NEWSLETTER NOVEMBER 2026

Registered Charity No 1061549

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.

I have recently become a Committee Member of Redbridge U3A. My background is British Asian. I was born in Kenya and moved to England at the Age of 16. I completed my education whilst working in school laboratories. After qualifying as a Medical Scientific Officer, I worked for 20 years at the prestigious Middlesex Hospital which was situated behind Oxford Street. My field of work was in Diabetes and Autoimmune Disorder Research, meeting people from all over the world.

I had to give up my career after a fall and became a carer for family members. I realised I needed to be active outside the home and volunteered for 15 years in the PALS office at King George & Queens Hospital, until covid when volunteering was terminated.

My interest in the U3A started when I joined Chair Based Exercises of which I am now the Group Leader. My intention is to encourage people from different ethnic backgrounds to join U3A, to reflect the changing demographic of Redbridge.

I am presently the Chair of Essex and East London Polio Branch. I enjoy cookery, gardening, meditation and reflexology.

Malini Makwana

GUEST SPEAKERS FOR OUR NEXT THREE MONDAY MONTHLY MEETINGS

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.

No monthly meeting in December
MONDAY 25 JANUARY 2027 - CAN MACHINES THINK? CLAUDIO ELGUETA BSc,
Claude is a member of Abingdon u3a and is a retired university lecturer specialising in linguistics, psycho-linguistics and phonetics. His talk will focus on the definition of intelligence, and help us to understand the distinction between how we think and how machines process information.

We have a big audience for these interesting meetings, in Wanstead Library, 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.

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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.

FUND-RAISING QUIZ

On Sunday, 11th October, we held a highly successful Quiz Afternoon at Oaks Lane, and I would like to thank all our members and friends who came along to in support.

Barry Shamplin took on the role of Quizmaster, setting questions that both puzzled and amused us all. The afternoon was rounded off with a delicious tea of savoury rolls with a variety of fillings, an assortment of cakes, and plenty of tea and coffee.

Table No 1O secured victory and were rewarded with a chocolate orange each! Sadly, my own table could only manage a disappointing sixth place, having come unstuck on the anagrams of UK towns.

The event, including a raffle, raised over £1,000, which will go a long way towards helping us meet our ever-increasing running costs over the coming year.

A big thank you goes to everyone who helped organise and run the event, as well as to all those who attended and contributed to its success. Your support is greatly appreciated, and we hope to organise similar events in the future.

Stuart - Chairman

GROUP NEWS

NEW PRACTICAL ART GROUP

A big thank you to Linda Pitch who ran our previous art group and who has now moved away from the area. Happily, Joita has agreed to take over the group which will be held on the 3rd Monday of the month from 10:30 to 12:30 at Woodford Green, a 5-minute walk slightly uphill from Woodford Station. This group is for mixed abilities. If you enjoy watercolours, drawing, acrylic or pencil drawing, bring along your project to enjoy with the support, encouragement and companionship of other art enthusiasts. If you are interested in joining this group, please contact Joita Dias.

KALOOKI GROUP

The Kalooki Group meets on the second Wednesday of the month at Oaks Lane from 2.00-4.00pm. New members are welcome. Kalooki is a version of 13-card rummy which beginners can master quite quickly and experienced players will find other experienced players to play against. Please contact Lindsay Wilner if you are interested in joining.

Another great fun **QUIZ AFTERNOON** was had by all. If we said, it was keenly contested, that would be an understatement. We even had a round where the score was challenged. 🕵 But after a careful explanation, peace and harmony returned. This month's winners of the Pearl Cup 🏆 were Maureen, Elaine, Adrienne, Carol, Rikki and Pearl. 👏 As usual, there was tremendous laughter, joviality, much heckling but above all, a great afternoon. It was also great to see Liz return after her

treatment. Thank you all for coming and contributing. If you are just curious or tempted, we give a big warm welcome to newcomers. Contact Stan or Guy. You will not be disappointed.
GUY

Why not start a new **RUMMIKUB GROUP?** Since Linda has now moved away, we have lost one of our extremely popular Rummikub groups. You can run this from your home or use a room at Oaks Lane if you prefer. We supply the board games. Maureen runs 3 groups from her home. If you would be interested in leading a new group give Maureen a call for more information.

Possible new group **CRIBBAGE LEAGUE** to run at Oaks Lane on a day and time yet to be decided. Anyone wishing to learn or those who are experienced players can join in. Cribbage is played by 2 players and involves an ability to add up and make decisions on how to make the most points from the 6 cards they are dealt (2 are discarded). The idea would be to have a league table and get points for winning. Several pairs could easily play in one room at separate tables with only a pack of cards needed and a piece of paper or cribbage board to show the scores. It is great game requiring luck and skill. If you are interested in finding out more, please contact Stuart.

BRING YOUR OWN LUNCH
We meet at my bungalow in Barkingside on the second Wednesday of the month and have a lovely time putting the world to rights. It's quite surprising the subjects we cover sometimes. You bring your lunch, I supply a drink and the time passes without us noticing it. There are a few places left. Next meeting will be on 11th November. Everyone welcome but you **MUST** book in with me beforehand as spaces are limited.

Liz Kite

MAINSTREAM FILM GROUP
On Thursday 12th November we shall be showing "**Torn Curtain**". This is a Hitchcock film starring Paul Newman and Julie Andrews.
The following month, on 10th December, our film will be "**The Snake Pit,**" a psychological drama starring Olivia de Havilland.

ARTHOUSE CINEMA
On Tuesday 27th October our film is "**The Children's Train,**" an Italian film set soon after the war when Southern Italy was in dire poverty, so the Communist Party organised sending Southern children to live with richer Northern families.
The next film, on 24th November, will be "**Pan's Labyrinth**" which is a Spanish dark fantasy film set in Francoist Spain in 1944.

BOTH FILM GROUPS
Refreshments served from 1.50 p.m. at u3a suggested price of 50p. Film starts :- 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

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SUNDAY PUB LUNCHES

This is a mixed friendly group, so no one is left out. Don't be lonely on those long Sundays, come and join us! On Sunday 25th October, I have booked The New Fairlop Oak, the Wetherspoon's on Fullwell Cross roundabout. Do remember that the clocks go back the previous night!
On 29th November, I am hoping to book The Crown and Crooked Billet at Woodford Green.

Everyone welcome but you **MUST** book in with me beforehand if you want to sit with the group.
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 EVENTS

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 mulled wine and mince pies

Tickets: £27.00 including programme and mulled wine/soft drinks/mince pies served during the interval. Here is the direct link or check the events page

We are delighted to announce the next full programme of walks for December/January. All events are £10, no refunds. The programme can be found here and on the events page of the website. The booking for these very popular events will launch on Tuesday 1st December from 17.00.

THE HINDU FESTIVAL OF NAVRATI

Navratri is a major Hindu festival recently held over a period of nine days. It honours the Divine Feminine Goddess Durga who defeated the shape-shifting demon Mahishashura after nine nights and ten days. Generally it is regarded as a time for spiritual cleansing and religious reflection Many devotees follow a vegetarian diet, abstaining from alcohol and meat, and consuming *satvik* food (meaning "pure"; vegetarian meals prepared at home). Some observe a daylong fast that ends at sunset on each of the nine days. As part of the celebrations, fairs are organized where people gather to dance and feast. Kishor Makwana

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LOCAL NEWS - DATES FOR YOUR DIARY

On Monday 9th November Redbridge Health Authority will be at Fullwell Cross Library 11.30-3.30, providing a variety of health checks and information including flu vaccination to over 65s and COVID vaccination to over 75s.

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 December Newsletter is Friday 20 November

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	
Patricia Gregory	
Linda Segal	