



July
2026



Monthly Coffee Morning

Friday 7th August

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

4th August – Summer Lunch – Hintlesham Golf Club – Now full

9th September - Jane Gosling " Medieval Guilds "

Jane is the former manager of the National Trust's Lavenham Guildhall and will talk on the history and cultural significance of medieval guilds, putting these historic societies and their surviving artifacts, such as stained glass, into the context of their day. She will cover how medieval trade and craft guilds operated, the goods they produced and their economic impact.

14 October – Andy Moore "Zoo Conservation"

GROUP NEWS

Garden Holiday to Morecombe

In June members of the Garden and Historic Houses visited several gardens in and around Morecombe.





Forthcoming Garden Visits



20th August – Down House/Polhill Nursery

Down House was the home of Charles Darwin, who lived here with his family for 40 years. He worked on his revolutionary theories, and wrote *On the Origin of Species*, which upset the Victorian world and has influenced scientific thinking ever since. Polhill has been an independent, family-run Garden Centre for over sixty years. It offers everything from gardening supplies and outdoor furniture to BBQs, gifts and wild bird care. There is a restaurant and also The Coffee Corner for light lunches.

17th September – Chartwell House/Emmetts Garden

Chartwell House is the home of the late Winston Churchill.

Emmetts Garden was open farmland until 1860 when the present house was built.

Forms for both visits are attached with the Newsletter.

New Group - Textile Crafts



The group is for anyone interested in any craft involving yarn, thread, fabric, paper, card, cord, string or rope. From those who prefer to stay with their own favourite hobby, be it knitting or crochet, to those willing to experiment with something new, all are equally welcome.

Meetings are held in the afternoon of the 1st Thursday in the month, and at the moment - as at July 2026 - move around members' homes. For more information please contact ibwarner@hotmail.co.uk or telephone 01206 392663.

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.

Phone-In Friends/Friendship Group

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.

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?