

#### COFFEE MORNINGS 10:00 am – 11:30 am :

**Sacred Heart Church, 356 London Road, Waterlooville, PO7 7SR**



#### Monday 9<sup>th</sup> February and 9<sup>th</sup> March

All members, particularly new ones, are very welcome.  
Find out about our interest groups and social events.  
Bring along your friends.  
Have a cuppa and chat, make new friends.

#### MARCH GENERAL MEETINGS 2:00 pm – 4:00 pm :

##### Wednesday 18<sup>th</sup> March

**Cosham Baptist Church, Havant Road, Cosham, PO6 2QZ**

**Speaker : Andy Thomas – the Story of English Freedom**

From the rebellions of Boudicca against Roman invaders to Magna Carta, the Peasants' Revolt and the modern Poll Tax riots, from the revolutionary ideas put forward in Cromwellian times to influential movers and shakers such as Thomas Paine, the Suffragettes, and George Orwell, 'Freedom' has always been a key issue in English history. Andy shines a light on the most significant leaps of the centuries and sees how they still resonate today and why maintaining freedom matters as much as ever.



##### Wednesday 25<sup>th</sup> March

**Sacred Heart Church, 356 London Road, Waterlooville, PO7 7SR**

**Speaker : David Gane – the Story of Life**

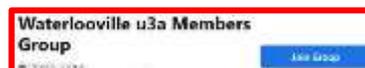
David will take us on a whistle stop tour through life's evolution on Earth, outline some of the evidence for it and explain why Robinson Crusoe didn't eat beef!



#### WU3A FACEBOOK GROUP

We have a private Facebook group that is open to any Waterlooville u3a member. To join, login to Facebook and search for 'Waterlooville u3a Members Group' and request to join. Or click this link

<https://www.facebook.com/groups/WaterloovilleU3A/permalink/5260385320729203/>



#### NATIONAL U3A MATTERS MAGAZINE



The national *u3a Matters* magazine is published five times a year. It includes stories about members and u3a activities, celebrity interviews and features on technology, recipes, travel and competitions as well as a letters section. To read the magazine online, visit [u3a Matters magazine online](#) where both the current and previous issues can be seen.

## APRIL GENERAL MEETINGS 2:00 pm – 4:00 pm :

### Wednesday 15<sup>th</sup> April

**Cosham Baptist Church, Havant Road, Cosham, PO6 2QZ**

**Speaker : Ian Worley – Racing through the Southern Ocean**

Ian will talk about his experiences whilst sailing as a watch leader, later promoted to 1<sup>st</sup> Mate, on the maxi yacht *Great Britain II* in the 1977/78 Whitbread Round the World Race. During that race they encountered storms aplenty, raging seas, icebergs and a lightning strike, all whilst Ian was filming for the BBC sports programme "Grandstand".

### Wednesday 22<sup>nd</sup> April

**Sacred Heart Church, 356 London Road, Waterloo, PO7 7SR**

**Speaker : (to be confirmed) Mike Williams – Thomas Coram, the shipwright and the Foundling Hospital**

## SOCIAL DATES FOR YOUR DIARY

Here is the line up so far for various social events planned for this year. Full details will be provided nearer the dates – in this monthly bulletin, via email and at the general meetings and coffee mornings.

Beetle Drive	Fri 20 <sup>th</sup> March	Springwood Community Centre
Quiz evening	Sat 18 <sup>th</sup> April	Springwood Community Centre
Skittles	Sat 25 <sup>th</sup> April	Springwood Community Centre
Anniversary Celebration	Fri 14 <sup>th</sup> August	WACA
Quiz evening	Sat 12 <sup>th</sup> September	Springwood Community Centre
Barn Dance	Fri 16 <sup>th</sup> October	Cowplain Social Club

## PHOTOGRAPHY 1 – NEW MEMBERS WELCOME

Following on from our inaugural visit to Chichester we went to Fort Nelson for our second visit. We arrived on a typically wet day but also on one of the days when the *Standing with Giants* exhibition was being dismantled. This restricted some of the access to the fort but there was still a lot to see and photograph.



The theme for this month's photo of the month was **age and decay** and the winner (voted by the group members) was Terry Harris with this excellent picture.

As a new group we are still looking for members to join us. Experience is not necessary as our more experienced members are always happy to pass on friendly advice, technical tips and support. Some of the group finish the visit with a trip to a local café for a hot

beverage and cake. If this interests you then please contact [groups@waterloovilleu3a.org.uk](mailto:groups@waterloovilleu3a.org.uk)

**Glen Bush, Group Coordinator**

## SEWING ARE PREPARED FOR EASTER

Our sewing group has been going since 2019 and we often display some of our creations at the August Open Days.

More recently, we had a speaker and a workshop presented by local artist Jennie Rayment. The theme of the workshop was *Easter* and we were given three patterns to work on - chick bunting, bunny bags and bags to hold Easter eggs.

We all learnt a lot and thoroughly enjoyed ourselves.



Rosana Barker, Joint Group Coordinator

## ANOTHER QUIZ EVENING!

**When?** Saturday 18<sup>th</sup> April starting at 7:00 pm

**Where?** Springwood Community Centre, Springwood Avenue, PO7 8BJ

**How much?** £3 without food or £8-£11 for a Fish & Chip supper (options available)

There will be a break for a Fish & Chip supper (or bring your own food if you prefer).

Either enter as an individual or get a few friends to join you. Group Coordinators can enter a group team of six.

Teams will be for six people; any individuals or groups with less than six members will be placed with others to make the numbers up – a great way to meet new people and have fun at the same time.

To enter as an individual or as a group, please email Kevin Stock at [kevc4@gmail.com](mailto:kevc4@gmail.com)

## NO LONGER WITH US

Sadly we have to announce the death of **Julian Hayes**; he joined us in 2024 from Portsdown and was a member of the Mah Jong 2 group.

**Membership Secretary**

### IN-PERSON TECH HELP (PHONE, TABLET, LAPTOP)



One of our members – Colin Reardon – has kindly offered his services to help members with any tech queries they may have. Colin will be at most of our Coffee mornings and will do his best to answer any tech queries from our members. Whilst Colin has a long and extensive experience in the tech world, his advice is offered on a free and informal basis with no guarantees – so please don't be disappointed if he is unable to resolve your issue.

Queries will be dealt with on a first come-first served basis for the duration of the Coffee morning.

### WE'RE HAVING A PARTY!



In case you haven't heard, it's our 20th anniversary THIS year – a wonderful achievement that needs to be celebrated!

Our annual Open Day will take place this year on Friday 14<sup>th</sup> August at WACA and will be followed by a FREE Cabaret Tea Party for one and all.

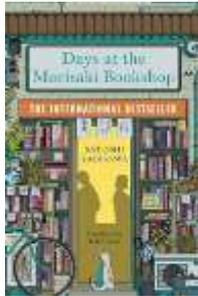
The programme of entertainment will include internal and external acts. Certainly an event not to be missed!!

Watch out for more details in future bulletins.

**Nigel Barrell, Social Events Organiser**

### BOOKS 1 (MONDAYS)

Some thoughts on a couple of books we have recently read.



*"Days at the Morisaki Bookshop" by Satoshi Yagisawa*

The general consensus in our book group seemed to be that we didn't quite know what to make of this book! It was a quiet, soothing and undemanding story with little plot yet it's very quietness seemed to draw us as readers into the world of the second hand bookshop. A very soothing read.

*"The Gift" by Cecelia Aherne*

Written as a story within a story, this is a "heart-warming" mystical magical tale about Lou, a high powered narcissistic workaholic who neglects his family whilst he chases business success and whose life is changed when he buys a coffee for a homeless man called Gabe. A modern fairy story.



**Judith Cook, Group Coordinator**

### Prefer not to receive member bulletins?

We issue regular bulletins to our members to inform them of meetings, social events, group activities, membership information, etc. However, **IF YOU DO NO longer WISH TO RECEIVE THIS BULLETIN**, please tell us so that we can remove your details from the distribution list. A confirmation email will be sent to you but you can change your mind at any time.

**To unsubscribe** contact [bulletin@waterloovilleu3a.org.uk](mailto:bulletin@waterloovilleu3a.org.uk).

## **GROUP MATTERS**

### **To join or leave a group, or for more information :**

visit the Groups table at a general meeting or coffee morning,  
email [groups@waterloovilleu3a.org.uk](mailto:groups@waterloovilleu3a.org.uk) or call 07769 266879

You can also find out more about our groups by visiting the [Groups page](#) of our website. All our groups are listed there and each have their own page – just click on a group name to open their page and discover more about when/ where they meet and what they do.

### **NEW – BOOKS 6**

A sixth Book group has started. It will meet on the fourth Thursday afternoon of each month. There are two spaces left so let me know if you are interested in joining it.

### **NEW – BEGINNERS TAI CHI**

A new group has started for members who are new to Tai Chi. It will meet every Monday morning. There are three spaces left so let me know if you are interest in joining it.

### **NEW – FILM CLUB**

A new group has started that will watch, and maybe review, films of their choice on DVD/Blu-Ray in the comfort of a complimentary 15-seat cinema room in a local Care Home. Let me know if you are interested in joining it.

### **NEW - WOOD TURNING**

A new group has started that will meet on Friday mornings. As space in the workshop is limited, these are one-to-one sessions and the small group is already full.

### **POTENTIAL NEW DISCUSSION GROUP**

Curious about Life's Big Questions? One of our members would like to start a new friendly philosophical discussion group based on the Café Philo model that is operating around the world.

What does it do? They steer away (but not always completely) from current affairs. Instead they choose and discuss topics that have challenged both our and many previous generations. For example : What is free will? What does justice mean? How truthful should we be? Let me know if you are interested in joining it. For further details see [Café Philosophique](#) Wikipedia page.

### **POTENTIAL NEW GROUPS**

The following new potential groups need a few more interested people and it could be worth starting new ones!

**BEGINNERS BADMINTON** – open to all levels

**MEMBERS ON THEIR OWN 3** – social activities for our single members

**PAINTING** – any medium

**WEEKENDERS 2** – Looking for things to do at the weekend? Pub lunch, a walk, meet for coffee or a drink?

### **Have an idea for a new group?**

Groups don't magically appear – they are born when enough members express an interest in a particular activity and someone (or two) volunteers to act as Group Coordinator. There is a wealth of support for budding groups so get in touch and see what happens.

**If a group is full**, you can be placed on the waiting list; you will be offered a space when one becomes available and you are at the top of the list. Don't wait to go on a waiting list – popular groups usually have one and being on the waiting list increases your chances of being offered a space.

**Kevin Stock, Group Liaison**

## GET UP AND GO!



This is a Havant borough project offering physical activity opportunities to residents of the Havant borough.

Amongst the many activities on offer, they provide guided walks around Staunton Country Park and farm. They have :

**Inclusive walks** taken at a relaxed pace, on level paths and designed for those with limited mobility;

**Flora & fauna walks** perfect for nature lovers to learn about local plants and animals;

**Archaeology, history and heritage walks** during which you can discover the fascinating history of Staunton Country Park.

All walks now cover both the Country Park and the walled garden and glasshouse area of the Staunton Farm although the farm is not included in every walk.

The walks cover a 1-2 mile route and are led by a team of experienced walk leaders.

There is no charge for these walks but parking charges apply.

To make an online booking :

**History & heritage walks** - [https://www.getupandgohavant.com/service-page/history-heritage-and-archaeology-walks?referral=service\\_list\\_widget](https://www.getupandgohavant.com/service-page/history-heritage-and-archaeology-walks?referral=service_list_widget)

**Flora & fauna walks** - [https://www.getupandgohavant.com/service-page/guided-flora-and-fauna-walks-of-staunton-3?referral=service\\_list\\_widget](https://www.getupandgohavant.com/service-page/guided-flora-and-fauna-walks-of-staunton-3?referral=service_list_widget)

Email [infogetupandgo@havant.gov.uk](mailto:infogetupandgo@havant.gov.uk) Call 07720 076284 Facebook Get up and Go Havant

## MARCH BITS' N' BOBS

*"The March wind roars like a lion in the sky,  
And makes us shiver as he passes by.  
When the winds are soft and the days are warm and clear,  
Just like a gentle lamb then spring is here."*

Author unknown

**Deity** : MARS – the Roman god of war and also an agricultural guardian as March marked a return to the active life of farming, military campaigning and sailing.

**Herbs** : Thyme – known as the herb of courage (the Greek *thymus* means courage).

Those in need of a bravado boost would often drink an infusion and the Romans recognised its medicinal properties and used it to aid digestion and as an antiseptic.



**Flower** : the daffodil (also known as the **jonquil**). These bright yellow and white blooms are one of the first signs of spring, symbolising rebirth, new beginnings and good fortune.

**Crystal** : Aquamarine; associated with healing energy, courage, faithfulness and friendship. It was thought to cure heart, liver and stomach diseases and early sailors believed that aquamarine talismans protected them against ocean dangers.

**Star signs** –

PISCES 18<sup>th</sup> February to 20<sup>th</sup> March; symbol the Two Fishes; element Water (caring, intuitive, sensitive); quality Mutable (adapting); *"I believe"*; ruling planet Neptune (the escapist); body parts – the feet.



ARIES 20<sup>th</sup> March to 20<sup>th</sup> April; symbol the Ram; element Fire (energetic, enthusiastic, impatient); quality Cardinal (initiating); *"I am"*; ruling planet Mars (the drive); body part - the head.



Sources : Greeny Gardener; *"Everyday Folklore"* by Liza Frank; *"Mystical Year"* by Alison Davies, Your Zodiac Sign and the vast t'internet.

## MARCH DATES

- 1<sup>st</sup> The day when it is (was?) said that the Devil will shake a bag of fleas at your door. Should you find that you have been bitten then your St. David's day leek could come in handy if you mix the juice with manna and vinegar – said to stop any resulting bleeding – but not the itch!
- 2<sup>nd</sup> (1969) Concorde took off on its maiden flight.
- 5<sup>th</sup> St. Piran's Day when traditionally Cornish tin miners were entitled to take the day off.
- 5<sup>th</sup> (1981) The launch of the first British home computer – the ZX81
- 8<sup>th</sup> Dorking Wife Carrying race – really! The course is 380 metres, including a 15-metre incline and obstacles such as hay bales and a water hazard. For anyone thinking of entering there are a few rules to follow – males or females carry a 'wife' (who must be alive, human and at least 18 years old); there is a weigh-in at the start – all 'wives' must be at least 50 kg, if underweight they must wear a rucksack filled with tins of flour, water, etc. to bring them up to the minimum; all 'wives' must wear a helmet; any recognised hold is acceptable – bridal carry, piggy-back, shoulder-ride, fireman's carry, Estonian hold or indeed the Dorking Hold (the reverse of the Estonian).
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- 10<sup>th</sup> (1876) The first telephone call was made when Alexander Graham Bell transmitted the words "Mr. Watson, come here – I want to see you" to his assistant Thomas A. Watson who was in the next-door room.
- 12<sup>th</sup> St. Gregory's Day – the best day to plant onions and boost your crop – which will give you the ingredients to cure baldness if rubbed on the pate. Alternatively, let the crop grow in a bid to break the world record for the heaviest onion – a staggering 8.5 kilograms - about the weight of four Chihuahuas or 50 hamsters.
- 18<sup>th</sup> (1935) a 30-mile an hour speed limit was imposed in built-up areas.
- 22<sup>nd</sup> (1963) the Beatles released their first album "Please Please Me".
- 23<sup>rd</sup> (1891) Goal nets were used for the first time in English football.

Sources : Greeny Gardener; "Everyday Folklore" by Liza Frank; "Mystical Year" by Alison Davies, Your Zodiac Sign and the vast t'internet.

## U3A EYE – "TRICKERY"



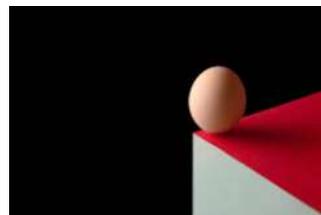
Once you realise that the horizontal must be indicated by the liquid level then you can understand how the effect is achieved.

Bob, **Sutton Coldfield**



Is it New York? No, just some different sized screws against a coloured background.

Diane, **Rotherham**



On the edge – just an egg standing up on a piece of paper!

Helen, **Odiham**

See more photos and details of how to submit your own at

<https://www.u3a.org.uk/what-we-do/learning/learning-activities/u3a-eye>

## UNIVERSITY OF SURREY – RESEARCH VOLUNTEERS NEEDED

### Help shape accessible technology : take part in a research study



A doctoral researcher at the University of Surrey is conducting a university-approved study exploring blind and partially sighted people's experiences with digital surveys and technology and would welcome volunteers to take part in a survey to aid the research.

Are you a person who is blind or visually impaired and aged 14 years or over? Would you like to help design a more accessible chatbot-based survey?

The University of Surrey is inviting you to take part in a research project to make online surveys more accessible for blind and visually impaired users.

#### What's involved?

1. **Consent call** – We'll arrange a short phone or video call to go over the study and answer any questions.
2. **Online survey** – You'll then receive a link to complete a short survey online, using your preferred assistive technology.
3. **One-to-one interview** – We'll talk about your experience completing the survey, and we'll ask a few extra questions in a relaxed online conversation.
4. **Group workshop** – Finally, you'll be invited to join a small online workshop with others to share ideas and help shape accessible design solutions.

#### Interested?

Register [here](#) to take part and we'll send you the detailed study information and a consent form in an accessible format.

This research has been reviewed by the University of Surrey Ethics Committee and given a favourable ethical opinion (reference 1176).

## HAMPSHIRE'S HIDDEN D-DAY PROJECT

I am an Archive and Research Volunteer, researching D-Day Marshalling Camps across Hampshire for a project called Hampshire's Hidden D-Day, managed by Portsmouth City Council and The D-Day Story museum and funded by The National Lottery Heritage Fund. The project is exploring the many camps concealed in the Hampshire countryside where thousands of troops were mustered and housed in preparation for the D-Day landings (Operation Overlord) on the Normandy beaches on 6 June 1944. The events of D-Day and its aftermath are well documented as the critical milestone in the liberation of Western Europe but the purpose and significance of marshalling camps is much less well known.

I am specifically seeking information about Marshalling Camp A5 (Padnell, Queen's Inclosure, Cowplain/Waterlooville), which was occupied by the First South Lancashire Regiment and others before embarkation.

This could include the following material :

- Photographs or images - personal or military
- Maps
- Aerial photographs
- Letters, orders, diaries - personal or military
- Relevant leaflets, posters, or documents
- First-hand accounts



If anyone is able to contribute in any way to this research, I should be most grateful to hear from you.

**Sandra Ward, HDD Project, email : [sw.hdd@btinternet.com](mailto:sw.hdd@btinternet.com)**

**Project website : <https://thedaystory.com/hampshires-hidden-d-day-project/>**

## SOUTHSEA COASTAL SCHEME



This is a major project aimed at improving flood defences along the Southsea coastline. It is designed to protect over 10,000 homes and 700 businesses from flooding and erosion while also preserving the area's heritage and enhancing recreational spaces. The project works stretch for 4.5 km from Old Portsmouth to Eastney and started way back in 2020 with completion expected in 2028.

Currently the works are focussed around Southsea Common promenade between Clarence Pier and Blue Reef Aquarium and are due to be completed this coming summer. Highlights of these works include a one-way road system westbound, a 3m-wide two-way cycle lane running alongside the promenade (the latter will be 8m wide in most areas), Grade II listed memorials centrally placed along the promenade to create a 'memorial walk' and coastal planted terraces, play areas, new lighting and seating.

As work proceeds, the promenade from South Parade Pier will be closed from March 2026 until May 2027 and a temporary pedestrian and cycleway diversion will be in place.

The works here include a stepped revetment, new promenade, terraced planters, a two-way cycle lane, highway resurfacing, Grade II listed light columns will be refurbished and new lighting and seating installed.

More information about this project can be found at <https://southseacoastalscheme.org.uk/>



## SOME WONDERS OF THE ENGLISH LANGUAGE

- Why do *overlook* and *oversee* mean opposite things?
- Why do we say something is *out of whack*? What is a *whack*?
- Why are a *wise man* and a *wise guy* opposites?
- If a pig loses its voice, is it *disgruntled*?
- Why isn't the number 11 pronounced *onety one*?
- If lawyers are *disbarred* and clergymen are *defrocked*, doesn't it follow that electricians can be *delighted*, musicians can be *denoted*, cowboys *deranged*, models *deposed*, tree surgeons *debarked* and dry cleaners *depressed*.



## GROUPS WITH VACANCIES (as of 2<sup>nd</sup> Mar) part 1

**To join any group contact Kevin Stock [groups@waterloovilleu3a.org.uk](mailto:groups@waterloovilleu3a.org.uk) or 07769 266879**

Interest Group	Meeting Day / Frequency	Venue
Art Appreciation	Monthly 2nd Fri 2pm-4pm	Members' Homes, Drayton
Art History 1	Monthly 2nd Wed 10am-12	Zoom
Backgammon	1st & 3rd Mon 10.30am-12.30pm	The Woodman, Purbrook
Badminton (Improvers)	1st & 3rd Wed 1pm-3pm	Horizon Leisure Centre, Havant
Board Games (Modern)	1st & 3rd Mon 1.30pm-3.30pm	Denmead Community Centre
Board Games 2	Monthly 3rd Mon 2pm-4pm	Members' Homes, Cosham
Books 6	Monthly 4 <sup>th</sup> Thu 2.00pm-4.00pm	Members' Homes, Waterlooville
Bridge	Weekly Fri 10am-12	Acorn Community Centre
Bus Trippers	Variable	Various places
Canasta 3	2nd & 4th Mon 2pm-4pm	Acorn Community Centre
Country & Western music	Monthly last Wed 2pm-4pm	Members' Homes, Widley
Current Affairs 1	Monthly 2nd Wed 2pm-4pm	Members' Homes, Waterlooville
Current Affairs 2	Monthly 2nd Thu 10am-12	Portsmouth Golf Club, Crookhorn
Dining Out	2nd Wed & 4th Sun lunchtime	Various places
Drawing 2	1st & 3rd Tue 10am-12	Jubilee Centre
Film Club	Monthly 3 <sup>rd</sup> Tue 2.00pm-4.00 pm	Pear Tree Court, Horndean
French Beginners	Monthly 4 <sup>th</sup> Fri 2.30pm-4.00pm	Members' Homes, Drayton
French Conversation 1	Weekly Tue 2pm-4pm	Members' Homes, Waterlooville
Fun French	2nd & 4th Wed 2pm-4pm	Members' Homes, Cowplain
Fun with Watercolours	Weekly Thu 1pm-4pm	Members' Homes, Cowplain
Genealogy	Monthly 1st Thu 2pm-4pm	Church of the Resurrection, Drayton
German (Intermediate)	Fortnightly Mon 10am-12	Members' Homes, Drayton
Learn Guitar & Sing	2nd & 4th Tue 2pm-4pm	Members' Homes, Widley
Lunch Club	Variable 12.30pm-2	Various places
Mah Jong 1	1st & 3rd Tue 10am-12	Age Concern, Cowplain
Mah Jong 2	2nd & 4th Tue 2pm-4pm	Portchester Parish Hall
Photography 1	2nd & 4th Tue 10am-12	Pear Tree Court, Horndean
Pilates 5	Weekly Mon 10am-11	Waterlooville Community Centre
Poetry	Monthly 2nd Wed 2pm-4pm	Members' Homes, Cowplain
Quizzers 1	Monthly 2 <sup>nd</sup> Thu 10.30am-12.30pm	Springwood Community Centre
Quizzers 2	Monthly 2nd Wed 2pm-4pm	Age Concern, Cowplain
Radio Hams	Variable	Various places
Rummikub 1	1st & 3rd Tue 2pm-4pm	Springwood Community Centre
Rummikub 2	2nd & 4th Wed 2pm-4pm	Springwood Community Centre
Science	Monthly 4th Thu 10am-12	Springwood Community Centre
Scrabble	1 <sup>st</sup> & 3 <sup>rd</sup> Thu 2pm-4pm	Springwood Community Centre
Sewing	Weekly Thu 10am-12	Acorn Community Centre
Sewing B	Monthly 2 <sup>nd</sup> Fri 10.00am-12	Acorn Community Centre
Singing For Pleasure	1st & 3rd Wed 2pm-3.30	Sacred Heart Church, Waterlooville
Snooker 2	1st & 3rd Thu 1pm-4pm	Waterlooville Sports Bar
Tai Chi 1 - Improvers	Weekly Fri 12.30pm-1.30	Waterlooville Community Centre

## GROUPS WITH VACANCIES (as of 2<sup>nd</sup> Mar) part 2

**To join any group contact Kevin Stock [groups@waterloovilleu3a.org.uk](mailto:groups@waterloovilleu3a.org.uk) or 07769 266879**

Tai Chi 3 - Beginners	Weekly Mon 11.00am-12	Springwood Community Centre
Ukulele	Weekly Thu 2pm-4pm	Lovedean Village Hall
Walking 1 - Stragglers	1st & 3rd Tue 10.30am-12	Various places
Walking 1 - Striders	2 <sup>nd</sup> & 4 <sup>th</sup> Fri 10am-12	Various places
Walking 1 - Strollers	Monthly 1st Fri 10am-12	Various places
Walking 2 - Striders	1st & 3rd Mon 1.30pm or 2.00pm	Various places
Walking 3 - Stragglers	Fortnightly Fri 11.00am-2pm	Various places
Walking 3 - Strollers	Fortnightly Fri 10.30am-1pm	Various places
Weaving & Felting	1st & 3rd Tue 2pm-4pm	Members' Homes, Cowplain

### NATIONAL U3A ONLINE EVENTS

Each month, national u3a offer free online talks and workshops on a wide variety of topics to keep our minds and bodies going.

Click the link below, then click on the event of your choice for full details and how to book:

<https://www.u3a.org.uk/events/educational-events>

The current offerings include

How AI can save you hours when researching your family history	2 <sup>nd</sup> Mar
Flight Inspiration : the new space race	3 <sup>rd</sup> Mar
Me and my carbon footprint	4 <sup>th</sup> Mar
Beyond the beam : what we do with lasers	5 <sup>th</sup> Mar
Novel writing with Jenny Newman	6 <sup>th</sup> Mar
World Faiths : the role and experiences of women across different faiths	9 <sup>th</sup> Mar
Spring clean your vitality with qigong	10 <sup>th</sup> Mar
Laughter yoga with Judith	11 <sup>th</sup> Mar
The evolution of AI and our changing world	11 <sup>th</sup> Mar
The Match Girls' Strike and how it changed British labour history	12 <sup>th</sup> Mar
The Lancashire witches	12 <sup>th</sup> Mar
Katherine Swynford : myth and reality	12 <sup>th</sup> Mar
Empress Matilda : the first queen England never had	12 <sup>th</sup> Mar
London Thames bridges – from Tower Bridge to Westminster Bridge	17 <sup>th</sup> Mar
Is tidal and wave power a viable electricity generation source?	18 <sup>th</sup> Mar
Mindfulness and meditation	19 <sup>th</sup> Mar
AI in education – Thames Valley AI Hub	20 <sup>th</sup> Mar
The truth in ten – the science behind the climate crisis and some solutions	20 <sup>th</sup> Mar
The cancer research revolution and reasons for optimism	24 <sup>th</sup> Mar
Deafness and beyond – the tribulation and triumph of Ludwig van Beethoven	26 <sup>th</sup> Mar
Laughter yoga with Merrie Maggie	31 <sup>st</sup> Mar
Flight Inspiration : the British airman of the First World War	7 <sup>th</sup> Apr
Laughter yoga with Judith	8 <sup>th</sup> Apr
Staying safe online – a u3a presentation with Q&A	10 <sup>th</sup> Apr
Adventures in science – thrills & spills in the Chichester practical science group	10 <sup>th</sup> Apr
The magic of magic squares	17 <sup>th</sup> Apr

# South East u3a Forum Summer School

Monday 7<sup>th</sup> – Thursday 10<sup>th</sup> September 2026

University of Chichester



## South East u3a Forum Summer School 2026

The dates for 2026 are:

- **Thursday 2<sup>nd</sup> April 2026.- Course list and details** will be posted on the Forum website at **11.00am**
- **Friday 8<sup>th</sup> May 2026.- Bookings** will go 'live' at **11.00am**

### Courses

The finalisation of courses for this year is moving forward at a steady pace, with 4 courses confirmed at this point; we have 3 returners and a completely new tutor and topic. A list of confirmed courses will be available in early March on the website, with the full complement by the end of March.



### Costs

The prices for 2026 summer school are as follows:

En-Suite Accommodation <b>£390.00</b>	Standard Accommodation <b>£360.00</b>
Non-Residential with dinner <b>£220.00</b>	Non-Residential no dinner <b>£175.00</b>

The residential prices include accommodation, all meals and refreshments offered at break times and a 'Welcome' drink on the first evening, with a 'Farewell' drink on the last evening, both prior to dinner. Also, the evening entertainment is included; available on campus each evening at 8.00pm.

As mentioned above the next update for this webpage will be in **early March** and then the following one at the **end of March**. No further information is available at present.

Full information on all aspects of this Summer School can be found on the South East u3a Forum's website: [2026 - South East u3a Forum](#)

*The Summer School Team 2026, South East u3a Forum*



All images are from Summer School 2025

Information updated: - 23<sup>rd</sup> Feb 2026