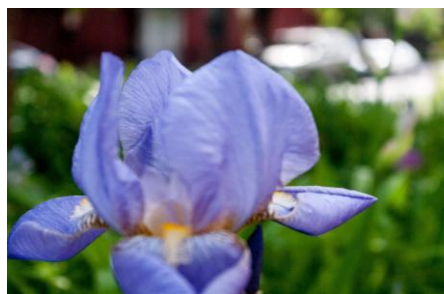




May
2026



Monthly Coffee Morning

Friday 5th June

10.00-12.00

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

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	Stourvalleyu3amemberenquiries@gmail.com

LECTURES 2026

Held at Constable Hall, East Bergholt

2.15 pm

Revised June lecture

Please note that the Constable Hall is unavailable on Wednesday 10th June and therefore the date for the talk has moved to the following week - the **17th June at the usual time.**

Our speaker is Frances Boardman who will talk on " The Great Stink ", an event in Central London during July and August 1858 in which the hot weather exacerbated the smell of untreated human waste and industrial effluent that was present on the banks of the River Thames. This led to the civil engineer, Joseph Bazalgette, proposing a sewage system which ended the cholera outbreaks and saved many lives.

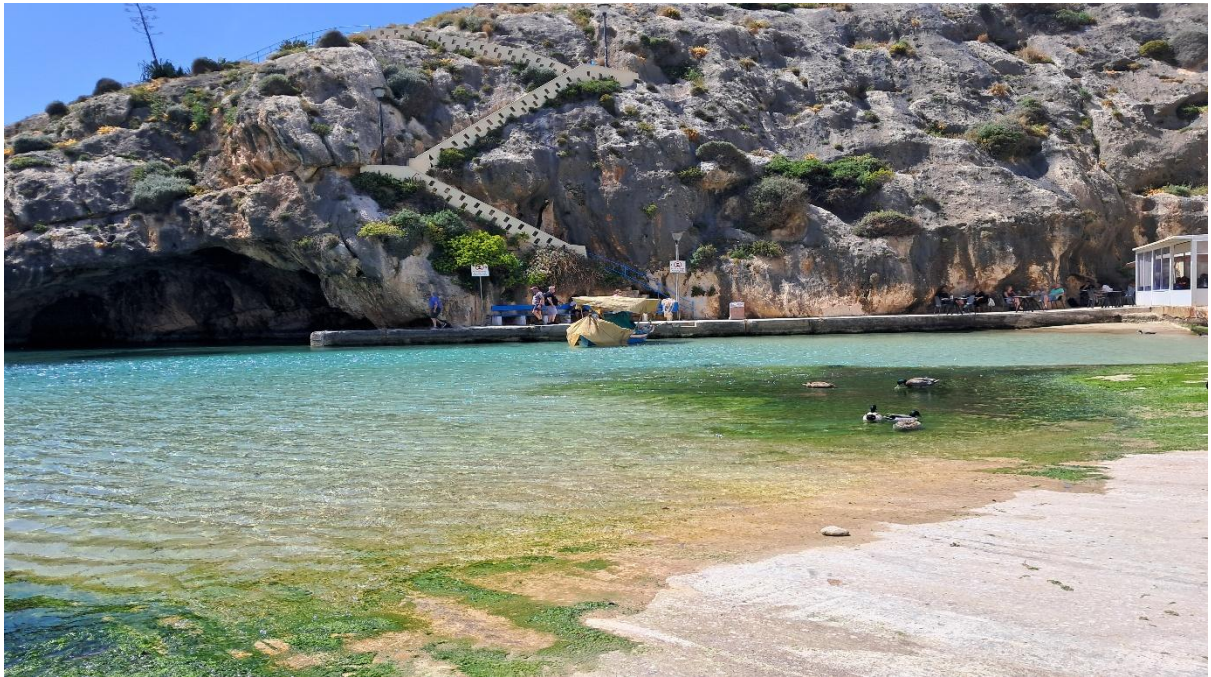
8th July – Mike Brown - "The River Stour Trust"

4th August – Summer Lunch – Hintlesham Golf Club – further details in the Newsletter

GROUP NEWS

Group Holiday to Malta





Textile Crafts

Textile Crafts - The first few interested folks have now met, but without as yet making any specific plans. If there are others reading this who may be interested, even if only wanting to comment or ask questions, please do get in touch. lbwarner@hotmail.co.uk or telephone (01206) 392663.

Five Mile Walking Group

On a sunny day in early April the 5 mile walking Group did a walk from the Green at Polstead encountered many bluebells along the way.





Wine Appreciation – now called Cork Poppers





Notice about Groups

Please note that being a member of U3A Stour Valley does not automatically give you access to our many and varied groups. You can join as many groups as you like in any of the following ways.

- contact the group leader via our website or via the information sheet sent to you when you joined or renewed your U3A Stour Valley membership
- contact our Group Co-Ordinator, Sue Clarke, by email:
petersueclark@btinternet.com
- speak to Sue Clark at the monthly talk in the Constable Hall where she will be pleased to sign you up.

Summer Lunch



This year's Summer Lunch will take place on Tuesday 4th August, 12.30 for 1.00 pm at Hintlesham Golf Club. Cost will be £30 per person. Further details will be available at the next lecture and coffee morning.

Phone-In Friends

The committee is aware that there are times when members are unable to join in with U3A activities due to ill health, accidents, bereavement, lack of transport etc and wondered if some members might sign up to be a contact to keep in touch with them. We're floating this idea to see if it is viable. Sue Clark who will co-ordinate this new group and will be looking for a Group Leader. If you are interested in being part, make contact using Sue's email: petersueclark@btinternet.com or speak to Sue at the monthly talk.

Hadleigh U3A

Hadleigh U3A have 2 theatre trips planned and are offering these to Stour Valley members.

1) The Theatre in the Forest at Sutton Hoo on Thursday July 23rd at 7.30 pm. A coach trip to the award-winning theatre group, The Red Rose Chain, production of **Twelfth Night** this year. - Shakespeare made fun, our fifth year going to this outdoor production. Cost for ticket and coach will be £38.00.

2) Southwold Summer Theatre on Saturday August 8th. A coach trip to Southwold including **The Importance of Being Ernest** at the Summer Theatre, the matinee performance at 4 pm. Cost for ticket and coach will be £39.00.

The coach will pick up in Hadleigh at the Magdelan Road bus station.

Please contact Jill Owers if you are interested by email: jill.owers@btinternet.com or phone 01473 823780.

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

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?