

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.

We are very pleased that Patricia Gregory has agreed to be co-opted to our Committee. You may remember the presentation given by her last year covering her involvement with the 20th Century re-emergence of women's football. In her talk she mentioned her 2025 book "Breaking the Grass Ceiling – the History of the Women's Football Association". This book has now won the Lord Aberdare literary prize from the British Society of Sports History.

Patricia was an honorary officer of the WFA from its inception in 1968 until it was handed over to The Football Association in 1993. She served on the UEFA Women's Football Committee from 1980-1994 and was awarded the MBE two years ago for her work in establishing the sport both at home and internationally.

All this alongside her paid employment for BBC and ITV where she worked from 1970-2010, eventually retiring from the BBC. She graduated from being a secretary in BBC Sport, through to becoming the ITV Network Sports Co-ordinator in 1978-1993 and moving into being a production manager over both networks on six men's World Cups and six European Football Championships. Patricia also worked on events like the Rugby Union and League World Cups, European Skating, Olympic and Commonwealth Games, even working on 2012 Olympics in her "retirement".

GUEST SPEAKERS FOR OUR NEXT THREE MONDAY MONTHLY MEETINGS

MONDAY 28TH SEPTEMBER ROB EASTAWAY's talk is called "MUCH ADO ABOUT NUMBERS"

This is the fascinating history of how Shakespeare was influenced by the mathematical world of Elizabethan England. Shakespeare lived in a period of exciting mathematical innovations, from arithmetic to astronomy, and from probability to music. Remarkably, many of those innovations are mentioned, or at least hinted at in his plays.

MONDAY 26TH OCTOBER RICHARD PUSEY AND THE GUNPOWDER PLOT

This timely talk will get us prepared for Bonfire Night! Richard will give us the historical background to the famous 1605 plot to blow up the House of Lords and assassinate James I. Hear how the plot was discovered and the pursuit of the plotters. Richard is a London Tour Guide and also a retired surgeon, so you will hear all the gruesome details of the fate of the plotters, and lots more!!

MONDAY 30TH NOVEMBER - IAN LEIGH – SINGER

For our last Monthly Meeting of 2026 we are pleased to welcome Ian Leigh. Ian is an established singer, DJ, radio presenter, and event entertainer, with nearly 30 years' experience in the music industry. Ian will be singing a wide array of musical genres from the 50's to the present. Come and join our fun afternoon with him.

We have a big audience for these interesting meetings, so do join us. There's time to socialise before and after tea. Meetings begin at 2.00. Please do not arrive before 1.30.

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.

Come to our Afternoon Tea Quiz on Sunday 11th October 2.30-5.30 at Oaks Lane £18 per person, which includes scrumptious catered afternoon tea. Open to all. Just a handful of tickets left – call Evelyn now on 07415 471805

MESSAGE FROM LIZ KITE

I want to thank all the members who have kept in touch with me over the past months. Your phone calls, cards, visits and gifts have really boosted my morale and blown wind into my sails. I can't tell you how much it has meant to me and I'm sure, helped me to a faster recovery. Thank you.

GROUP NEWS

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.

SCRABBLE GROUP

We warmly welcome new members to come and have fun and improve their brain cells. Please note that Peter only has a mobile number now so don't try and contact him on his old landline. Scrabble takes place at Oaks Lane every Monday 10.00-12.00.

QUIZ AFTERNOON 1st Wednesday in the month at Oaks Lane

As always, the room was full of 30-plus quiz enthusiasts. Stan was in charge and it was keenly fought with the usual laughter and heckling. The result was an incredible tie - only the second time, since we have been doing it. A tie-break question was declined and the two tables shared the Pearl Cup this month. If you fancy a really good fun afternoon, please contact Guy or Stan for more information. You will not be disappointed!

60's POP MUSIC Barkingside

Every third Wednesday of the month we get together and we listen to the best music ever made, from the Animals to the Zombies and everything in between. We listen (mostly), we dance (occasionally), we reminisce (about our youth) and we laugh a lot. We even listen to The Electric Prunes and Bonzo Dog Doo Dah Band and Tamla Motown sometimes creeps in. Don't you wish you were there! Call Stan and get your name on the waiting list.

Linda Mishkin has just reopened the waiting lists for her 2 groups. Contact her quickly to secure a place.

QUIRKY FUN QUIZ 4th Tuesday in the month 10.30 to 11.30 on zoom

Pit your wits to a Letters Quiz game and think slightly outside the box.

TASTE OF MUSICALS 2nd TUESDAY IN THE MONTH 2.00-4.00 Gants Hill

An interesting afternoon in Linda's home for those who enjoy listening to Musicals (well-known and not so well-known) and who also enjoy tea, biscuits and a chat.

SUNDAY PUB LUNCH

There will be no Sunday pub lunch this month as I'm not able to take it on yet. Hopefully by the end of October it will be a different story. I will write to everyone on my list to keep them informed and anyone else interested can contact me to find out what is being planned.

Liz Kite

BRING YOUR OWN LUNCH

This group will restart on Wednesday 14th October from 12.00 noon until 2.00p.m. Everyone welcome but you **MUST** book in with me beforehand as spaces are limited.

Liz Kite

MAINSTREAM FILM GROUP

On 8th October we shall be showing "**Ace in the Hole**". A very powerful Kirk Douglas film. He plays an ambitious reporter, hoping to rekindle his career with a scoop about the rescue of a man trapped in a cave. Directed by Billy Wilder.

Then on 12th November, we shall be showing "**Torn Curtain**." An American scientist publicly defects to East Germany as part of a cloak and dagger mission to steal a formula before planning an escape back to the West. Starring Paul Newman and Julie Andrews, directed by Alfred Hitchcock.

ARTHOUSE FILM GROUP

On 27th October, we shall be showing "**The Children's Train**" an Italian film in which a seven-year-old boy named Amerigo who in 1946 leaves his impoverished family in Naples and gets on a train to go live with a wealthier family in the north as part of a postwar initiative to rescue children from poverty.

On 24th November, our film will be "**Pan's Labyrinth**" Set in 1944 in Franco's Spain, Ofelia moves with her mother to her stepfather's house. At night, a fairy leads her to a faun who informs her that she is a princess and she needs to participate in three tasks to prove her royalty.

BOTH FILM GROUPS

Refreshments served from 1.50 p.m. at u3a suggested price of 50p. Films start at 2.00 p.m. promptly. It is advisable to bring a cushion.

Everyone welcome but you **MUST** book in with me beforehand as spaces are limited.

Liz Kite

FULL GROUPS WAITING LISTS

If you who would like to join a group that is currently full, please phone the group leader and put your name on the waiting list. Our group leaders are very good at contacting waiting members. If any regular member doesn't attend, they will contact you to come along for that meeting. Additionally, people leave a group and you could be next in line.

DOOR PROCEDURE AT OAKS LANE

If you attend a group that meets at Oaks Lane, please arrive no more than 10 minutes before your meeting is due to begin and leave promptly at the end, so that we are not charged extra for room hire. The Group Leader or member of that group should stay by the door and admit known members of your group. Once the meeting commences, the door be will opened by the office through their security system buzzer.

u3a LONDON REGION EVENT

Wednesday 2nd December 2026 2pm – 4pm
At St Margaret Pattens Church, Rood Lane, Eastcheap London EC3M 1HS
(Nearest station Monument)

U3A CHRISTMAS CONCERT 2026 WITH THE BRANDENBURG CAMINO SINGERS

Join u3a for a concert of traditional carols enhanced by the gentle glow of mulled wine and mince pies

Tickets: **£27.00** including programme and mulled wine/soft drinks/mince pies served during the interval. Booking opens on 23rd September at 2.00 pm. Here is the [direct link](#) or check the [events page](#)

LOCAL NEWS - DATES FOR YOUR DIARY

REDBRIDGE OUTDOOR ARTS – DANCE PERFORMANCES/MUSIC WORKSHOP - FREE

Saturday 26th September 10AM – 3PM outside Fulwell Cross Library

This event launching Redbridge Black History month will take place outside, weather permitting. Seating is provided. Redbridge u3a will be there. Look forward to seeing you.

WEDNESDAY 30th SEPTEMBER – OLDER PERSON'S DAY

Pop-in between 10-2.00pm Top Floor Ilford Exchange and find out what's happening in Redbridge for older people. Our u3a will be one of the local organisations represented. Come and say hello.

REDBRIDGE MUSIC LOUNGE has only one more date for this summer in Valentines Park Walled Garden 11 October - 11.00am to 4.30pm. Bring a blanket and picnic or purchase lunch at the café.

AGE UK REDBRIDGE still offer **free** informal IT sessions at their offices in Cranbrook Road, for those who want greater confidence using phone, tablet or laptop. To reserve a place on their next course 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.

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

Deadline for submission to November Newsletter is Friday 16 October

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

Explore our website redbridge.u3asite.uk and 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	
Malini Makwana	