

The deadline for contributions to the next Newsletter is Wednesday 23 September 2026

Please send items for publication to the Newsletter Editor

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Chair's introduction September newsletter

Welcome to the September newsletter. Wow what a hot summer it has been. The grass is brown; the pot plants are drooping, and we now have a hose pipe ban. I think it will be a while before the hosepipe ban is lifted.



The knit and sew group that I belong to have been lucky to enjoy our last 2 meetings in a lovely spot in the shade of a large willow tree, thanks to one of our members. It will be nice to enjoy a cool spell over the next few weeks.

We had a good serendipity trip to Rochester from the end of the pier; it was cooler so made the boat journey smooth and a lovely visit to the castle and cathedral. Hope everyone enjoyed it as much as we did.

The summer picnic went well thanks to all who helped on the day. It would be good to hear any feedback from members who went along so the social committee can gauge next year's event.

There is 2 more weeks left of the school summer holidays, so like me, I hope some of you with grandchildren or even great grandchildren making the most of time with them this summer. Personally, I'm running out of ideas for things to do with my 2 grandsons. I did take them to Colchester castle and the other small museum in castle park this week, which the u3a had been to recently on a serendipity trip. They did enjoy seeing all the coins and skeletons and it was a nostalgic trip for me as I used to live in Colchester and love the town centre and castle park.

So, I hope you all enjoy the bank holiday and the cooler weather and us gardeners hope we get a bit of rain, and I look forward to seeing you all at the September meeting.

NEXT MEETING

3rd September 2026

Doors open at 1:15 pm
Meeting starts at 1:45 pm

FORTHCOMING SPEAKERS

3rd September
Richard Bale
Boudica – Myth or Legend

1 October
Fran Sandham
Stanley & Livingstone

5 November
Tony Harris
Donald Trump

GROUP MEETINGS CALENDAR			
MONDAYS			
Walking	Weekly	9.45	Richard Paternoster, Anne and Ray Hill
Are you Curious	4 th Monday of month	2:00 - 4:00	Carol Collins
Beer Appreciation	2 nd Monday of month	2:00 - 4:00	Terry Lake
Bird Watching			
Card and Paper Craft	3 rd Monday of month	1:30 pm	Wendy Paternoster
Discussion	3 rd Monday of month	2:30 - 4:30	David & Barbara Hine
Knit and Chat	4 th Monday of month	2:30 - 4:30	Barbara Hine
Petanque (Boules)	2 nd and 4 th Monday of month	10:00	Linda Deadman
Rummikub	Weekly	2:00 – 4:00	Pam Leys
Supper Club	1st Monday of month	6:00 pm	Val Stenson
TUESDAYS			
Book Club (2)	3 rd Tuesday of month	10:30	Maureen Pointer
Cross-Stitch	Every other Tuesday	10:00	Anne Hill
French Conversation	1 st & 3 rd Tuesday of month	2:30 - 4:00	Carol Clifford
Knit & Sew	4 th Tuesday of the month	2:30	Katherine Lake
Local History (2)	2nd Tuesday of the month	2:00	Graham Collins & Carol Collins
Petanque (Boules)	1 st & 3 rd Tuesday of month	2:00 – 4:00	Beryl Horrex/Janet Toms
Snooker (2)	3 rd Tuesday of the month	11:00 – 1:00	David Hine
Short Mat Bowls	Every other Tuesday	2:00 – 4:00	John Stenson
Ten Pin Bowling	Fortnightly	11:00	Jacqui & Keith Baker
WEDNESDAYS			
Line Dancing	2 nd and 4 th Wed of the	2:00 - 3:00	Jill Nettleship
Local History (1)	2 nd Wednesday of month	p.m.	Sandra Dawson
Table Tennis	Weekly	7:30	John Owen
THURSDAYS			
Cribbage (cards)	4 th Thursday in month	10:00 - 12:00	Keith Baker
Gardening Group	2 nd Thursday of month	2:00 - 4:00	Paul Nice & Marion Cain
Knitting (2)	Fortnightly	2:00 - 4:00	Sue Dodkin
Serendipity	Monthly (Normally a Thursday)	All day	Serendipity Team
Snooker	2 nd Thursday of month	11:00 - 1:00	David Lazell
FRIDAYS			
Canasta	2 nd Friday of the month	2:30 - 4:30	Ian Foster/Pam Foster
Book Club (1)	3 rd Friday of month	2:00	Pat Wilkinson
I.T.	4 th Friday every two months - Jan, Mar, May, July, Sept, Nov	2:00 - 4:00	Robert Nickless
Local History (3)	1 st Friday of month	10:00	Sue Morris. Sue Mitchell & Karen Hunter
Photography	2 nd Friday of month - Inside - Outside	2:30 - 4:30 2:00 - 4:00	Roger Young
Ladder Golf	Alternate Fridays	6:00- 8:00	Anne & Rae Hill
Solo/canasta	4 th Friday of the month	7:00 - 9:00	Ian Foster/Pam Foster
Walking	2 Fridays per month	Mid	Phil Kelly
SATURDAY			
Petanque (Boules)	2 nd & 4 th Saturday of month	10:00 - 12:00	Rosemarie Barrows
SUNDAY			
Sunday Lunch Club	Monthly, various dates	1:00 - 3:00	Carol Collins
Other Various Dates			
Garden Visits			Janet Arrowsmith
Theatre Trips			Claire Ham
Cheese, Wine & Pudding Club	Every 3 months - 6 pm -9 pm St Andrews Church Hall		Anne Hill, Chris Campbell, Ann King
The Golden Groovey's 60's & 70's music.	Every 2 to 3 months - 2 pm – 4 pm St Andrews Church Hall		Monica Weston

GROUP VACANCIES - At the moment the following groups from the above list are full but please let group Co-ordinators, Carole Edwards/Rae Hill know if you want to go on a waiting list

BEER APPRECIATION
SUPPER CLUB
CANASTA
CROSS STITCH

PETANQUE GROUPS 1 (Mondays)
BOTH SNOOKER GROUPS
SOLO

RUMMIKUB
SHORT MAT BOWLS
SUNDAY LUNCH

DISCUSSION
CRIBBAGE
LADDER GOLF

Noticeboard

NEW GROUP

The Golden Groovey's

We are excited to start this new group 'The Golden Groovey's'

Every 2 to 3 months.

Start date: Monday, November 2nd.

Time 2 pm until 4 pm.

Venue: St Andrews Church Hall Ashingdon.

Bring your own drink and nibbles.

Cost: inaugural group event £5 at the door.

£3 from 2027 depending upon numbers.

The aim is for members to come along and dance or sing along, socialise and reminisce to 60's and 70's music.

Going forward, members may request a list of their chosen song/ songs in advance and tell us about their memories.

For the inaugural event, you are welcome to bring along a friend to give them an insight into a group activity in the U3A. This will show how we have a bit of fun, socialise and learn from each other. This might prompt them to join the U3A.

Going forward, the following group sessions will be for members only.

Please register with Rae and Carole at Co-ordinators desk at the meeting if you are interested in joining this new, exciting group.

Monica Weston
Group Leader

Cheese Wine and Pudding Club - Friday September 25th 6pm

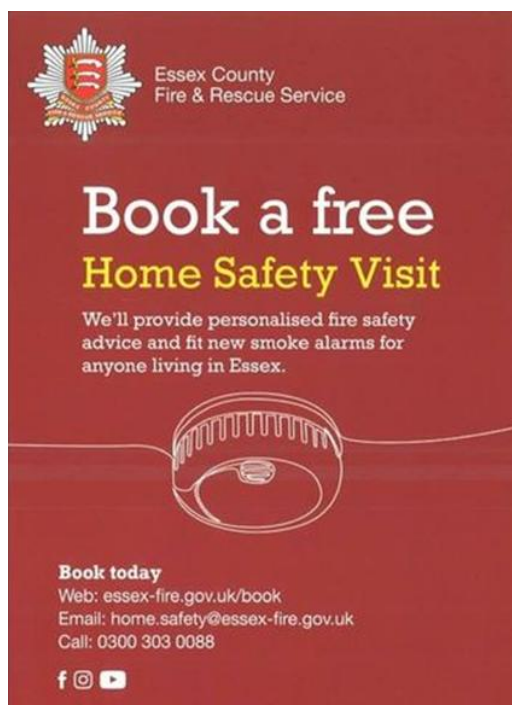
St Andrews Church Hall Ashingdon.

For group members who have paid to attend this event, please arrive promptly so our evening can get underway. Please bring £1 if you would like to purchase a raffle ticket.

Our aim is to provide a fun evening with lots of chat and laughter.

Looking forward to seeing you all.

Anne H, Chris and Ann



Dates for your diary

Walks with Phil

On **Friday 11 September** let's meet ready to walk by 9.45 am from Clements Hall sports centre entrance. We will follow the path across to Thorpe Road and then on to and across the main road and into Mount Bovers Lane. We will skirt Honeypots and Gusted Hall before following a low ridge (with good views) towards the Lawn and Cherry Orchard Way. Some various options then to get to path north connecting onto Ironwell Lane heading back to Hawkwell and Clements Hall. About 1 hour 40 minutes of walking with some gentle ups and downs, and a mixture of paths tracks and pavements crossing pleasant fields and woods.

Only a week later on **Friday 18 September** let's meet again at Clements Hall ready to walk by 9.45. This time we will do a circuit taking in Rouncefall, Trinity Wood, Beckney Wood, and completing the circuit by White Hart Lane railway bridge before returning to Clements Hall. Some ups and downs, pleasant woodland and fields, taking perhaps 1 hour 50 minutes.

For both of the above walks we could take refreshments in the cafeteria at Clements Hall if anyone wants to join me.

On both of these walks any member who can walk for up to two hours with breaks are very welcome to come along. No formalities or fees; just turn up with sturdy footwear and a drink in a plastic bottle.

We are also walking on **Friday 25 September** but you need to be able to walk for up to 4 hours, albeit with a lunch break in the middle. We will meet at Ashingdon and East Hawkwell Hall ready to car share by 9.45. We will drive to Lingwood Common to walk from there in a circuit taking in the very pleasant café at Paper Mill Lock where we will rest and purchase food and drink for our lunch. Getting back to Ashingdon about 3pm. Some definite ups and downs, but worth it for the views and the pleasant ambience of the river Chelmer in the middle part of the walk.

If you are thinking of coming on any of these walks, but have any concerns please text me.

Hoping to see you walking.

Phil

Theatre Group

THEATRE GROUP – September 2026

Everyone is welcome to join us - the more people the lower the price for all!

We are a friendly bunch, and you are very welcome to come alone or with friends. If there is anything you spot and are interested in, please let us know as we may be able to make up a group and make the most of reduced price tickets.

On theatre days, we will be in the foyer early, so please come and see us so we know you have arrived. Also, if you have forgotten your tickets or have a last-minute issue, we have time to resolve it. Please note, we cannot guarantee a particular performer will be on at the show we will be going to, but fingers crossed.

Jesus Christ Superstar

Tue 27 Apr - Sat 1 May 2027 – actual date to be confirmed shortly

Cliffs Pavilion Tickets £TBC – Payment January 2027 Meeting

The record-breaking West-End production of Jesus Christ Superstar, starring Sam Ryder in the iconic role of Jesus! This production follows the events of the last days of the life of Jesus Christ, as seen through the eyes of Judas. Reflecting the rock roots that defined a generation, the legendary score includes “I Don’t Know How to Love Him”, “Gethsemane” and the iconic title number “Superstar”.



We are expecting this show to be very popular, so put your name down as soon as possible.

More to follow.....

Claire Ham & Noreen Bishop

Serendipity

The Postal Museum visit - 17th September.

This is a reminder for people attending this event of times.

We will meet at Rochford station and take the 9.17 train to Liverpool Street and then the circle line to Farringdon.

Looking forward to seeing you all.

Ann & Jeff King.

Serendipity coordinators.

Group News

Bird Watchers

It is with sadness I am giving up leading the Bird Group. My mobility is not too good and I cannot do the walks around the reserves, and I also have difficulty lifting my scooter in and out of the car. Many of the reserves are not suitable for wheel chairs or mobility scooters either. I am hoping someone will come forward to lead the group. Take care everyone,

Paul Nice

Our **annual Pétanque competition** for the David Barrows Memorial cup took place on 8th August 21 people took part and for once we didn't have to worry about the weather. Thank goodness for the large willow tree which gave us some shelter from the sun.

Play commenced at 9.30am and everyone had their game face on. We played to 7 points instead of the usual 13 but even so it took just over 3 hours fuelled by bacon rolls and some delicious homemade cakes and biscuits to arrive at our well-deserved finalists Vic Brady and Gloria McMannus, As you can imagine it was a close game Gloria being our well-deserved winner 🏆



Rosemarie Barrows

Card and Papercraft Group: September 2026

August 2026; In August, we were treated to a lovely card designed by Noreen, using textured papers:



Using a totally new medium, allowed us to express our own style whilst using Noreen's inspired design. Much fun was had by all and the cards looked beautiful and were very tactile! Thank you, Noreen.



Thinking About Joining Us?

We now have space within the papercraft group, so if you like the look of our creations and fancy giving it a go, you are warmly invited to our 'Open Meeting/Give it a Go Session' scheduled for **21st September 2026**.

This is a great opportunity to see first-hand what we get up to and give it a go yourself. Absolutely no pressure to join and no prior creative skill or knowledge needed. Come along and learn a new skill whilst having a good old giggle along the way!

Our meetings are held at the **Baptist Church, Rectory Road** on the **3rd Monday of each month**. **We start at 1:30pm and run through to 3pm**, (although we get there a little earlier to setup and have a little extra time at the end for clearing away). We need to pay for the hall use, so if you decide to join us it works out to about **£10** a quarter (depending on our numbers). We also ask that £1-£2 is given to the group leader each month to fund any materials. Finally, we ask that our members bring a basic kit, which includes some copy paper, a mat to work on, glue, a pencil and ruler. Other equipment and mediums are provided by the group leader.

Please contact Wendy, Claire or one of the group coordinators if you fancy coming to our 'Open Meeting/Give it a Go Session'. This is a very fun and popular group, where we share ideas and have lots of fun. It would be lovely to see you in September.

Best wishes

Wendy Paternoster and Claire Ham

IT Group

"Why did it do that?"

September
2026

Why did it do that?

Everything nowadays seems to have a chip in it even if it is just a toothbrush. These devices often appear to have a mind of their own and will do the strangest things for no apparent reason.

The IT Group meets in the Lion Room at the Life House Church in Ashington, opposite Ashington School every two months at 2pm on the 4th Friday of the month (Jan, Mar, May, Jul, Sep, Nov). Our next meeting will be on **Friday 25th September**.

We are a discussion group that talks together about any subject that interests us. None of us are experts in any area but if one of us is having a problem with something then someone else may know how to solve it or know where to find help. If we cannot think of an answer immediately, we can try to find an answer for the next meeting. If all else fails we can at least make sympathetic noises.

We really need more members. Anyone is welcome to join and if you have some knowledge of anything remotely techie and are willing to help others you will be particularly welcome. Our meetings are very informal, we never stick to any plan and usually discuss anything that takes our interest as we go along.

If you think you may be interested in joining us then please contact the Group Coordinators. Whether you have extensive knowledge to share or just want to chat we will be very pleased to see you at our next meeting.

Robert Nickless

Committee Members Contact Details

Chair	Marion Cain
Vice Chair	Rae Hill
Treasurer	Ian Foster
Secretary	Katherine Lake
Membership	Val Stenson
Joint Group Coordinator	Carole Edwards
Joint Group Coordinator	Rae Hill
Committee member	Anne Hill
Committee member	Terry Lake
Committee member	Chris Campbell
Committee member	Patrick Waters
Committee Member	Monica Weston
Ex officio/Mins & Website	Janet Berry
Beacon Admin	Pam Foster