



March  
2026



## Monthly Coffee Morning

**Friday 3<sup>rd</sup> April (Good Friday)**

(Lambe School, Gaston Street, East Bergholt come along and meet new people and members of the Committee.

Enid will be there with her recycled and repaired jewellery

### COMMITTEE

Chris Jowell	Chairman
Paul Lake	Treasurer
Maggie Cross	Secretary
Sue Webster	Membership Secretary
Sue Basted	News Editor/Social Secretary
Sue Clark	Interest Groups Co-ordinator
Peter Winder	Website Manager
Pat Chandler	Speaker Secretary/Publicity
David Ryan	Beacon Champion
Val Simper	Constable Hall Booking Rep

### MEMBERSHIP ENQUIRIES

Sue Webster	<a href="mailto:Stourvalleyu3amemberenquiries@gmail.com">Stourvalleyu3amemberenquiries@gmail.com</a>
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## LECTURES 2026

Held at Constable Hall, East Bergholt

2.15 pm

8 April - Bernard Lockett "Gilbert and Sullivan"

13 May - Neil Hanson "INN and Out at the Top"

17 June – Frances Boardman "The Great Stink"

(Please note due to Constable Celebrations the Constable Hall will be closed on the 10<sup>th</sup> June therefore the lecture will be taking place on the 17<sup>th</sup> June)

### GROUP NEWS

#### Gardens and Historic Houses Group

On a sunny Sunday in early February a group of garden enthusiasts visited Blakenham Woodland Gardens to view the snowdrops which were out in abundance.



## Singing for Fun



We are looking for a new leader for our Singing for Fun group as our present leader is leaving in July after five happy years. We are a friendly group; we usually meet on alternate Friday afternoons in East Bergholt Congregational Church for an hour of singing a wide variety of songs followed by tea and a chat. If you feel you might be interested in leading us, you are welcome to come along one Friday to see what you think. Please email Diana Wilson on [dianajaneWilson@gmail.com](mailto:dianajaneWilson@gmail.com).

## Pétanque



Weather permitting Pétanque will resume in early April. A reminder message will be sent nearer the time.

## POSSIBLE NEW GROUP



"Textile Crafts - Is there any interest in a group with this title? There have been previous attempts to form a Craft Group which did not survive, probably because the title given related to a few specific crafts. My suggestion is that a group defined as textiles could relate to many and varied crafts and once begun could develop in whatever direction its' members would like. If there is anyone interested in this idea, please contact me on [ibwarner@hotmail.co.uk](mailto:ibwarner@hotmail.co.uk) or telephone 392663.

Thank you, Irene"

## PICKLEBALL GROUP PHOTO



Pickleball meet every Tuesday from 2.00-4.00 pm at the Colchester Sports Park. Brian and Tracey are the Pickleball Leaders. We invite new members as we are enthusiastic to share the game to anyone within the U3A community. If you are interested in joining, please contact on Brian and Tracey Abram on [pickleballsvu3a@gmail.com](mailto:pickleballsvu3a@gmail.com)

## Our membership magazine

*u3a matters* is the membership magazine of the u3a movement in the UK. Published five times a year, and posted direct to members' homes, it is packed with stories from our members and u3a activities. The magazine also features celebrity interviews and articles on a range of subjects - technology, recipes, travel, competitions, and a lively and popular letters section.



'U3a matters' is exclusively available to u3a members

If you no longer wish to receive copies of the magazine or you would now like to opt in to receiving copies, please email: [stourvalleyu3amemberenquiries@gmail.com](mailto:stourvalleyu3amemberenquiries@gmail.com)

The magazine is also available online - just search 'u3a matters'



The national u3a organises access to a range of interesting ONLINE COURSES available to members for free. To look at the list CLICK

<https://www.u3a.org.uk/what-we-do/events/educational-events>.

### Stour Valley u3a

' Stour' is often pronounced in different ways. Does it rhyme with 'hour' or 'tour' or 'four' or, perhaps one of the many other 'ou' words - 'you', 'journey', 'nourish', etc., etc?