

Wheathampstead u3a Newsletter – June 2025

Speaker Meeting – Memorial Hall at 2:30pm on Thursday 26th June 2025.

Our speaker will be Tricia Thompson. Tricia will present her light-hearted and fun talk entitled “Oh I do like to be beside the seaside”. It is a brief history of the British seaside, from piers to promenades, postcards to deckchairs and much more – let’s hope we don’t need our umbrellas! You can be sure that this talk will bring back many happy memories for all of us.

Afterwards, you are invited to enjoy tea /coffee and biscuits whilst you have a chat with your u3a friends and colleagues.

JIGSAW PUZZLES – Whilst it seemed like a good idea at the time, the jigsaw swapping idea didn’t really work and we just ended up with lots of jigsaws that we are unable to store, so, at this meeting, we will put them out on a table in the foyer for you to take away only (Please don’t bring any more!) Even if you don’t want them yourselves, you can take some for somebody else or take some to your favourite charity shop for us! We’ll bring some bags.

***NB.** Car parking space at the Memorial Hall is limited, so if you are able to walk to the venue, or car share that would be really helpful.*

Coffee Mornings – The July one is scheduled for Wednesday 9th July. 10.30 to 12am, at The Swan. We noticed that fewer members than usual turned up to the last one. Perhaps you were all too busy sunning yourselves in the garden! Anyway, it would be lovely to see you there if you are able to make it and, as always, you are welcome to bring a guest if you would like to. There is no agenda for this meeting, it’s just a cuppa and biscuits and a chat with your u3a colleagues – a chance to get to know each other better.

Outings News

On the 10th of July, we shall be visiting **Althorp** – the Spencer estate. So many people applied for this one that we had to get a 2nd coach!

Please note, that whilst there is a café, but it may get somewhat overcrowded when our group invade it, so you might want to consider taking a yummy home-made picnic instead.

The next outing after this is to the City of **Ely on 19th August 2025**

From the monastic buildings of the city past, the vibrant food scene and the scenic majesty of the Riverside, Ely packs a great deal into a pocket city.

Look out for an email from Chrissie, via Wheathampstead u3a Beacon, and make sure you get your request for a place in quickly as our outings are very popular but numbers are limited.

Workshops

Phone Photography – Joanna Foreman is organising this. The session will take place on 30 June. It will be a one off session on 30 June from 1.15 to 3.15 at a cost of £25 The cut off date for signing up was 20 June, but if you are interested and didn't get your name down, it might be worth contacting jo4mun@gmail.com to see if there are any spaces.

Groups

Science – The first meeting went very well. Those who attended enjoyed it and are looking forward to the next session. Dr Geoffrey Copland has agreed to be the Convenor.

Latin – a 2nd group is to start in September with Catharine Jessop as tutor.

Rewilding and sustainable Gardening – Anne Howie and Tessa Reason are going to be convening this group. It is planned to start it in September. They anticipate monthly meetings – venue to be advised. The idea will be to work to create spaces in gardens and across the village that encourage wildlife. The emphasis will be on “doing.”

Crafting Group? – As advised in the last Newsletter, some people have expressed an interest in starting a craft group. This could meet in members' homes or, like the painting group, members could pay between them for the use of a public room (eg. the Green room at Marford). As an alternative, we may be able to offer a series of crafting workshops. So the question is, what crafting skills do you have that you can share? You don't have to be an expert, you just need to have an interest and then the group could learn together.

Boules – At our Meet the Groups afternoon, we had lots of people expressing an interest in playing Boules, but the Monday and Wednesday groups are full, and whilst there were definitely enough people interested to start a 3rd group, there was no meeting of minds as to a suitable day/time, so at the moment it's an “almost ran!”

If anyone would like to come along to a Monday or Wednesday session (10am – 11am Summertime only), to watch us in action and see what the game is all about, perhaps a few more people may be interested and a 3rd group could be established. (The only proviso is you're not allowed to laugh at our efforts!) It's an easy game to pick up and combines a little light exercise, fresh air, fun and friendship. Just contact carolinepickett@virginmedia.com for a Monday or janice.danby@gmail.com for a Wednesday

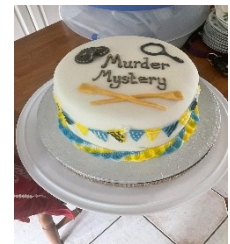
Supper Club – The next Supper Club evening at the Mid Herts Golf Club on Thursday 26th June The next one will be on Tuesday 26th August at The Waggoners, Ayot Green, organised by Corinne and Gill

Anyone can join the Supper Club. The idea is that Members take their turn to find a venue, negotiate a price and organise the evening for the others, with occasional meetings from time to time to discuss future venues/organisers.

Social Events

The Murder Mystery was a great success! The actors played their parts really well and the audience really got on board with the idea of being at a Regatta and village fete where a murder had taken place. (... and I thought that only happened in Midsummer Moreton!!) There was, of course, a WI cake stall in the play, but I must say that the U3A raffle cakes which people had donated looked far more appetising!

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A big thank you to the Social Events team for continuing to introduce new and exciting events into our lives, to The Swan team for providing the excellent curry suppers and a special thank you also to Brenda who very kindly chose to spend her birthday, folding up raffle tickets instead of celebrating with her nearest and dearest, so Happy Birthday Brenda! We salute you!

Picnic on the Meads – Yes! We're doing it again! It will be in August – not sure of exactly when yet, so watch this space! We had a great time last year picnicking, and dancing like we did when we were teenagers (much to the amusement of the passing actual teenagers, some of whom just couldn't resist taking a sneaky photo on their phones!)

Convenors get together – Unfortunately this has been postponed for now, as not many people could make it on the date we had in mind. As previous ones took place in the Winter, it will be rescheduled for later in the year when there is less going on.

New Members Meeting – 2nd July 2025, 2.30pm in the Lamer room at Marford Memorial Hall. Invitations with more details have been sent to all members who have joined us since 7th November 2024. We do hope lots of you will come along and meet some of the committee, learn more about our u3a and what we have to offer and tell us of anything you would like to see us doing in the future - we love new ideas. Tea/coffee and cakes will be provided.

Village Day - Wheathampstead Village Day is on Saturday, July 12th. The event takes place on Marford Playing Fields, Wheathampstead, AL4 8AY, from 1:00 pm to 10:00 pm.

We intend having a stall again this year – probably the same format as last year with a “guess the weight of the cake” competition and our “u3a cornhole game”. Do come along and see us.

A Plea from Annabel to Group Convenors – Annabel oversees the Groups and is also our “Beacon” expert. She sent a message to group convenors recently asking them to have a look at Beacon and check their groups details and let her know if there are any changes. Most have done so, but she is still waiting for some responses. If you are a convenor and have not got back to Annabel, could you please do so asap (We don’t want her tearing her hair out just yet – she’s far too useful!) Thanks all!

A Message from the wider u3a -



Staying connected with *u3a Friends*

Are your members signed up to *u3a Friends*? Our monthly newsletter is the best way for your members to keep up to date about u3a news, events and opportunities. Members also get exclusive access to *Friends Extra*, our scheme that offers discounts on travel, shopping, electronics and much more.

Please encourage members of your u3a to sign up on the [u3a website](#).

Here is the link - <https://mailchi.mp/u3a/your-u3a-friends-newsletter-june-2025?e=9180adf469> (hope it works – having a nightmare with my computer today!)

Other, None-u3a stuff - but nonetheless important!)

Wheathampstead Community Group

We all enjoy and take pride in all the facilities and activities of our village, and our u3a is a good example. We want to be sure that all members are aware of the wonderful **Wheathampstead Community Group**.

As well as being involved in the Thursday lunch group, the Bluebell Cafe, the Companionship Service and the help for urgent need, a further major offer from WCG is the Transport Service. There are well over twenty voluntary drivers attached to WCG (many of them u3a members) who take people to hospital and clinic appointments, usually local but including Mount Vernon and Watford hospitals as well as L&D, Lister and Watford. So, you never need to pay an exorbitant taxi fare if you cannot drive to a hospital or clinic appointment and have no one who can easily take you. The only charge is a set petrol fee. The number for the WCG Transport is 0798 136870 and you can find out more on the website www.wheathampsteadwcg.org.

Like all such organisations, WCG is entirely run by volunteers. What a great village!

Katherine Warington School – Summer Party for Senior Citizens – Friday 4th July
10.20– 12.30

This is being organised by the year 12 students of KW School and we have been asked to pass on their invitation to our members. They sent a lovely poster, but it was in a format I couldn't attach but it would be lovely if some of you could go and support them.

If you are interested, please RSVP to kwsixth@kwschool.co.uk (and let them know if you can attend and if you need transport).

Wheathampstead Parish Council: Public Toilet Management Consultation Survey

We have been asked to ask our members if they would mind completing this survey. Here is the link

<https://www.surveymonkey.com/r/WheathampsteadToilets>

We would like your views on the future management of the public toilets in Wheathampstead. This will help us decide whether to retain the current arrangements with St Albans District Council, set up a shared Partnership with SADC or arrange for the toilets to be run by Wheathampstead Parish Council

Study into the Health and wellbeing of adults who grew up in Foster or residential care. (See poster attached)

Research has shown that care-experienced adults face a greater risk of negative health outcomes compared to the general population.

Researchers, at the University of Oxford, are holding focus groups to understand the health and wellbeing concerns of older care experienced adults and explore the types of support they would like to receive from health and social care services.

If you, or someone you know, would like to learn more, please contact Jono on Jonathan.Taylor@ndph.ox.ac.uk or 1865 617912.