

SMILE!



COFFEE MORNINGS 10:00 am – 11:30 am :

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



Monday 13th October and 10th November

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.

OCTOBER GENERAL MEETINGS 2:00 pm – 4:00 pm :

Wednesday 15th October

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

Speaker : Judy Theobald – Christmas and other problems

The joys – or otherwise – of the festive season.

As Christmas looms towards us, it's time to ask just how much we really enjoy children's nativity plays, decorating Christmas trees, cooking turkeys, buying all those presents and staying with our relatives over the festive season. Judy takes a sideways look at our Christmas traditions and hopes you'll feel a little more cheerful - or more resigned - about the coming festivities.

Wednesday 22nd October

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

Speaker : Andrew Negus – Southampton : Water Slaughter & Trade (part 3)

Andrew is one of our most popular speakers and regularly attracts audiences of around 100. This talk will bring his history of Southampton up to the modern era.

SPEAKER'S CORNER - REVIEW OF SEPTEMBER'S TALK :

Jackie Dimmock – part 3 of her long career with Hampshire & IOW Police

Jackie's third and final visit attracted an audience of over 80. However, she has promised to let me know if she comes up with Part 4!

Looking back to when she started out in the Police, Jackie recalled the meagre equipment she carried - just a shoulder bag, notebook and handcuffs. Fast forward to current equipment of bodycam, GPS radio, asp (retractable metal stick), etc. which weigh around 28lbs. Body armour is a life saver but very uncomfortable to wear for any length of time. Fitness training is essential and is tested regularly. Riot training involves taking part in staged riots whilst being assaulted by noisy, screaming hordes of people throwing missiles at you. The line had to be held as you defended yourself with full length shields which prevented fire bombs from getting under your protection. In the Brixton riots female officers had to remove the lining from their skirts as, being nylon, it could have caught fire causing severe burns. During the miners' strikes, female officers remained at their stations covering whilst their male colleagues were at the front line.

When answering calls at night to attend a house, the caller would be asked, "Do you have an outdoor swimming pool?" A strange question? Well, no - it came about because an unfortunate constable ended up in the deep end whilst searching a garden for an intruder.

Police can request private householders to allow them access for surveillance purposes. Two detectives ensconced upstairs looking out for criminal activity and taking photographs for evidence, were horrified to discover, upon the owner's return, that a burglary had taken place downstairs!

During a Lifeboat exercise Jackie and a male colleague were winched to and from a helicopter to deliver Sunday papers to lighthouse keepers in a dinghy. Her colleague thought he would get the winch man to dunk Jackie in the sea. The joke backfired when the colleague found himself in the 'drink' instead!

At the time, there was no training in how to handle people with mental health issues who crossed the threshold of police stations. Improvisation turned many a situation around. Often a bus driver would stop outside the police station to declare that one of the passengers was wearing slippers. This usually indicated that the person was from the local mental hospital. A phone call would bring staff from the hospital to collect the patient from the station. A man troubled by radio waves buzzing around in his head had the situation resolved when a young constable made an aluminium helmet to prevent the radio waves getting through! A man's complaint about aliens stomping around in his wardrobe was given the suggestion to put carpet down in the wardrobe to deaden the noise. A woman slammed a pair of boots onto the station counter saying that there were rats in the boots and it was up to the police to get rid of them. An enterprising WPC said she would put the boots in the microwave oven to kill the rats. The boots were taken away (but not microwaved) and brought back after a suitable length of time, handed back to the woman declaring the rats were dead and gone.

Jackie felt sad that the Police Liaison Programme is now defunct and a lot of positive contact with youngsters had been lost. However, she is recognised and remembered often in unlikely places such as Disneyland Paris, a cruise, a spa.

I am grateful to Jackie for sharing her life in Hampshire Constabulary with humour and compassion. All three of her talks have entertained and informed her audiences.

Hilary Ryan, Speakers' Secretary



NOVEMBER GENERAL MEETINGS 2:00 pm – 4:00 pm :

Wednesday 19th November

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

Speaker : Paul Lillie (Speaker, Singer, Painter)

The History of Rock

A unique talk by Paul which includes 'live' painting and singing as he documents 50 years of popular music.

To avoid numbers exceeding seating limit **please reserve your place** with Linda by email to members@waterloovilleu3a.org.uk or in person at any Coffee Morning or General Meeting

Wednesday 26th November

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

Speaker : To be confirmed

BUS TRIPPERS WENT TO THE ISLE OF WIGHT AND CAMBRIDGE



It wouldn't be August without our annual visit to the Isle of Wight, led by the island's No 1 fan, June, who led us on a beautiful sunny walk along the shoreline from Shanklin to Sandown (or possibly the other way) and then up into the town to catch the bus back to Ryde. Waiting for the hovercraft, the excitement level was raised a notch or two when a rumour spread that the 5.15pm craft might be cancelled. Luckily, all was well and we enjoyed a lovely bouncy ride back, then home on the waiting bus.

Thank you June. Same time next year?

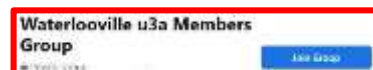
Seven Bus trippers ventured further afield in August and spent four gloriously sunny days in student accommodation at Sidney Sussex College, Cambridge, which was very well situated close to the town and the river. The highlights of the trip were a punt on the river led by a student and a walking tour of the town by one of the masters. The expensive private bus tour of the town was, (in keeping with the ethos of the group), ditched in favour of the free public service where we were able to use our bus passes.



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/>



CHAIR'S NOTE

Hello Members

I hope you have all had a good summer and continue to enjoy your u3a activities at Waterlooville.

This note is to let you know the arrangements for this year's Annual General Meeting (AGM), which will be held on 26th November at 2.00 pm, in the Sacred Heart Church at Waterlooville, just before the General Meeting that day.

The papers for the AGM will be circulated at least three weeks before the meeting, and you will be able to submit your votes, and questions, by post or email, if you are unable to attend on the day. The papers will include a report from me the Chair, the Secretary and the Treasurer, so we won't duplicate that here!

One of the main functions of the AGM is to elect the members of our Executive Committee, which runs our u3a on behalf of all of us. We are very lucky to have some long-serving, experienced committee members who work tirelessly for the benefit of us all. Currently, the Officers and Committee Members cover the following roles (with some covering more than one role) :

Officers

- Chair
- Vice Chairs
- Secretary
- Treasurer

Committee Members

- Assistant Treasurer
- Groups' Treasurer
- Groups' Liaison
- Membership Secretary
- Speakers Secretary
- Administration (including Beacon, Website, Bulletin and Document Library)

Most of these roles are supported by small teams of helpers who spread the workload and share the knowledge of what is involved.

I am very pleased that all but one of the existing committee members have indicated a willingness to continue to serve in their roles. They have been involved for considerable periods of time – indeed two have had to be specifically extended, as they have served for the recommended maximum of 9 years.

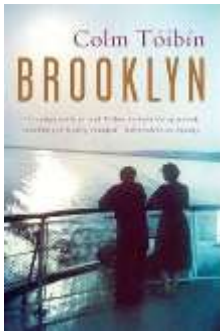
We need volunteers to step forward to join the committee, so that longer-serving committee members feel able, in due course, to step down. Would you consider putting your own name forward? You would be contributing to the future success of our u3a. You wouldn't be "thrown in at the deep end" without training and hand-over from the current role-holder, possibly by deputising for up to a year, before taking over the role. Each role is quite flexible and is "moulded" by each individual.

Please think about how you might be able to help and do get in touch with me at chairman@waterloovilleu3a.org.uk or any of the other committee members.

Rob Stansbury, Chair

BOOK REVIEW

The latest title we have discussed is "*Brooklyn*" by Colm Toibin.



Set initially in 1950's Ireland and then in New York, this is the story of Eilis Lacey. Living in Enniscorthy with her widowed mother and older sister, Eilis has few prospects. When her sister arranges for her to emigrate to Brooklyn Eilis is reluctant to go but knows her mother and sister see this as a great opportunity for her.

Two years later, on a visit home to see her mother after her sister's sudden death, Eilis finds Enniscorthy a different place and she faces the dilemma of whether to stay in Ireland or go back to Brooklyn. This novel covers themes of homesickness, identity, coming of age and racism.

As always happens in our group, this novel received a mixed reception, although most members appreciated the quality of Toibin's writing.

Judith Cook, Group Coordinator, Books 1 (Monday)

PORTSMOUTH PARK & RIDE FARE CHANGES



Portsmouth Park & Ride changed their fare structure at the end of September.

Day tickets are now £5 (or £7 with Hoverbus add-on).

Existing weekly, monthly or annual passes remain valid until they have run out of credit; they have been replaced by a *Flexipass* which can be purchased for 10, 20 or 50 trips.

More information, including maps and timetables can be found at <https://parkandride.portsmouth.gov.uk/news/fare-changes-2025-faqs/>

MEMBERS' CHRISTMAS DINNER

Tuesday 16th December 7:00 pm
Waterlooville Golf Club, Cherry Tree Avenue

Our annual Christmas Dinner for members this year will be a two-course carvery for £27.

This is a great way to meet other members in a relaxed setting, either individually or with some friends. New members are particularly encouraged to meet others at this dinner.

Group Coordinators can book a table or register an interest for the members of their group to enjoy a meal together.

Look out for an email from me later this month with a Booking Form to book a place for yourself or with some friends. You can also phone or email me to reserve a place or you can book at a Coffee Morning or General Meeting.

Kevin Stock 07769 266879 or kevc4@gmail.com

NEWS FROM THE BIRDWATCHERS

The Birdwatchers began in January 2019 when about 20 folks had been waiting for a u3a group to form.

Our first meeting was at Farlington Marsh in Langstone Harbour, a nature reserve. We had a rainstorm in the first quarter of an hour. However, the majority of us kept going and the weather improved. We saw lots of different birds. A remarkable event happened as we saw a flock of Brent geese and a flock of Lapwings gathering on some ponds when a Peregrine Falcon decided to have a meal! The two flocks took off simultaneously in different directions. We were shocked!

Unexpected things happen on our monthly trips to different places.

Our last trip was to Old Winchester Hill, a wonderful scenic viewing spot on the South Downs. Some of the birds we saw were Red Kite, Kestrel Chaffinch. Using the Merlin App we heard birds hiding in the Yew forest and hedgerows. A Nature England ranger provided interesting information.

Like for most of our outings we finished with coffee and cakes.

We have over 40 members but usually have about 20 attending. As we age, our members find difficulty coming to some places. However, it is such a friendly group that we keep in touch with each other. I'm so grateful to u3a for making it possible.

John Phillips, Group Coordinator



NATIONAL U3A MATTERS



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. The magazine is available as a hard copy sent to you by post or you can read it online. To read the latest Autumn 2025 issue online, visit

<https://www.u3a.org.uk/news/u3a-matters/screen-reader-editions/u3a-matters-autumn-2025-screenreader-edition>

If you currently receive the postal hard copy and would like to unsubscribe please ask for your details to be removed from the distribution list by emailing the Membership Secretary at members@waterloovilleu3a.org.uk

NEWS FROM THE CYCLING GROUP

The Cycling group is delighted to announce that to accommodate increased membership we are now starting a programme of weekly meets with immediate effect.

A recent meet took us to Southwick :



The group meets every Thursday at 9.15 am (weather permitting) and starts from a central meet point in Waterlooville as well as secondary meets that may include Purbrook, Horndean and Havant.

We aim to complete the rides (that include a café stop) by about 12.30.

All rides are announced in advance by e-mail and on WhatsApp but may be subject to cancellation in adverse weather.

Robert Campbell, Group Coordinator

GEOLOGY 2 WENT TO THE ISLE OF PURBECK

Stunning scenery and glorious weather made this a delightful trip.

We visited Durlston Country Park to see where blocks of Portland Limestone were winched down to waiting coasters for building St. Paul's Cathedral and other London edifices.

A steady walk took us to Old Harry Rocks where the sea continues to erode the chalk making caves and stacks.



In complete contrast to the spectacular chalk cliffs, we studied more recent sediments at Redend Point. Iron staining in the sandstone created clear banding and further precipitation formed strange iron pipes in the rock.

Our thanks to Simon for planning the day, which we all thoroughly enjoyed.

Mary Reed, Group Coordinator

GET YOUR U3A 2026 POCKET DIARY

These are produced every year by the Third Age Trust and can be purchased from the u3a shop. Single diaries cost £7.70 or you can get a pack of 10 for £47.00 :

<https://u3a-shop.co.uk/product/u3a-diary-2026-single/>

<https://u3a-shop.co.uk/product/u3a-diary-2026-pack-of-10/>

The left-hand page is for a week's appointments with a ruled page on the right for notes, ideas and reminders. It is a handy and versatile planner doubling up as a notebook and a diary. It has a soft cover in coral red, elastic closure and a ribbon bookmark.



REGISTER YOUR CCTV AND DOORBELL CAMERAS TO HELP SOLVE CRIME

If you have a CCTV or doorbell camera at your home or business address, register them with Hampshire & IOW Constabulary to help them deter and solve crimes.



There is no charge and registration is entirely voluntary. By registering you are NOT giving the Constabulary access to your system but it makes it easier for them to request and collect footage they may require for an investigation.

For more information and to register a camera, visit :

<https://www.hampshire.police.uk/police-forces/hampshire-constabulary/areas/au/about-us/register-your-cameras-to-help-us-fight-crime/>

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 or call 07769 266879

You can also find out more about our groups by visiting the Groups page of our website at <https://www.waterloovilleu3a.org.uk/groups.htm> All of our groups are listed there and each have their own web page – just click on a group name to open their page and discover more about what they do.

NEW 'FUN WITH NATURAL FIBRES' GROUP

One of our members would like to start this new group. Simple weaving, felting and needlework embellishments will be the name of the game. Basic instruction will be provided, along with all the necessary equipment to get things going. Coffee/tea and gossip welcome but not obligatory! The group will meet on the 1st and 3rd Wednesday afternoons. Let me know if you are interested.

NEW 'WATCHING YOUR WEIGHT' GROUP

One of our members would like to start this new group. Many of us try to lose weight and, as we know, it is extremely difficult. And in retirement, when we are less active, it is even more difficult. But doing this in a friendly group environment could provide encouragement and motivation. We can talk about ideas that we may have to help each other. Let me know if you are interested!

NEW FILM CLUB

A local Nursing Home has offered our u3a free access to its 15-seater cinema room. They show films using DVDs, and can even provide the popcorn. If anyone would be interested in forming a new Film group to make use of this facility, then let me know!

BEGINNERS ITALIAN CONVERSATION

One of our members is willing to run a new group at her home, but we need someone that can speak Italian to be their tutor. Could this be you? Let me know if you are interested in learning or tutoring!

POTENTIAL NEW GROUPS

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

BOOKS – read a book then discuss it with other members

CANASTA – A popular card game

PAINTING – any medium

PHOTOGRAPHY How to use a digital camera, how to take a good photo and get members to comment and make suggestions, visit locations for a photoshoot.

SEWING – a second group could start

TABLE TENNIS for beginners and experienced players knocking a ball over a net indoors.

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

TUTORS NEEDED

There are some groups with a waiting list of members that are eager to form a new group, but we can't have a group where everyone wants to learn but no-one to teach it!! Are you able to be a tutor for any of the following? (no, you don't have to be the Group Co-ordinator too).

ARCHAEOLOGY

LINE DANCING

PILATES

TAI CHI FOR BEGINNERS

BEGINNERS ITALIAN CONVERSATION

LOCAL HISTORY / OUTINGS

SPANISH CONVERSATION

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

SEPTEMBER QUIZ RESULTS

16 teams took part in a very successful Quiz evening last month. The results were :

Pos	Team	Points
1	Badminton	80
2	Card Games	77
3	Striders Plus	72
4	Quizzers 1	71
5	The Globetrotters	68
6	The Borrowers	67
7	The Potting Shed	66
=8	Birdwatchers	65
=8	Canasta 3	65
=8	Local History 3	65
=11	Horndean u3a	62
=11	Rummikub	62
13	Bus Trippers	59
14	Bridge Buddies	58
15	Outings 5	56
16	Out for Six	49

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.

IF YOU DO NOT 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 and request your details to be added back on to the distribution list.

Members also receive the "*u3a Matters*" magazine issued several times a year by the Third Age Trust.

To unsubscribe from either of these, contact the Membership Secretary at members@waterloovilleu3a.org.uk.

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 :

Flight Inspirations – early aviation in the Channel Islands	7 th Oct
Laughter Yoga with Judith	8 th Oct
The Truth in Ten – the science behind climate crisis and some solutions	10 th Oct
Preparing for an AI world	10 th Oct
Talk & Q&A with the Alzheimer’s Society	13 th Oct
Blacklisted! Corporate Crime & State Conspiracies	14 th Oct
Wearable Technology and Healthy Ageing	14 th Oct
AI data centres – their complexity and environmental impact	15 th Oct
Modern chemists’ toolkit to investigate and elucidate molecular structure	15 th Oct
Mindfulness and Meditation	16 th Oct
The UK and US constitutions – part 1	23 rd Oct
AI in Popular Fiction	24 th Oct
Laughter Yoga with Merrie Maggie	28 th Oct
Secrets of the Human Brain – structure and function of the spinal cord	30 th Oct
Geology of Britain in the Palaeozoic, the Era of Early Life	30 th Oct
Historic Towns Trust – London on the eve of the Great Fire preview	31 st Oct
Flight Inspirations – aviation’s evolution from fantasy to reality	4 th Nov
The Talking Drums of Africa	6 th Nov
The UK and US constitutions – part 2	7 th Nov
Cryptic crosswords for beginners	7 th Nov
Exploring World Faiths – Interfaith Week – More in Common	10 th Nov
Catherine the Great – how her ambition and vision transformed Russia	10 th Nov
Making your smartphone easier to use – Android	11 th Nov
Tiny Algae with Big Impact – the response of micro-algae to river pollution	17 th Nov
Take Ten Songs – how pop songs work	20 th Nov
Geology of Britain in the Mesozoic, the Era of Middle Life	27 th Nov

COMPUTER HELP



Two of our members – Rich Edwards and Andrew Leonard – have offered to help members with any queries or problems related to their computer/tablet/iPad. This is mostly in the form of advice given over the phone or by email. Many problems can be resolved by user intervention. This informal advice is provided free but home visits are not offered.

Rich and Andrew can be contacted, initially, by email at it-advice@waterloovilleu3a.org.uk

OCTOBER DATES & TRIVIA

1st (-31st) **Blocktober/Unblocktober (sewers)** - a time to be aware of what should and should not be flushed or poured down our drains. Find out more from  from <https://www.unblocktober.org/>

5th (1969) Monty Python was first screened.

6th **Mad Hatter Day** – the perfect day to celebrate silliness, have a Mad Hatter afternoon tea (including carrot meringues!), indulge in an unbirthday celebration, adopt the steampunk fashion, and so on.

6th (-12th) **Libraries Week** – A nationwide campaign that highlights the importance of libraries in fostering education, community and culture as well as bridging the digital divide, providing free access to computers, the internet and digital learning tools.

7th **Harvest/Hunter's full moon** – this month also known as a 'supermoon' (the first of three successive supermoons) - when a full moon happens while the moon is within 90% of its closest point to Earth. It is both a



Harvest and Hunter's moon. Harvest moon is the name given to a full moon closest in date to the autumn equinox while a Hunter's moon is the first full moon after the harvest, so called as fields are bare and there are fewer places for animals to hide.



9th (1967) **the breathalyser was introduced** and the age of motoring innocence, albeit an increasingly dangerous age, came to an end. *Ad hoc* tests of sobriety (making drivers stand on one leg or walk a straight line) were thrust aside for a more scientific measure. Initially the breathalyser was only used for indicative purposes with a blood or urine test required for actual evidential proof.



12th Wisbech, Cambridgeshire - **King John lost the Crown jewels**. This was not the best of times for King John – amongst other things, he was at war with the barons, alienated by his loss of Normandy, high taxation prevailed, the Pope was his enemy and Louis of France had invaded the South of England. John decided to move his forces away from danger in the South and at Lynn (now King's Lynn) he faced the barrier of the Wash. The lumbering baggage train tried to go across the mudflats at low tide but all was swept away when the waters rushed back in with the loss of his jewellery, plate and other valuables. Shortly after he fell ill with dysentery and died a week later.



13th (-19th) **Braille Week** – Braille is a tactile code that enables blind and partially sighted people to read by touch and the characters are designed to be read by fingers rather than eyes. It is a vital tool for communication and literacy for those who are blind or visually impaired. Organised by the RNIB, find out more from : <https://www.rnib.org.uk/living-with-sight-loss/education-and-learning/braille-tactile-codes/>

17th (1814) **the London Beer Flood** when at least nine people were killed by a tsunami of beer. The Meux Brewery stood at the corner of Tottenham Court Road and Oxford Street (currently the site of the Dominion Theatre) with enormous rooftop beer-vats, each holding some 135,000 gallons of porter. Either due to structural inadequacies or the effects of gas build-up, an iron hoop binding one of the barrels snapped. The weakened vat split, spilling its contents and the force of its emptying went on to rupture neighbouring vats. In all more than 300,000 gallons of beer smashed down a wall and surged through the streets. Several people drowned in basements, one was crushed in a pub demolished by the wave and children were swept away. A court later ruled the disaster to be an act of God, thereby ruling out any compensation payments.

21st **Honey Day** a day to appreciate the delicious and nutritious gift from nature that honey provides. It has been used for centuries for its unique taste, medicinal properties and versatility in various culinary creations. What's not to like?



22nd **Caps Lock Day** – a light-hearted day that pokes fun at the overuse of the Caps Lock key. It encourages us to reflect on the importance of digital etiquette and is a reminder that typing in capitals is often seen as shouting or being overly aggressive in our communication.



28th (1664) The Royal Marines were established.

29th (1618) **Walter Raleigh was executed.** He dressed in his finest clothes, predominantly black – an embroidered waistcoat, velvet cloak and taffeta breeches. On the scaffold he examined the axe and joked "*This is a sharp Medicine, but it is a Physic for all diseases.*" The axe may have been sharp but it still took two strokes to dispatch him.



OCTOBER ASSOCIATIONS

Astrology

1st-22nd Libra (the scales), ruled by Venus; element Air; "I balance"

23rd – 30th Scorpio (the scorpion); element Water; "I desire"

Bird of the month – Jay



This is a busy month for Jays – screeching birds notable for their distinctive, beautiful azure-blue and black wing feathers – as they forage and bury acorns. Jays are quite shy, spending most of their time in hiding, but an absence of acorns to feed on and store for winter can see them venture into gardens to look for food. The Latin name for Jays is *Garrulus glandarius* – *garrulous* means 'noisy' and *glandarius* means 'of acorns'.

October fruit : apples, bilberries, blackberries, elderberries, medlar, pears, quince.

October vegetables artichoke, beetroot, broccoli, butternut squash, celeriac, celery, chicory, fennel, kale, kohlrabi, leeks, lettuce, marrow, mushrooms, parsnips, potatoes, pumpkin, radishes, rocket, runner beans, salsify, shallots, swede, sweetcorn, tomatoes*, turnips.

* tomatoes are scientifically fruits as they contain seeds, but they are culinarily vegetables as they are not sweet.

Info gleaned from *The Wildlife Community, Awareness Days, National Trust Gardener's Almanac, National Farmers' Union, British Dietetic Association*

FALL BACK – CLOCK CHANGE DAY SUNDAY 26TH OCTOBER



Time to mark the return to Greenwich Mean Time (GMT) by putting the clocks back by one hour and welcome an extra hour of daylight as the dark nights roll in.

GROUPS WITH VACANCIES (as of 3rd October)

To join any group contact Kevin Stock groups@waterloovilleu3a.org.uk or 07769 266879

Interest Group	Meeting Day / Frequency	Venue
Art Appreciation	Monthly 2nd Friday pm	Members' Homes, Drayton
Art History 1	Monthly 2nd Wednesday am	Zoom
Art History 2	Monthly 1st Tuesday pm	Denmead Community Centre
Backgammon	1st & 3rd Monday am	The Woodman, Purbrook
Badminton	1st & 3rd Wednesday pm	Horizon Leisure Centre, Havant
Birdwatchers	Monthly last Saturday am	Various places
Board Games 2	Monthly 3rd Monday pm	Members' Homes, Cosham
Bridge	Weekly Friday am	Acorn Community Centre
Bus Trippers	Variable	Various places
Canasta 3	2 nd & 4 th Monday pm	Acorn Community Centre
Card Games	2 nd & 4 th Wednesday am	Springwood Community Centre
Country & Western music	Monthly last Wednesday pm	Members' Homes, Widley
Craft	Monthly 1st Wednesday pm	Cosham Baptist Church
Current Affairs 1	Monthly 2 nd Wednesday pm	Members' Homes, Waterlooville
Cycling	Weekly Thursday am	Various places
Dining Out	2nd Wed & 4th Sun lunchtime	Various places
Drawing 2	1st & 3rd Tuesday am	Jubilee Centre, Waterlooville
French Conversation 1	Weekly Tuesday pm	Members' Homes, Waterlooville
Fun with Watercolours	Weekly Thursday pm	Members' Homes, Cowplain
Geology 2	Monthly 1 st Monday pm	Springwood Community Centre
German (Advanced)	Fortnightly Monday am	Members' Homes, Drayton
Learn Guitar & Sing	2nd & 4th Tuesday pm	Members' Homes, Widley
Line Dancing (Improvers)	Weekly Monday pm	Waterlooville Baptist Church
Lunch Club	Variable	Various places
Mah Jong 1	1st & 3rd Tuesday am	Age Concern, Cowplain
Mah Jong 2	2nd & 4th Tuesday pm	Portchester Parish Hall
Poetry	Monthly 1st Wednesday pm	Members' Homes, Cowplain
Quizzers 2	Monthly 2nd Wednesday pm	Age Concern, Cowplain
Radio Hams	Variable	Various places
Rummikub 1	1st & 3rd Tuesday pm	Springwood Community Centre
Rummikub 2	2nd & 4th Wednesday pm	Springwood Community Centre
Science	Monthly 4th Thursday am	Springwood Community Centre
Scrabble	1st & 3rd Thursday pm	Springwood Community Centre
Singing For Pleasure	1st & 3rd Wednesday pm	Sacred Heart, Waterlooville
Snooker 2	1st & 3rd Thursday pm	Waterlooville Sports Bar
Sunday Diners	Monthly 2 nd Sunday lunchtime	Various places
Tai Chi 1 - Improvers	Weekly Friday pm	Waterlooville Community Centre
Tai Chi 2 - Improvers	Weekly Thursday am	Jubilee Hall, Horndean
Ten Pin Bowling	Weekly Thursday pm	Tenpin, Chichester
The Potting Shed	Variable	Various places
Ukulele	Weekly Thursday pm	Lovedean Village Hall
Walking 1 - Stragglers	1st & 3rd Tuesday am	Various places
Walking 1 - Strollers	1st & 3rd Friday am	Various places
Walking 2 - Striders	1st & 3rd Monday pm	Various places
Walking 2 - Strollers	Monthly 3rd Tuesday am	Various places
Walking 3 - Strollers	Fortnightly Friday am	Various places

FREE

Waterlooville u3a

EVENT

ANNUAL LECTURE

Wednesday 19th November 2025 @ 2.00pm

Cosham Baptist Church, Havant Road, Cosham PO6 2QZ

A Talk with 'Live Singing & Painting' by Paul Lillie

To avoid numbers exceeding seating limit please reserve your place with Linda by email to members@waterloovilleu3a.org.uk or in person at any Coffee Morning or General Meeting

