I didn't do them, I just don't want them on my list anymore



The plumber called today and asked why I haven't paid my bill for the work he did last Friday. I told him, "it's what you quoted." He said, "I didn't give you a quote." "Yes you did," I said. "When I called to ask when you could fix it, you said you were free on Friday."

Like I was saying, the circus is just one of my careers. The real money comes from frosted flakes



I'M SO OLD I REMEMBER MULTIPLICATION WAS CALLED "TIMES TABLES".

STILL SMILING

The stage designer lost his job without making a scene.
Shipbuilders have an exciting occupation. It's riveting!
Difference between ignorance and apathy? Don't know, don't care.
My friend says I cheat at Scrabble. It's only my word against his.
People in Dubai don't like the Flintstones. People in Abu Dhabi do!
How does a penguin build a house? He Igloos it together.
I wanted a camouflage shirt, but I couldn't find one.
Can February March? No, but April May!
I want to discover how snow falls, if you catch my drift?
The lumberjack enjoyed logging in to his new computer.
My phone has to wear glasses ever since it lost its contacts.
I was going to get a brain transplant, but then changed my mind.
I am just one step away from being rich. All I need now is money.
The Apes and Baboons were fighting. It's called Gorilla warfare.
I had shares in a topiary Company. They were in my hedge fund.



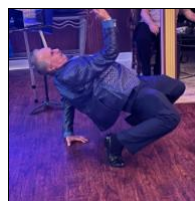
A 70 year old man proposes to a beautiful young girl and attempts to entice her by telling her that his father is 100 years old and possesses a fortune of several million pounds.. The girl asks for two weeks to consider the proposal After two weeks the man calls the young girl for her decision 'I can't sorry' she tells him 'I'm your stepmother'



An 87 year-old man went to the doctor to get a physical. A few days later, the doctor saw the man walking down the street with a gorgeous young lady on his arm. A couple of days later, when the old man had an appointment with the doctor again, the doctor said, "You're really doing great, aren't you?" The man replied, "Just doing what you said doctor, "Get a hot mama and be cheerful." The doctor said, "I didn't say that! ... I said you have got a heart murmur. Be careful!"



An elderly man was taken to hospital with a possible concussion. The doctor asked him a series of questions to which he quickly answered. Do you know where you are?" the doctor asked. "I'm at the Wesley Hospital," the man replied. "What city are you in?" the doctor asked. "Bristol," the man said with confidence. "Do you know who I am?" the doctor asked finally. "Dr Hamilton," he responded. The doctor walked off, making notes on a piece of paper. "I hope he doesn't ask me any more questions," the elderly man said to the nurse standing nearby. "Why?" she asked. "Because, all of those answers were on his badge!"



A married couple are out one night at a dance club. There's a guy on the dance floor giving it large: break dancing, moon walking, back flips, the works. The wife turns to her husband and says, "See that guy? Twenty years ago he proposed to me and I turned him down." The husband says, "Looks like he's still celebrating!"