"Registered Charity Number 1153877

NEWSLETTER NOVEMBER 2026

EDITOR'S CORNER



Contact me, Phil Joiner at ww3aphil@gmail.com. Articles or comments for next month to be received by 19th November. A short version as there not many member contributions

OUR NEW WEBSITE IS NOW LIVE

Our new Wanstead and Woodford u3a website launched 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

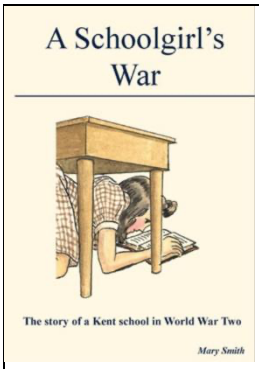


FILM GROUP

Our film for October was Mr Burton - the 2025 film based on the true story how an English teacher, Philip Burton (Toby Jones) takes a wayward school boy, Richard Jenkins (Harry Lawtey), under his wing and guides his natural talent for drama to shape his future as an actor, Richard Burton. The film is in set in Port Talbot in 1942and the young lad is caught between the pressures of his family, war and his own burgeoning ambitions. He thrives under Philip's strict tutelage and the guidance of kindly landlady, Ma Smith (Lesley Manville) to overcome the burden of past risks holding him back forever. We all enjoyed the film and many felt that it had not been as widely promoted as they would it have been expected given the principal actors. Our next meeting is Wednesday 11th November Angela Barnes angelabarnes1972@gmail.com

Do your best, and then do more!

FORTHCOMING SPEAKER



On Tuesday 3rd November
at 10.30 a.m.
(Doors open at 9.45 a.m.)

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

Guest Speaker: Mary Smith

Subject: A School Girl's War.

Mary Smith, former head teacher of Maidstone Girl's Grammar School [MGGS], gives a fascinating glimpse of school life during WWII in her illustrated talk. Mary was the head teacher of a secondary school where there was a discovery of some exquisite art work documenting, in paint and pencil, the lives of school children and their teachers as the war unfolded. The art teacher's paintings feature air raids, doodlebugs, underground lessons in shelters and disrupted schooling. The talk will also feature fascinating photos where those lessons took place. No doubt this talk will bring back memories.



Lynne Stilwell writes. A reminder for all those that signed up for Table Tennis. The first session will be on Friday November 13th at Derby Road Methodist Church from 10.00am – 12.00pm. Bats and balls with be provided Looking forward to seeing you there!



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! The seed swap table will be back next spring for us to share summer plant seeds and how to collect them from your window box, patio or garden.



SHARED QUIZ

Please note that that the quizzes will in future be held at Roding Valley Hall. The cost will be the same £2.00 pay at door. The starting time will be 2.00 p.m. instead of 1.30p.m. Please book with Jane Brown - brown2jane@gmail.com Or Val Lord - lordval99@btinternet.com

WWU3A NEWS

TO OUR NEW MEMBERS

Teresa Gil Garcia, Lisa Lalani, Linda Pike, Lorraine Braterman, Tony Cronin, Patricia (Pat) Cronin, Christene Foley.

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



REDBRIDGE MUSEUM AND HERITAGE CENTRE

Sue Cox writes: Eight members of FPR1 recently visited Redbridge Museum and Heritage Centre which is a free local history museum located in Ilford Central Library

It has recently undergone a major development and now includes among other things, 200,000 years of local history including the ice, iron and Roman ages plus rural 19th century life.

All of us were very pleasantly surprised at the amount of displays and information that were available to browse. These included the strong area connection to the East India Company plus local institutions was particularly interesting and helped us all recall our own personal events and local life when we were all much younger

The history of the grand houses and mansions, including its owners, in the locality was fascinating. There are many hands on displays for all generations to enjoy and learn from in the museum too. All in all a very worthwhile and interesting visit, our thanks to Janet Taylor and Jan Martin for organising it.



FIRST AID TRAINING

Jane Brown, advises: There are free tools and apps from the British Heart Foundation and British Red Cross that can give you simple first aid training. While they don't beat having a first aid qualification, and they're not as detailed as traditional first aid manuals, in an emergency it could be a lifesaver.

Free British Red Cross first aid training app
Free British Heart Foundation CPR training
Free British Red Cross 'Baby & Child First Aid' app

There's more skills training in Martin Lewis' free ways to learn something new blog. Editor: Thanks Jane!

MORE WWU3A NEWS



MAMMA MIA

Janet Taylor reports: Well, what a fabulous time we had! Thirty members of Wanstead and Woodford U3A headed off to the Novello Theatre in Aldwych to see the ever-popular *Mamma Mia!* — and what a treat we had in store! With the music of ABBA, a feel-good story, wonderful singing and plenty of laughter, we were soon tapping our feet and wishing we could get up and dance in the aisles!

There were so many familiar favourites, from *Dancing Queen* to *Super Trouper*, that it was hard not to sing along. I suspect a few of us were tempted to join the cast on stage — although perhaps it was just as well we stayed in our seats!

The show was full of energy, colour and fun, and it was lovely to share the experience with fellow members. After all, one of the best things about U3A is not just what we do, but the friendships we make and the memories we create along the way.

A big thank you to everyone who came along and helped make it such an enjoyable outing. We certainly proved that you're never too old to enjoy a bit of ABBA magic!

And who knows? Perhaps the next time we hear those familiar opening notes, we'll all be transported straight back to the Novello Theatre!

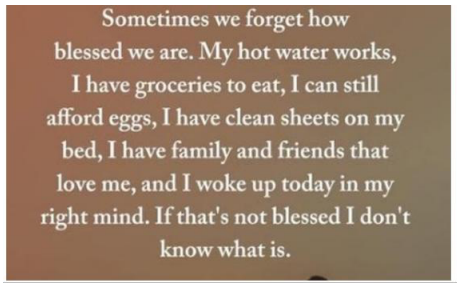


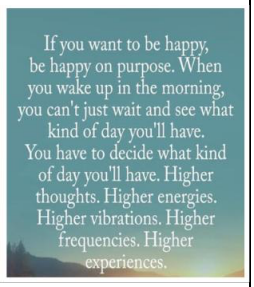
ETSY CHRISTMAS MARKET AT BRIGHTON DOME AND CHRISTMAS SHOPPING DAY ON SATURDAY 5th DECEMBER

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!

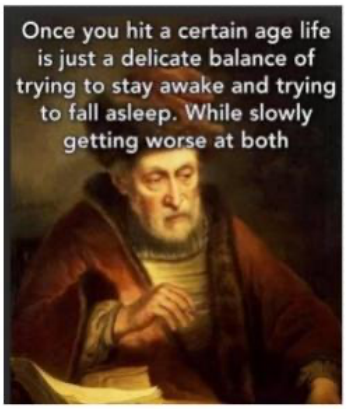
The coach will leave Hawkey Hall on Saturday December 5th at 8.30a.m. and will be leaving Brighton at 5.30p.m. The cost of the trip will be £26.00 We will be taking bookings at the next meeting. Look forward to seeing you there! Lynne & Sandra

POT POURRI

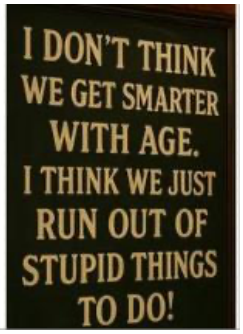












I took Lord of The Rings to bed. Now I'm Tolkien in my sleep.
I was surprised to learn I weigh zero milligrams. 0mg!
I have a respect for giraffes. as you can really look up to them.
If I had to rate our solar system I'd give it one star
My wife gave me a coffin for my birthday. The last thing I need.
2 words have opened a lot of doors for me … Push and Pull!

The boss looks over the gentleman's resume and says "Wow, I'm impressed. It seems like you've got everything needed for the job. But there's a 4 year gap in here. What happened there?" The gentleman responds "Oh, that's when I went to Yale." The boss is now super impressed and hires the man on the spot . The man immediately calls his wife . "Hey honey, I got the yob!"

A little boy was afraid of the dark. One night his mother told him to go out to the back porch and bring her the broom., I don't want to go out there. It's dark." "You don't have to be afraid of the dark," "Jesus is out there. He is everywhere, and he is always ready to help you when you need him. The then went to the back door and cracked it a little. Peering out into the darkness, he called, "Jesus? If you're out there, would you please hand me the broom?"

Do the right thing and you will get the rewards

POET'S CORNER

Come on winter, do your worst
But spread a little sunshine first,
Nights are long and days are shorter,
And curtains closed before they oughter,
Not my favourite time of year,
And clocks go back soon I fear.

Poem by our member Jackie Raine

LONDON REGION

London Region of U3As Walks and Gallery visits
December 2026/January 2027

We are delighted to announce the next full programme of walks for December/January. All events are £10, no refunds. The programme can be found here and on the events page of the website. The sessions for December/January will launch on Tuesday 1st December 2026 from 17.00

Our Christmas based walks proved very popular last year and were 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. For assistance please email bookings.lru3a@gmail.com

U3A MAIN EVENT

U3A CHRISTMAS CONCERT 2026
WITH THE BRANDENBURG CAMINO SINGERS
WEDNESDAY 2ND DECEMBER 2026 2pm – 4pm

At St Margaret Pattens Church, Rood Lane,
Eastcheap London EC3M 1HS
(Nearest underground station Monument – 5 minutes' walk)

Tickets: £27.00 including programme and mulled wine or soft drinks plus mince pies served during the interval
Here is the direct link or check the events page

We've recently experienced some issues with PayPal. If you've registered more than once without successfully completing payment, please don't submit another application. Instead, contact us to request the BACS payment details.

An anonymous member sums up our U3A.

I've joined the U3A,
It costs five pence a day.
The meetings are free, Except for my tea!
With speakers galore, I've learnt so much more.
I've made some new friends, But that's not how it ends.
As I was to find out, Without a shadow of doubt.
It gives me the thought, That life is so short.
I need to keep going, to keep my brain flowing.