

Check out the Redbridge & District U3A website www.redbridge.u3asite.uk

Up dated information and pictures featuring both LOCAL activities and events organised by London and National U3A. And don't forget our Facebook page.

Dear Members

Welcome to our July newsletter. I hope you are all enjoying the beginning of Summer, and if you are off on your holidays, have a lovely time.

Membership renewal is due by 1st August, so please ensure you renew your membership to continue to enjoy all that our wonderful u3a has to offer. A renewal form is sent with this Newsletter.

I hope to see you all at our monthly meetings – I will be sitting on the renewals desk, where you can pay any way that suits you. Do please come and see me and say hello – I love putting a face to all the names!

May I also mention that the committee do what we can and work tirelessly to keep this u3a going, but we are in need of fresh faces and ideas. You are very welcome to come along to one of our committee meetings and see what we do, and perhaps become a committee member yourself! Come and see one of us at the monthly meeting – we would be delighted to talk with you about this.

Wishing you all the very best.

From Lynda Ingram – Secretary/Membership secretary

NEXT THREE OPEN MEETINGS

MONDAY

MONDAY 29TH JUNE - LONDON'S THAMES BRIDGES - BRIAN COOKSON

Brian has a BA degree from Oxford University and has been a London Blue Badge guide since 1997. His talk is based on his book Crossing the River, featuring London's iconic bridges. These bridges are triumphs of architecture and engineering, each with its own intriguing history.

MONDAY 27TH JULY - ANDY SMITH - MYSTERIES & CONUNDRUMS

Andy is a Performance Poet, Entertainer and Author who engages his audience with stimulating poetry and commentary ... interspersed with humour, thought-provoking insights and the occasional smattering of history. Andy also presents the lighter side of disability whilst motivating audiences of all ages and abilities.

MONDAY 24TH AUGUST - BILL LINDSAY - TALKING ABOUT HIS ILLUSTRIOUS FOREFATHER

William Schaw Lindsay started life as a poverty-stricken orphan and became a shipping tycoon by his late 30's. He met Abraham Lincoln and Isambard Kingdom Brunel amongst many other celebrities! He also became an MP later in life. Come and hear his fascinating story.

Monthly Open Meetings are held at Wanstead Library, Spratt Hall Road E11 2RQ.

Wanstead Buses. Wanstead Station and Grove Park Car Park 6 mins walk. Library Car Park card only. £2.00 for members. £3.00 Visitors incl. refreshments.

Warm Welcome to these New Members

We look forward to meeting you at our groups and other activities.

Gail Ellisdon	Daphne Harvey
Penny Gamez	Renee Benton
Kanny Heet	Jean Roberts
Joyce Borthwick	Angela Stein
Peter Hamilton	

SUNDAY PUB LUNCH

Gill says that the next pub lunch will be on Sunday 28th June at McCaffertys, 699 High Street, Seven Kings. There is free parking opposite, and it is easily reached by bus or train from Ilford station. Please let her know if you would like to come by Friday 26th June, so that she can confirm numbers, preferably by email or landline. Gill is looking forward to hearing from you.

Our next venue will be Harvester, Beehive Lane.

MARQUETRY GROUP

We meet weekly at Oaks Lane on a Tuesday morning at 10.00 am. You will have the opportunity to create a 'picture' that means something to you. It could be a memorable scene from a past holiday or a picture for a grandchild's bedroom wall. You do not have to be an artist or have artistic skills, just come along - and join in the conversations of the day. Contact Ron Brown for more info.

TICKETS FOR HADESTOWN AT LYRIC THEATRE

Our Theatre group has tickets available on **Thursday 24th September 2026 at 2:30 pm**. Our seats are in the stalls and they are £42.50 each (reduced from £65.00).

Hadestown is the winner of 8 Tony Awards including **Best Musical**. It intertwines two ancient Greek mythical love stories – that of young dreamers Orpheus and Eurydice, and that of King Hades and his wife Persephone. Book by contacting me as soon as possible.

Lennart

London Region U3A Walks and Visits - July Programme - Booking opens 28 June

We are delighted to announce the next full programme of walks and gallery visits for July 2026. All events are £10. Look out for the email with the programme for July or look on the u3a website.

LOCAL NEWS

Redbridge Music Lounge has returned to Valentines Park Walled Garden

When: 26 July, 9 Aug, 6 Sept, 11 October - 11.00am to 4.30pm

Bring a picnic blanket and a picnic or purchase lunch at the cafe

TREASURES OF THE TIDE Saturday 27 June 11.00 – 12.15

Street Parade – Valentines Café to the Exchange. NB: Part of Cranbrook Road will be closed.

FREE INFORMAL SESSIONS are still being offered by Age UK at their offices in Cranbrook Road, for those who want greater confidence using phone, tablet or laptop.

Contact Vivienne at vivienne.greeengrass@ageukrbh.org.uk or leave a message on 07946032332

TREASURER'S MESSAGE - WHEN PAYING FOR ANYTHING BY ONLINE BANKING:- Please always use your name and activity as the reference. Eg: Marilyn Hendleman - Keep Fit/Theatre/Subs, etc.

SAE TO HAVE NEWSLETTER SENT TO YOU

If you wish to have our Newsletter printed and posted to you, please provide Lynda Ingram, Membership Secretary, with a medium sized SAE to 78 Kenwood Gardens, IG2 6YG.

For those without email, printed copies are available at Open Meetings.

Deadline for submission to August Newsletter is Friday 17 July

Send in your news or group publicity to comms@u3aredbridge.org.uk

Explore our website redbridge.u3asite.uk or our **Facebook** page.

Committee Members - Executive

Stuart Wallman	Chair
Maureen Nieberg	Vice Chair
Lynda Ingram	Sec & Membership
Elaine Mitchell	Treasurer

Committee

Marilyn Hendleman	Group Co-Ordinator
Barry Shamplin	Speakers' Co-Ordinator
Evelyn Russell	Newsletter Editor
Denise Kaye	Outings & Events
Andrea Yeshin	Publicity
Maurice Nieberg	
Julio Rozenburg	