

A FESTIVE MESSAGE FROM THE CHAIR

Hi everyone,

As the winter nights draw in, and Christmas approaches, we will all have different reflections on the year that has passed. Whether, overall your year has been predominantly happy or sad, I hope that your experiences with our u3a have been positive and enjoyable.

Thank you for being a member and thank you to all those who have volunteered to help in one way or another.

To each and every one of you, I wish a very Happy Christmas and New Year.



Rob Stansbury

COFFEE MORNINGS 10:00 am – 11:30 am :

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



Monday 8th December and 12th January

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.

WINTER SOCIAL QUIZ AFTERNOON – WITH SEASONAL REFRESHMENTS

When Wednesday 17th December; 2:00pm – 4:00pm

Where Cosham Baptist Church

Free to Wu3a members; visitors £3

The teams will have 5 members each.

If you are an individual and would like to be in a team, just send in your details and you will be placed with like-minded members.

If you wish to register a team then please send your details to Linda at lindazika84@hotmail.com and she will be in touch with further information.

NO GENERAL MEETINGS IN DECEMBER **Normal service resumed in January, 2026**

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, please contact the Membership Secretary at members@waterloovilleu3a.org.uk.

MAJOR M27 CLOSURE 24 DECEMBER-4 JANUARY JUNCTIONS 9 (WHITELEY) – 11 (FAREHAM)

As part of the works to Junction 10 for the new Welborne Garden Village, the M27 will be temporarily closed completely in both directions between Junctions 9 and 11.

The closure is required to put in place a new four-lane wide underpass beneath the M27 connecting with new westbound entry and exit slip roads and a new eastbound exit slip road. It will also accommodate a shared footway/cycling route connecting with Fareham Common to the south and the new Welborne Garden Village development to the north.

During the closure there will be a signed diversion route in place along the A27 – see below. Drivers will be able to exit the M27 westbound at Junction 11 for Fareham and Gosport and eastbound at Junction 9 for Whiteley and Park Gate.

There will be no westbound entry to the M27 at Junction 11 for traffic heading towards Southampton or the A32 for Alton and no eastbound entry at Junction 9 for traffic heading towards Portsmouth.



And for the engineers or anyone who wants to know what they're doing and how – click this link for a short video : [M27 underpass box slide](#) - fascinating viewing!

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.



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

Wednesday 21st January

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

Speaker : Jackie Dimmock – The Good, The Bad and the Downright Funny (part 2)

Jackie will continue to recall stories relating to her 30 years as a Hampshire Police Officer, using a series of mini quilts to depict the stories. The quilts are fabulous.

Wednesday 28th January

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

Speaker : Andy Williams – Marine Steam Engines Through The Ages

Andy, aka Andy the Diver,- is President of the Southdown Divers and has dived all over the world. This talk is a light hearted canter through the history of steam at sea, very appropriate in this 200th anniversary of Locomotion No 1.

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 latest Winter 2025 issue online, visit [u3a Matters Winter 2025](#)

IMPORTANT NOTE – read below to continue to receive a postal copy in 2026

The cost of distributing postal hard copies of this magazine are ever increasing, a cost we have so far met from our annual membership subscription receipts. The Committee have agreed that, from 2026, **those members who opt in** to receive a postal copy of the magazine will be asked to contribute £5 to those postage costs. This means that we can maintain our current level of annual membership subscription (£15 single or £25 joint).

If you wish to retain the *u3a Matters* posted hard copy for 2026, please pay the £5 postal contribution BEFORE the cut-off date of 31st December, 2025.

Payment may be made by bank transfer to **Waterlooville u3a** :

Sort code **55-70-34**; Reference : membership number (if known), your surname

Cheques payable to **Waterlooville u3a** can be posted to :

A.F. Paul, 10 Burrill Avenue, Drayton, Portsmouth, PO6 2JW

PLEASE NOTE : If you do not wish to make the £5 contribution, you will no longer receive the postal hard copy of the magazine.

You can read the magazine online at [u3a Matters magazine online](#) where both the current and previous issues can be seen.

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

GROUPS WITH VACANCIES (as of 5th Dec)

To join any group contact Kevin Stock 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
Art History 2	Monthly 1st Tue 2pm-4pm	Denmead Community Centre
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
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
Craft	Monthly 1st Wed 2pm-3.30	Cosham Baptist Church
Current Affairs 1	Monthly 2nd Wed 2pm-4pm	Members' Homes, Waterlooville
Current Affairs 2	Monthly 2nd Thu 10am-12	Portsmouth Golf Club, Crookhorn
Cycling	Weekly Thu 9.15am-12.30	Various places
Dining Out	2nd Wed & 4th Sun lunchtime	Various places
Drawing 2	1st & 3rd Tue 10am-12	Jubilee Centre
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
Line Dancing (Improvers)	Weekly Mon 2pm-3pm	Waterlooville Baptist Church
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
Poetry	Monthly 2nd Wed 2pm-4pm	Members' Homes, Cowplain
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
Sewing B	Monthly 2nd Fri 10am-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
Sunday Diners	Monthly 2nd Sun 12.30pm-4.30	Various places
Table Tennis 3	2nd & 4th Fri 1.45pm-3.45pm	Age Concern, Cowplain
Tai Chi 1 - Improvers	Weekly Fri 12.30pm-1.30	Waterlooville Community Centre
The Potting Shed	Variable	Various places
Ukulele	Weekly Thu 2pm-4pm	Lovedean Village Hall
Walking 1 - Stragglers	1st & 3rd Tue 10.30am-12	Various places
Walking 2 - Striders	1st & 3rd Mon 1.30pm or 2.00pm	Various places
Weaving & Felting	1st & 3rd Tue 2pm-4pm	Members' Homes, Cowplain
Wine Appreciation 2	Monthly 2nd Mon 7.30pm-9.30	Members' Homes, Waterlooville

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

Safes and Safe breaking	1 st Dec
Flight Inspiration – the Battle of the Beams	2 nd Dec
Inflammation and cancer – removing dying cells to control immune response	3 rd Dec
Bridge – what’s it all about?	4 th Dec
Secrets of the human brain – brain research and scanning	8 th Dec
The importance of fungi for the environment and humans	9 th Dec
Making your smartphone easier to use – Apple	9 th Dec
Laughter Yoga with Judith	10 th Dec
Ways we can be happier	10 th Dec
What the future changes to landlines will mean for you	11 th Dec
Radiant Celebrations : how Festivals of Light inspire and transform	19 th Dec
Boost your festive batteries with Qigong	17 th Dec
Mindfulness and Meditation	18 th Dec
AI news : the role of AI in our social and emotional wellbeing	19 th Dec
Flight Inspirations : miracle on the Hudson – a pilot’s perspective	6 th Jan
How do your medicines work? An introduction	7 th Jan
World faiths : the effect of mother language in shaping & understanding faith	12 th Jan
Mindfulness and compassion meets poetry	9 th Jan
Understanding online content and misinformation – practical guidance	13 th Jan

BOOKS 1 REVIEW

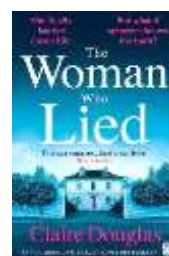
THE WOMAN WHO LIED BY CLAIRE DOUGLAS

Emelia Ward has it all, or so it seems. A successful crime novelist, a kind husband and two children living in a big house.

Having writer's block, she is thinking of killing off her detective Miranda Moody and write something different but odd things happen to her, each of which is directly out of one of her previous books - flowers arriving with no note, a wreath outside her house; and then something terrible happens, her daughter goes missing, again taken from one of her books.

A story with a lot of plots, sub-plots and red herrings to keep up with. In general most of us in the group thought that there were TOO many twists and turns in this story!

Judith Cook, Group Coordinator



RECEIVED A SUSPICIOUS TEXT, MESSAGE OR EMAIL? ASK SILVER

Get Safe Online have a new scam detection tool on their website where you can check whether or not it is legitimate before responding.

Go to <https://www.getsafeonline.org/asksilver/> and follow the instructions. The checker will analyse the message and advise if it spots anything that seems like a red flag.

You can also use it within WhatsApp – full instructions are on the Ask Silver page. This is a FREE service.



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 when and where they meet and what they do.

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.

NEW TABLE TENNIS GROUP STARTED

A third Table Tennis group has started. It will meet twice a month on the 2nd and 4th Fridays at 1:45pm. Let me know if you are interested in joining it!

NEW WEAVING & FELTING GROUP STARTED

A Weaving and Felting group has started. The group will meet on the 1st and 3rd Tuesdays at 2pm. Let me know if you are interested!

BEGINNERS BADMINTON GROUP

I hope to form a new Badminton group that is suitable for beginners, or those that haven't played for some time and would be open to all levels. The day and time would be agreed by members of the group. Let me know if you are interested in joining it!

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

BOOKS – read a book then discuss it with other members

CANASTA – a popular card game

FILM CLUB - watch DVDs in a local cinema room for free.

MEMBERS ON THEIR OWN – social activities for our single members

PAINTING – any medium

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

Kevin Stock, Group Liaison

WU3A FACEBOOK GROUP

We have a private Facebook group that is open to any Waterloooville 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/>

Time to sow the seeds of Christmas cheer!



AN EARLY FESTIVE START FOR THE UKULELE GROUP

The festive season started early for the Ukulele Group this year with its independent band's first Christmas concert performed in St Albans Church, West Leigh, on 8th November. It was in support of Reverend Canon Karina Green's Christmas Fayre and was a return visit following an appearance the fayre last year.

Membership of the group is healthy and we have been recently joined by four new members. It's always a pleasure to welcome new faces and new members soon appreciate the benefits of the enjoyment that singing and the playing of an instrument can bring.



The happy face in the centre is Chris, always willing to perform a solo, flanked by Maria (Father Christmas) and Jackie (one of his, or is it her, reindeers) who, together, have the challenging task of arranging concerts. Richard, in the foreground, is probably thinking about 'mince pies'. He's a friendly soul.

We currently have 25 members in the group but are happy to take on new recruits so please register your interest in the usual way via Kevin Stock, Group Liaison – groups@waterloovilleu3a or 07769 266879.

If you do decide to join us I guarantee you will enjoy yourself because we, as a group, do not take ourselves too seriously, have fun and enjoy presenting concerts. It's all about "*spreading a little happiness*", which is what the band does and it does it well. Keep smiling.

Bob, Ukulele Group & Wacky Wednesdays Band

DECEMBER DATES & TRIVIA

- 1st (1937) **Sellotape** went on sale and quickly went on to replace string as the method of wrapping parcels. It found plenty of other uses, including during the Second World War when it was seen on just about every window in the land; and what spectacle wearer has not at some point fixed a breakage with it? 
- 1st  (1990) The **Channel Tunnel** linked Britain and France when an Englishman crossed into the French section and a Frenchman returned the compliment. Work had begun on the project nearly four years earlier in December 1988. It was four more years before all of the tunnel and track construction was completed with the official opening in 1994.
- 3rd. (1992) the **first text message** was sent – not from Silicon Valley in California or even Nokia's offices in Finland but from Newbury in Berkshire - by one Neil Papworth, a 22-year old Vodaphone engineer attending a staff Christmas party. The recipient was a Vodaphone director and the message was "*Happy Christmas!*" Today's equivalent might well be "*hp xmas*"?
- 4th **Full moon** – a **Cold Moon** - the last of three successive supermoons (when a full moon happens while the moon is within 90% of its closest point to Earth). Visible for a week, the Cold Moon (also known as the Long Nights Moon) signifies that winter is truly here and Christmas is on its way. 
- 5th (1958) UK's **first motorway** was opened in Preston, Lancashire with an 8-mile stretch of what was to become the M6. The then Prime Minister Harold Macmillan opened the new road and was the first (officially) to travel on it. Sadly, it closed soon after opening when the surface was damaged by a hard frost – the wrong sort of frost???
- 10th (1868) **first traffic signals** introduced in Westminster, London. The idea was to make life easier for MPs and they were sited at the corner of Bridge Street and New Palace Yard by the Palace of Westminster. 
- 21st  Many people associate December with winter, but the first day of astronomical winter is marked by the Winter Solstice – 21st December this year. This is the shortest day and longest night of the year and is both a time of celebration and reflection – time to celebrate the return of the sun and the promise of longer days ahead but also time to reflect on the past year. Apparently this day is 9.2 hours long compared to the 18.2 hours of the summer solstice in June.
- 20th (1928) **Harry Ramsden** opened his first fish and chip shop in Leeds, West Yorkshire.
- 22nd (1965) the **national speed limit** of 70mph was introduced on motorways, following  several pile-ups in the foggy autumn and winter of that year. This was intended to be a temporary measure but was declared permanent in 1967.
- 25th (1861) **Mrs. Beeton's** "*Beeton's Book of Household Management*" was published. It covered the roles of various household members, masters and servants. By the end of the decade it had sold more than two million copies. She died four years later at the young age of 28. 
- 27th (1836) **Britain's worst avalanche** in Lewes, Sussex. After prolonged snowfalls, huge volumes of powder snow had built up on the cliffs hanging over cottages on Boulter's Row. What caused the snow to move is unclear but, when it did, it destroyed seven of the cottages and buried 15 people within them; eight of whom died. Boulter's Row is now South Street where the local pub is named for that terrible event – *Snowdrop*.

DECEMBER ASSOCIATIONS

Astrology

1st-22nd Sagittarius (the Archer); element Fire; "I see"

23rd – 30th Capricorn (the Goat); element Earth; "I use"

Bird of the month – Robin

Surely the most recognisable garden bird, perhaps not just for the distinctive red breast of the adult males and females, but for their seemingly constant activity and boldness. They are in song for most of the year. As well as resident birds being regulars on bird tables this month, they are likely to be joined by migratory robins from northern and eastern Europe too.



Did you know? Robins can begin building nests as early as January if the weather is mild, although the breeding season usually begins in March.

December fruit : apples, clementines, cranberries, passionfruit, pears, pineapple, pomegranate, satsumas, tangerines.

December vegetables beetroot, brussels sprouts, cauliflower, celeriac, celery, chicory, Jerusalem artichoke, kale, kohlrabi, leeks, mushrooms, parsnips, potatoes, salsify, shallots, swede, turnips.

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

STROLLERS 2 WERE ENERGETIC

In November, we went on one of our more energetic walks, up and down Great and Lythe Hangers, just north of Stroud near Petersfield. After the walk, most of us enjoyed a good lunch in the Seven Stars pub!

Rob Stansbury, Group Coordinator



PLASTIC RECYCLING BINS – HAVANT BOROUGH COUNCIL

Havant Borough Council have introduced extra-large recycling bins that can accept plastics currently destined for landfill.

Accepted plastics include plastic pots (yoghurt pots, non-black plant pots), plastic tubs (margarine, ice cream, biscuit) and plastic trays (meat, fruit & veg punnets)

The bins can be found at :

- Hollybank Recreation Car Park, Southleigh Road, Emsworth
- The Leisure Centre, Civic Road, Havant
- Elm Grove Car Park, Tidworth Road, Leigh Park
- Asda Car Park, Hambledon Road, Waterlooville



WINTER FUEL PAYMENTS – DWP SCAM WARNING



DWP are experiencing over a 150% increase in people reporting they have been contacted by phone/text/email/letter and have been induced to share personal and/or financial information with criminals.

The DWP will NOT contact you for information – they already know everything about you, they know who is eligible for a Winter Fuel payment and who is not – it is an automatic process.

Do not share your personal or financial information with strangers – if they are criminals the information will be used to repeatedly retarget you.

If you have received a suspect email, report it to your email provider (eg BT, Sky, Virgin, Plusnet, Tiscali, etc.) and/or forward the entire message to report@phishing.gov.uk

If you have received unwanted phone calls or texts from someone you think is trying to scam you, but you haven't engaged with them, forward the text/phone number to 7726.

THE "STILL GOT IT" PROJECT

This is a photography project organised by the National u3a with the aim of celebrating positive ageing through photography.

The project is about capturing spirit, energy and creativity in "later life" through photography. It is not about technical perfection, just images that tell a story or highlight the many ways older people embrace learning and new adventures later in life.

Submit your photos for inclusion in the gallery here - <https://u3auk.wufoo.com/forms/still-got-it-positive-ageing-photography-project>

Alternatively, follow the link below for full details of the project and to take a look at the gallery of photos that have already been submitted :

<https://www.u3a.org.uk/learning/learning-activities/the-still-got-it-photography-project>

Here are a few offerings :



Wool felting landscapes



Belly Dancing



Tennis



Fashion is Fun



Nordic walking

Whether you will be with family, with friends, with strangers or on your own, have the very best festive season that you can and look forward to a new year of friendship and fun with Waterlooville u3a in 2026.

