



September
2026



Monthly Coffee Morning

Friday 2nd October

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

14 October – Andy Moore “Zoo Conservation”

11 November – Paul Campion “The Proms”

30 November – Christmas Lunch at Hintlesham Golf Club further details to follow

9th December - Additional Lecture to be confirmed

GROUP NEWS



**GARDENS & HISTORIC
BUILDINGS GROUP**



To all Garden and Historic Buildings Lovers.

There is still time to join us on our holiday visit to Hampshire and The Isle of Wight, based in **Hampshire**, staying at the South Lawn Hotel, Milford-on-sea, **7th to 11th June 2027**.

On Monday we will be visiting Jane Austen's home in Chawton on the journey down.

On Tuesday we will be visiting The Vyne (NT) followed by free time in the afternoon.

On Wednesday we travel to The Isle of Wight by ferry, to explore Osborne House, then travel across the island to The Botanic Gardens.

On Thursday we go to Hinton Ampner (NT) and Buckler's Hard.

On Friday we visit Knole House (NT) on our journey home to East Bergholt.

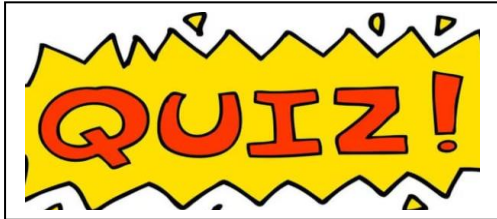
The closing date for bookings is approaching, so we need to receive any last-minute bookings by **10th October 2026**.

There are 4 twin rooms available for those who are willing to share, but all the single occupancy rooms have been taken. After this date, we shall offer any remaining places to other local U3As.

Contact Doreen Tel: 07542 454868

email : doreenbezant@gmail.com

Quiz Group



How many hurdles are in a 400 metre race?

What is the name of the toy named after a US president?

If you know the answers to these questions, or want to find out, come and join the quiz group. We meet on the fourth Wednesday of each month at 2 pm in the Lambe School. We are trying a new format going forward with 7-8 rounds of 10 questions, a table round with a cup of tea/coffee and biscuits thrown in as well. Small prize for the winning team. Contact Denise Thompson via email svquiz@yahoo.com

New Walking Group -

Vicki Harris is looking to start a social walking group, monthly on the third Friday. This would start at 10.30 and cover 3--4 miles. I envision members taking it in turns to lead a walk in their local area. If people want to end with a coffee or lunch on occasion, that is fine but not part of the regular plan. Dogs welcome. Please contact Vicki Harris vickisplosh@gmail.com if interested.

Five Mile Walking Group – Taking the ferry across to Bawdsey before the start of the walk



EUROPEAN TRAVEL GROUP - HOLIDAY APRIL 2027

Northern Portugal



Spring 2027

Euro Travel Group

A chance to join your fellow u3a members on a five-day break

17-21 April

Leaving from Gatwick. All transfers included. Visit the historical cities of Porto and Braga with our own guides.

Visit two local vineyards and a Port wine lodge on the quayside at Porto - tasting opportunities included!

Hotel Meira, Ancora - half board with buffet style breakfast and evening meals included

£1279 pp

We have already sold the first batch of single rooms but we have double/twin rooms still available.

To register an interest contact
Graham – gandamanuel@gmail.com
Val – val.pretty@btinternet.com

Notice about Groups

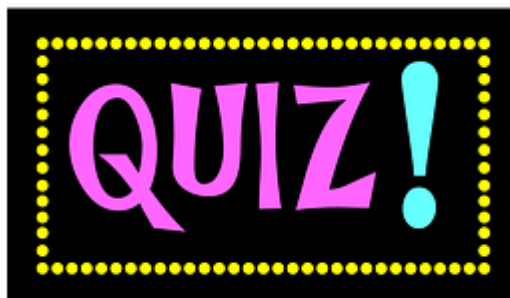
Please note that being a member of U3A Stour Valley does not automatically give you access to our many and varied groups. You can join as many groups as you like in any of the following ways.

- 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.

AUTUMN QUIZ



The Autumn Quiz will be held on Saturday 31st October 6.45 for 7.00 pm in the Constable Hall, East Bergholt. Teams of 6 please bring your own drinks and nibbles. £3.00 per person payable on the night. Teams must be booked in advance please contact susan basted on susanbasted10@gmail.com to book a place.



CHRISTMAS LUNCH – MONDAY 30TH NOVEMBER

DATE FOR YOUR DIARIES

TO BE HELD AT HINTLESHAM GOLF CLUB

FURTHER DETAILS TO FOLLOW

Membership Renewal – FINAL REMINDER

Please note that if you have not already renewed, your u3a membership will lapse on 31st October 2026

£15 full membership

£10 associate membership (full member of another u3a Group)

Membership is free if you are aged 90 or over

If you would like to renew, please pay using one of the following methods:

Bank transfers should be made to: 20-22-67 10066850 The Stour Valley University of the Third Age. You must include your SURNAME and initial for reference.

Cheques should be made payable to: The Stour Valley U3A and sent to: u3a Stour Valley Membership Secretary, 8 Merriam Close, Brantham, CO11 1RY (please write your name on the back).

Many thanks,

Sue Webster Membership Secretary

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?