

learn, laugh, live

Health & Wellbeing Champion 2026!

Beste Leden,**Welcome to the August Newsletter**

What a year it has been for Chiltern u3a, and the accolades just keep coming! I was delighted to stand alongside Mayor Simon Woodhead recently to accept Amersham Town Council's 2026 Health & Wellbeing Champion Award on behalf of us all.

This award is a wonderful recognition of what we achieve together.

The Mayor praised the physical, mental and social benefits our organisation brings to the community, but let's also recognise the simple truth: Chiltern u3a runs because of the dedication of more than 200 volunteers and all its members.

This award belongs to all of you. Goed gedaan!

Congratulations also go to our **Music Making Group** as it celebrates its 25th anniversary (see page 2).

To mark this silver anniversary, the group will present a special concert in Drake Hall at the Amersham Community Centre on the afternoon of Wednesday, 2 December.

Meanwhile, our **Ukulele Group** travelled to Redbourn UkeBash 26, performing under the memorable name The Amersham-on-the-Hillbillies (see page 3).

Thank you, as always, for the enthusiasm, friendship and commitment that make Chiltern u3a such a vibrant and welcoming community.

Met vriendelijke groet,

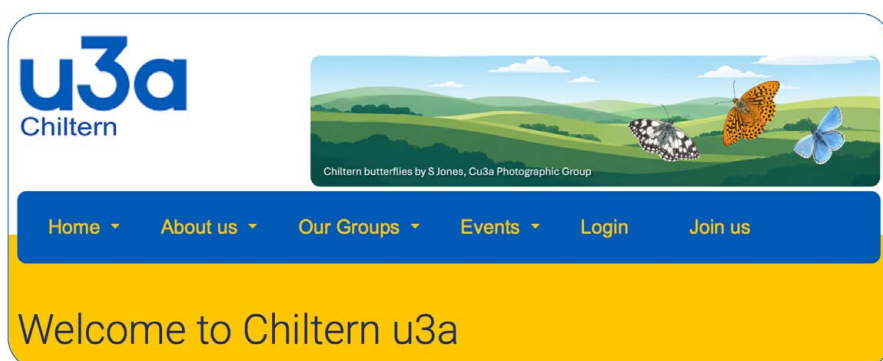
Peter de Groot, u3achair@chiltern-u3a.org.uk

Cu3a refreshed website goes live

After several months of redesign and rebuilding, the new easy-to-access and navigate Cu3a website has gone live.

Major improvements include a phone and tablet friendly design and a major rewrite of most of the pages. Many thanks to the Website Team for the huge effort involved.

Click on www.chiltern-u3a.org.uk to check it out and thanks to Stephen Jones for his butterfly images!



'It's a team thing'

This year Music Making is celebrating its 25th year. Linda Walton interviews Rosalind Aspinall, the inspiration behind this long-standing and popular group.

Early Days

When Rosalind retired from teaching in 2001, she found herself with more time to pursue her various interests – walking, gardening, the theatre, and woodcarving – but most importantly her love of playing the clarinets especially the bass.

'I loved being part of music making groups, but I was frustrated by the fact that they all met in the evenings. Not everyone likes driving at night, and I felt there was a place for a daytime ensemble.'

Cue Cu3a that not only enabled Rosalind to pursue several of her other interests but gave her the platform to form a daytime group.

They started off playing in members' houses and gradually, as they expanded, moved to bigger premises, finishing up in their current home of the Amersham Band Hall. Music making now boasts 37 members and is flourishing.

From the start, Rosalind and her colleagues embraced innovation. Paul Nicholson, a founder member, laboriously input music, note by note, into an early computer programme which could transpose pieces into different keys, making arranging far simpler. 'It was a breakthrough moment for us' said Rosalind. 'These days programmes are much more sophisticated and it's an easy thing to do but, in those days, it was a labour of love'.

Music Making continued playing through Covid, teaming up with Chris Gadsby's group from Bracknell Forest u3a to play virtually and Rosalind has fond memories of playing in an appropriately socially distanced fashion in Pam Hearn's garden.

'I couldn't do this on my own'

Rosalind is at pains to stress that Music Making's success is down to it being a team effort. Whilst she



Rosalind Aspinall

uses her contacts in the local music world, she relies on many others to make everything work.

'Finding a conductor was the key to our growth. Pam Hearn was our conductor for 10 years and under her leadership we really started to make progress.' Jane Partridge is the conductor today. She and Rosalind have known each other since they were teachers together and Rosalind described their's as an ideal partnership. 'We are absolutely in tune with each other.' (The pun is, of course, intended).

It is Rosalind who decides on the pieces that Music Making play. 'I describe our repertoire as Classic FM with a sprinkling of tunes from the shows and films. We're about having fun and performing pieces that everyone can tackle. Symphonies are not for us.'

Music Making reflects the spirit of u3a. 'We try to include everyone who applies' says Rosalind, 'and I choose what we play with that in mind.'

Sourcing music is a challenge for any music ensemble. Copyright law must be respected, of course, but the greater difficulty is to find arrangements that suit the size and composition of the group.

'What is ideal for us are the kinds of full orchestral scores with parts that are designed for educational and school ensembles' explains Rosalind. 'The late John Catch, one of our founder members, helped with this.'

Marking the Occasion

Music Making is celebrating its 25th Anniversary with a concert in the Drake Hall, Amersham Community Centre on the afternoon of 2nd December. Entitled 'Silver Celebration' it will feature well-known classical and modern pieces including 'The Old Castle' from 'Pictures at an Exhibition' by Mussorgsky.

'It's the first orchestral piece that we ever played. John Catch bought the music and very generously donated it to us. I cannot imagine us having a celebratory concert without including it and remembering John.'

Make a note of the date for your diary and look out for further details of how to apply for tickets in due course.

Finally, our thanks go out to Rosalind and all her colleagues who have, through their work with 'Music Making', given such pleasure to Cu3a members over so many years.

Linda Walton
Groups Coordinator.

The Amersham-on-the-Hillbillies Strike a Chord at UkeBash 26!



We all appreciate the benefits that our activity groups bring to those of us who live in and around Amersham, as evidenced by our recent Amersham Town Council Award! However, it's also good to hear of our groups travelling further afield to have fun and develop their skills alongside other u3as.

On 18 April, Chiltern u3a's Ukulele group (performing under the stage name of 'The Amersham-on-the-Hillbillies') took part in

'Redbourn UkeBash 26'. Organised by Redbourn u3a, the afternoon featured ukulele bands from eight local u3as: Redbourn, Watford Park, St Albans, Dacorum, Borehamwood, Dunstable, and Tring.

The group played a selection of seven songs from their ever-growing repertoire and thoroughly enjoyed meeting other players, picking up ideas for future tunes, and enjoying plenty of tea and homemade cake!

Watch the video: You can see and hear the group in action in this short video on YouTube:

<https://youtu.be/NZgFEZt39Rg>

A big thank you to the convenor Peter Metcalf for organising the trip, and to all the members who took part.

Christian Scott
On behalf of the Ukulele Group



Cu3a Contact Details and Future Dates

Your Committee and How to Contact Them

 Sue Harold-Barry Treasurer u3atreasurer@chiltern-u3a.org.uk	 Peter de Groot Chair u3achair@chiltern-u3a.org.uk	 Linda Walton VC/Groups Coord u3acoordinator@chiltern-u3a.org.uk	 Anne Caine Secretary u3asecretary@chiltern-u3a.org.uk	 Helen Beaumont Membership u3amembership@chiltern-u3a.org.uk	 Mike Hender Tech Advisor u3atec@chiltern-u3a.org.uk
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More committee information and links at <https://www.chiltern-u3a.org.uk/our-committee>.

Other roles and contacts

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Audio Visual support – Tony Wright

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Future dates – 2026/27

General Meetings

Third Wed of month at 14.30 Drake Hall:

See Page 5 for details

Convenors Meeting (rescheduled)

30 Sep 2026 – 14.30 Drake Hall

New Members Meeting

25 Nov 2026 – 14.30 Drake Hall

Convenors Meeting

3 Feb 2027 – 14.30 Drake Hall

New Members Meeting

14 May 2027 – 14.30 Drake Hall

Convenors Meeting

30 Jun 2027 – 14.30 Drake Hall

Nov 2026 Newsletter key dates:

Convenor input request: **25 Sep 2026**

Copy deadline: **9 Oct 2026**

Publish: **1 Nov 2026**

Monthly General Meetings

On the third Wednesday of every month we hold a General Interest Meeting which is free to all members. Meetings are held at 14.30 in the Drake Hall.

Subjects from guest speakers* range across the arts, sciences, topical and lifestyle issues. Refreshments are served to give members an opportunity to socialise.

After you have logged in, you can watch recordings of many previous talks here:
<https://www.chiltern-u3a.org.uk/RecordedTalks>.

Future Meetings

19 Aug: Roger Gibbons

'Butterflies of Britain and Europe'

16 Sep: Martin Sutton

'Positive actions round climate change'

21 Oct: Paul Lillie

'The Beatles, sing, talk, paint'

18 Nov: Duncan Bhaskaran

'A 200 mile charity Morris dance'

* Opinions expressed by speakers are their own personal views, and do not necessarily reflect the position or opinions of Chiltern u3a.

Digital Life – How the over 60s Connect

See next page for how and why we're using Facebook posts like these to reach new members. They're all designed with help from the convenors of the groups involved.



Chiltern u3a Travel
Travel stories. Great company.

A friendly group sharing travel experiences through photos, stories and films from around the world.

Third Friday of every month
14:00 – 16:00
Large Barn Hall
Everyone welcome

Our group continues the 40-year tradition of the Amersham Travel Club. We enjoy PowerPoint and digital photo presentations from members and guests, sharing journeys from around the UK, Europe, Asia, Africa, the Americas and beyond.

We're always looking for new presenters and ideas – whether it's a trip from years ago or a recent adventure. If you'd like to share your travels or suggest a future programme, we'd love to hear from you!

Come along, be inspired and share your adventures.

u3a learn, laugh, live



Opera Appreciation

This group meets on the fourth Wednesday of each month from 10am – 12:15pm in the Amersham Free Church.

Our Group of about 65 people enjoy many aspects of Opera in a relaxed and friendly way, through an ongoing series of DVD presentations introduced by members. Good audio and video facilities enable the Group to show excerpts from worldwide performances captured on DVDs.

Chiltern u3a
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Amersham

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Newsletter printed and distributed by
Hertfordshire Display PLC

How can we use Facebook to attract new members?

To keep our u3a healthy, active, and thriving, we need to look to the future and think about how we can attract and welcome new members into the fold.

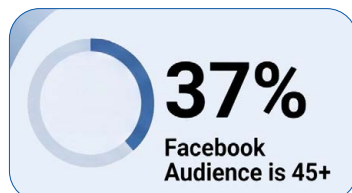
Recently, we have been researching local population data to figure out where our potential new members are, and how we can best reach them.

The Big Picture: Our Potential Audience

When we look at the census data for our local area, the opportunity is large.

In Amersham on the Hill alone, there are almost 7,500 people aged 50 and over. If we lift our eyes just slightly further afield including Old Amersham and villages like Little Chalfont, our total potential audience jumps to roughly 18,400 people. That is a huge number of local people who might be looking for exactly what we offer: friendship, learning, and active retirement.

Why Facebook is Our Best Digital Tool



To reach these thousands of potential new members, we need to go where they are online.

The data shows us that Facebook is far and away our best digital option.

Across the UK, 37% of Facebook's users are aged 45 and over. It has a very resilient, broad appeal among

Digital Life: How the Over-60s Connect

Unlike younger "mobile-only" users, the 60+ demographic uses a balanced mix of phones, tablets, and computers.



Smartphones
the primary
gateway



Tablets
Gender affects
how we browse



PCs remain
vital for
complex tasks

older age groups, with 12% of its user base aged 55 to 64, and 11% aged 65 and older.

Our Facebook Plan

We are **focusing on groups that have vacancies** and identified ten groups to work with initially. The convenors of these groups have generously helped us design Facebook posters that capture the essence of their groups.

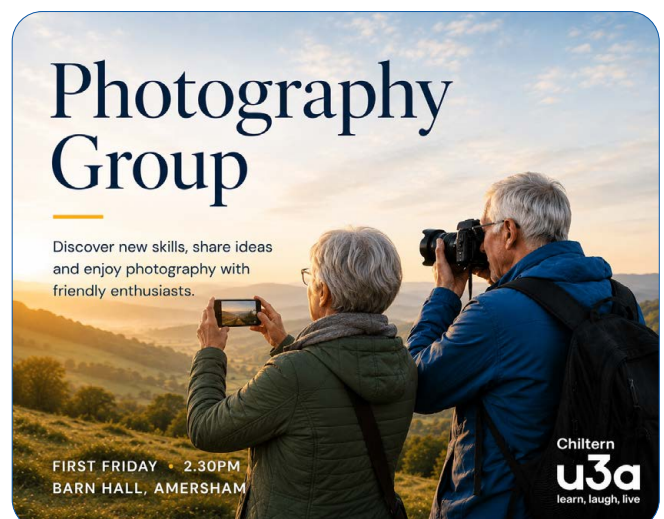
You may have seen the first of these posters rolling out on Facebook over the last few weeks. Below is an example from the Photography Group.

Please do click on www.facebook.com/groups/cu3apub and join the conversation!

If you would like to learn more about this initiative or help us please contact **Mike Hender** or **Sue Farnfield** at u3atec@chiltern-u3a.org.uk.

For general questions on **Publicity** please contact **Christian Scott** at cscott@chiltern-u3a.org.uk

Ten Cu3a Groups have helped us design Facebook posters that we'll use over the coming months. This one is for the Photography Group



Activity Group Plans

A note to members in Outdoor Activity Groups

We expect members to travel to outdoor activities and to participate at their own risk. During the activity, they are responsible for their own safety at all times. Depending on activity duration and difficulty, members should wear suitable clothing and footwear for the conditions and consider carrying their own water, snacks and simple first aid kit.

For local telephone numbers, the STD code 01494 has been omitted.



A GOOD READ Gillian Eastmond and Jean Milnes

email: u3aagoodread@chiltern-u3a.org.uk

In this very new group everyone brings a book (fiction or non-fiction) to the meeting that they want to recommend to the rest of the group. In turn each member talks, for up to 10 minutes, about their book such as a short summary of the themes of the book, and, what made it interesting and worth reading. Then other members of the group comment if they have read the book, or maybe another book by the

same author. Perhaps members name other books of the same genre that they like. We might even get diverted, for a short time, onto the subject of the book. However, we do try to keep the discussion relevant.

No extra reading work for this book group. You have already read it. The only extra preparation needed from you is thinking what to say to the group about your book. No reading a book, even to the end, even though you really dislike it. However, you do now know about books you would otherwise not have known about or perhaps not thought of reading.

For now, I want to limit the group to 12 so everyone can participate fully if they wish. **We are full at the moment but I will keep a waiting list so let me know if you wish to join us.**

We will meet on the **second Monday** at **14.00** in the **Committee room** of the **Chilterns Leisure Centre** **every two months**. So the next 2 meetings are on **14 September** and **9 November**.

ACOUSTIC GUITAR Michael Coker

email: u3aacousticguitar@chiltern-u3a.org.uk



The Acoustic Guitar group meets on the **third Wednesday** of the month in the **Pottery Room** which is in front of the **Chilterns Lifestyle Centre** in Amersham. The group is of mixed ability levels so anyone is welcome to give it a try. The meetings are arranged in three one hour sessions:

13.30: Beginners with an experienced practitioner guiding us (a small fee applies)

14.30: Blended session playing simple songs with beginners joining in and more able players leading.

15.30: Freestyle session with more able players suggesting songs for the group to play together. Beginners can stay on and join in if they find it useful.

We are interested in playing music selected by members along the lines of rock, pop, blues, country, folk and similar types from 1950s onwards, including more contemporary songs. Around ten – twelve members attend each month and we have shared the types of music that members like to play and selected a few simple songs which we play together.

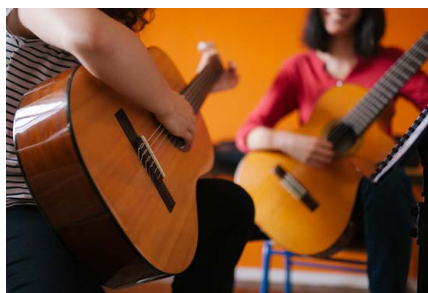
If you're a beginner or have had a long break and want to get back into playing, the first and second hours may be helpful. Our experienced practitioner takes us through basic playing from forming chords, picking notes and strumming rhythms to song structures and a little bit of music theory (not too much).

Our group is looking for a few more members, so if you're interested to give it a try or want more information, please contact Michael, or you are welcome to come along to our next meeting.

Please bring your acoustic guitar if you have one. If you can sing as well that would be very welcome to help us get some harmonies going.

ACOUSTIC GUITAR 2 Peter Davies, Mel Folkard and Tony Davies

email: u3aacousticguitar2@chiltern-u3a.org.uk



Acoustic Guitar group 2 runs along similar lines to group 1. It's a mixed group that welcomes both beginners and those who've played a bit before but who are happy to pass on their experience and join in the fun. Acoustic bass guitars are also making an appearance. We even have a percussionist who comes along with a washboard. We look at guitar chords and how they turn into song structures using examples from well-known popular music going back to the '50s. So expect a bit of rock'n'roll, some ballads and a few folk-oriented songs. Singing is allowed of course especially if you can harmonise but not compulsory! Also bring along any songs you like and that you'd like the group to learn.

Performances are allowed and encouraged but again, not at all compulsory. We have beginners who failed their school choir audition!

We meet in the **Lounge** at the **Chilterns Lifestyle Centre** every **fourth Wednesday** at **10.00** for two hours with a break around 11.00. At our last meeting we had about 12 members. It was only our second meeting and we attempted a variety of songs including Carl Perkin's 'Blue Suede Shoes', Elvis's 'Hound Dog', Tom Paxton's 'Last Thing on my Mind' and the Everly Brothers 'Dream'. One member suggested next time we look at Johnny Cash's 'Hurt' recorded shortly before he died. What a great song with simple but effective chords! Planned for the future are possible visits from local mystery guitarists who'll talk to us about their own guitar journey, play for us and maybe teach us something.

ACTING OUT THE GREAT PLAYS Sabina Smith and Simon Cottle, email: u3aacting@chiltern-u3a.org.uk

This drama group was formed to provide an opportunity to act out some of the great plays that have graced many theatres. We are a friendly bunch of amateur dramatists who explore themes, characterisation and interpretation of plays before working through them. No line-learning is required as we read straight from the text. Members are encouraged to nominate and vote for a great play to act out.

We like to keep the group to a manageable size so that every member gets a fair crack of the whip in both acting and/or directing. However we would welcome anyone who has acting and/or directing experience.

So far we have covered plays by Bernard Shaw, Anton Chekhov, Noel Coward, J.B. Priestley, Arthur Miller, Henrik Ibsen and the last play we acted out was Shakespeare's 'Antony and Cleopatra'.

Future programme will cover the following plays:

Tom Stoppard's 'Arcadia'

Oscar Wilde's 'The Importance of being Earnest'

So, if you have acting and/or directing experience and wish to join please contact Sabina. We meet every **third Wednesday** of each month from **10.00** to **12.00** in **The Lounge**.



ANCIENT CULTURES Jenny Jobson, email: u3aancientcultures@chiltern-u3a.org.uk

We continue to meet on the **third Tuesday** of each month at **14.00** in the **Pottery Room** at **Amersham Community Centre**.

Members share with each other their readings and presentations about people and cultures from the ancient past, from as far back as the Mesopotamians to the Viking era and across the world.

If ancient history and the story of peoples interests you, come along and give us a try, we're a very friendly group. **Please email the convenor at the group email address above to let us know you'll be coming.**

Our programme for the coming months includes:

18 Aug: Summer Break

15 Sep: Development of Literature: Gilgamesh Onward – Brian Withington

20 Oct: 1. Ancient Music Part 1 – Jane Edmunds

2. Ness of Brodgar – Neville Lawson

ANTIQUES & COLLECTABLES Heather Price and Colin Ross, email: u3aantiques@chiltern-u3a.org.uk



The group meets on the **second Thursday** of the month from **14.00** in the **Pottery Room**.

Our April topic was an item that 'Makes a Sound' and our members brought along travel clocks, various whistles, brass bells, a goats bell, an Indian Elephant bell, a shire Horse Bell, a Zither, Pan Pipes, a Recorder, Art Deco speaker, a Kazoo and a Didgeridoo. 'An item with Hands' was our subject for May and we examined a Compass, a Doll, a photo of an artificial hand, a Barometer, Rolex watch, Fob Watches, a Royal Doulton Statue, 3 Brass Monkeys, Art Deco gloves, a Toby Jug and a Vesta and Compass.

'Paperweights' were our topic for June and our members brought along many of them. We thoroughly enjoyed hearing the stories behind them.

Our future programme is:

Aug: An item beginning with the letter A

Sep: A picture of somewhere we know

Oct: Coins

ARCHAEOLOGY WORLDWIDE David Jobson email: u3aarchaeology@chiltern-u3a.org.uk

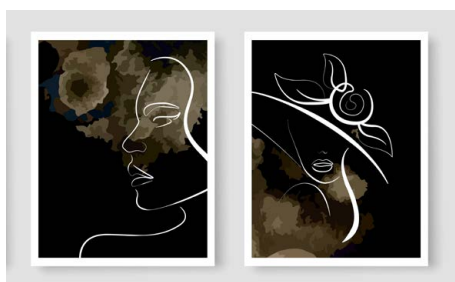
We meet on the **third Friday** of the month in the **Pottery Room** between **10.00** and **12.00**. All meetings are held in person. Our topics cover archaeology worldwide and members are encouraged to present on any relevant subject of their choice. There are regular email updates on the increasing number of archaeological finds being made, many due to the new technology now available. Members are also advised of any relevant Third Age Trust talks that may be of interest.

There are still a limited number of places in the group available for those interested. Telephone contact with members is maintained where necessary. **Our programme for the next three months is:**

21 Aug: No meeting

18 Sep: 1. Sutton Hoo Helmet – Jill Hender
2. Lay Lines – Adrian Marsh

16 Oct: 1. Albanian Sites – Catherine Kirkup
2. Halicarnassus – Elaine Ring



ART Peter Wilkinson email: u3aart@chiltern-u3a.org.uk

Group numbers have been a little lower recently, mainly because of holidays, but the goodwill and eagerness was palpable, the group is doing exactly what was anticipated in gelling together in a healthy exchange of ideas and advice on practical art. We have also discussed various favourite artists together and their work output, which provided a good talking point as the group generated a lot of personal experiences of visiting art venues at home and abroad.

We meet on the **second** and **fourth Tuesday** each month from **10.00** to **13.00** in the **Small Barn Hall**. but as soon as the weather improves the group will take the plunge with some 'en plein air' meetings.

There are still a few places available for anyone who would like to brush, pencil or pastel together – it is extremely rewarding and truly pleasurable together.

ASPECTS OF INDIA Ramji Abinashi, email: u3aindia@chiltern-u3a.org.uk

We meet on the **first Monday** of each month from **14.00** to **16.00** in the **Pottery Room**. These are planned to be face-to-face meetings and Zoom will not be used unless the presenter happens to be in another country e.g. India.

(continued on next page)

ASPECTS OF INDIA (*continued*)

Meetings in the last three months have been as follows:



- May: Moods and Melodies – A presentation on Indian classical music by Saraswati Narayan
- Jun: The Water Conundrum – David Cash. A presentation on water problems and plans in India
- Jul: Visit to the ISKCON (Hare Krishna) temple in Watford (Photo by Geoff Walker)

Plans for the next three months:

- Aug: **Bollywood music through the decades, a musical celebration – Ramji Abinashi**
- Sep: **Visit to an authentic Indian restaurant for lunch**
- Oct: **Indian Medical system – Dr Rajivi Sanjeevi.**

At random I also send out interesting news items about India to my members via email.

The group is able to accept new members; please contact the convenor if interested in joining us.

AUTISM & ASPERGER'S SUPPORT

This group has now Closed

BADMINTON 1 Rob Robinson, Christine Moore and Geoff Walker, email: u3abadminton@chiltern-u3a.org.uk

We play weekly on **Wednesday afternoons** from **13.30 to 15.00** at the **Chilterns Lifestyle Centre**. There is a small weekly charge, payable in advance every four months, to cover the costs of court hire and shuttlecocks.

Badminton is great way to stay fit and active, being a workout for both body and mind. In addition, it is a very sociable game where players can chat together between games. No special clothing is necessary except soft soled shoes suitable for a gym. Rackets can be hired from the reception at the Chilterns Lifestyle Centre (for a small fee) and shuttlecocks will be provided.

There are no set levels of ability required to join, beyond a reasonable level of fitness and mobility. We play to standard badminton rules, but the emphasis is on fun and friendship. The group is ideal for returners and casual players, and we can also accommodate some beginners. We can provide some limited coaching to relative beginners, but cannot offer formal training. The most experienced players in the group are always available for guidance and advice.

After the session a number of players stop for tea/coffee in the Chilterns Lifestyle Centre café.

The group is currently full, but please contact the convenors if you would like to join us or alternatively see our Badminton 2 Group below.

Everyone is welcome to come and try without obligation and only pay if you choose to join.

BADMINTON 2 Rob Robinson, Andrew Blacklee and Alan English, email: u3abadminton2@chiltern-u3a.org.uk



We play weekly on **Tuesday** afternoons from **13.30 to 15.00** at the **Chilterns Lifestyle Centre**.

Badminton for players, returners or beginners. We adhere to the spirit of the game but in a fun, friendly and convivial way. No special stamina required but a reasonable level of fitness and mobility is a minimum to be able to participate fully. Gym shoes required and comfortable clothing recommended. Rackets can be hired from the Centre and shuttlecocks are provided. **Please note this group can play during school term time only.**

Group 2 has some availability. If you would like to join please contact the convenors by email at u3abadminton2@chiltern-u3a.org.uk stating your membership number.

BALLROOM DANCING Sheila Bulpett,
email: u3aballroom@chiltern-u3a.org.uk

The group meets in the **Drake Hall** on the **second** and **fourth Thursday** of the month from **14.00** to **16.00**, where we have plenty of space to practise and an experienced practitioner from **14.15** to run through some new routines.

Members should bring a partner. The cost is **£5** per couple.

We are currently full.

BARBERSHOP Peter Metcalf, email:
u3abarbershop@chiltern-u3a.org.uk



This mixed group is for those who enjoy singing close harmony, a cappella and barbershop songs and **we are actively looking for like-minded people to come and join us.**

Although our aim is to become familiar with this type of singing, above all we want to enjoy ourselves in the process and derive pleasure from producing these crisp chords. If you are interested in this type of music and are comfortable with close harmonies in a mixed group, please come and try it with us. All voices welcome.

We meet on the **second** and **fourth Thursdays** in the month from **14.00** to about **16.00** in the **convenor's home.**

BOULES/PETANQUE Andrew Lipscomb and Rob Thomson,
email: u3aboutle@chiltern-u3a.org.uk

We play **every Monday** throughout the year on the three pistes adjacent to the skate park at the **Chilterns Lifestyle Centre** at **10.00**, weather permitting.

If you haven't played before, it is very easy to learn and there are always experienced members to get you started.

All you need is the ability to bend your knees slightly and swing your arm!

If you would like more information please contact the convenors.

BOWLS – GREEN OUTDOORS Liz Adams and David Tippins,
email: u3agreenbowls@chiltern-u3a.org.uk



Outdoor bowls runs from **April** to **September** at **Amersham Bowls Club, Hervines Road**. We meet each **Wednesday** from **10.15** and play from **10.30** to **12.30**. The cost per season is **£60** unless you are already a member of Amersham Bowls Club. The start to our 2026 season has been rather interrupted by heat and rain but we are now looking forward to playing without any more interruptions. **We have approximately 26 bowlers who regularly play, however, a few vacancies may become available. For further details please contact one of the convenors.**



BOWLS – SHORT MAT Peter Williams and Sue Spalton,
email: u3ashortmatbowling@chiltern-u3a.org.uk

We continue our summer season by **playing outdoors** at **Holmer Green Sports Association** on **Monday** afternoons **14.00** to **16.00**. We have **a few vacancies so if you would like to try it out, you will be most welcome.** Woods are available but a change into flat shoes is required.

In **October** we move indoors at the **Whitehill Centre, Chesham** on **Friday** afternoons from **13.15** to **15.30**.

Please contact the convenors for further information.

BRIDGE Alan Clark Tel: 488371, email: u3abridge@chiltern-u3a.org.uk



The group normally meets **every Tuesday** of the month from **13.30 to 15.30** in the **Pottery Room (first Tuesday)** and **Committee Room (all other Tuesdays)**. This is a group for intermediate players, not for beginners or very advanced players.

A knowledge of basic bidding is required. We try to follow the Nofearbridge Crib Sheet (free to download from their site) particularly for opening bids. However we are also a relaxed group and don't mind members discussing what bids mean, to help one another extend their knowledge.

New members are welcome.

BRIDGE FOR BEGINNERS Simon Husband, John Taylor and Nick Wallbridge email: u3abridgebeginners@chiltern-u3a.org.uk

Regular supervised play sessions take place on the **second and fourth Wednesday** of each month from **14.00 to 16.00** in the **Committee Room** of the **Chilterns Lifestyle Centre**.

We normally start each session with a brief reminder of a bidding or playing topic. For those with little or no experience of bridge, we offer a rotating series of six primer sessions two or three times a year, to familiarise the participants with the basics of the game.

Our current series of primer sessions is fully subscribed and we are unable to take any new players at the moment. **If you would like to be added to our waiting list for the start of the next primer sessions, likely to be after summer holidays, please contact one of our convenors.**

CHESS Bernard Fletcher, email: u3achess@chiltern-u3a.org.uk

We meet on the **second Tuesday** of the month from **14.30 to 16.30** in the **Boot and Slipper** pub.

We need more members, so please contact me if you are interested.

Beginners are very welcome

COMPUTER IMPROVERS Philip Verity and Mike Saunders, email: u3acomputersimp@chiltern-u3a.org.uk

We meet in person, in the **Pottery Room** on the **second Friday** of the month at **10.00**.

The group is aimed at those who have got beyond the basics and are looking to improve their computer use or expand their horizons. Meetings are face-to-face and take the form of Q&A sessions with questions submitted beforehand by email. Almost anything may be covered including using computers, security, email, program operation, how to buy and how to connect. Phone, tablets, printers and cameras may also get a mention. Answers will vary from discussion to software demonstration. Members are encouraged to talk about their own discoveries and successes.

Group members are welcome to contact the convenors by email for guidance.

This group has vacancies; contact the convenor, or just turn up.

New members are most welcome.

CRAFT Angela Eccles Tel: 764283, email: u3acrafts@chiltern-u3a.org.uk



Meetings are held on the **fourth Friday** of each month at **10.00** in the **Pottery Room**.

Our next meetings are: 28 August, 25 September and 23 October.

Details of equipment needed for each session are circulated to members at the beginning of each month. We have vacancies at the moment, please contact the convenor for more information about the group. Nobody is an expert as such but some members have more experience of particular activities than others. We endeavour to share members' experiences with the rest of the group.

CROQUET Robin Barry and Martin Charman

email: u3acroquet@chiltern-u3a.org.uk

We meet every Monday afternoon during British Summer Time at **14.00** at:
122, Rickmansworth Lane, SL9 0RQ.

Our small lawn (10 x 12.5m as against 28 x 35 yards for a full sized lawn) is ideal for beginners wanting to know more about this game, but we also have experienced players. **If you have not been before please contact Robin or Martin.**

All equipment is available but bring your own refreshments. An outside loo is also available.

CURRENT AFFAIRS DISCUSSION Jerry Goldbloom

email: u3acurrentaffairs@chiltern-u3a.org.uk

Current Affairs is now renamed Current Affairs Discussion.



This is to emphasise that we encourage participation over presentation although if a member has a subject they have researched they can hold the floor.

The attendance has climbed steadily this past year, but we still have vacancies.

We meet on the **fourth Tuesday** of each month in the **Pottery Room** at **14.00**. Cu3a members are invited to come along on the day and share their views on topical news items.

DIGITAL TECHNOLOGIES DISCUSSION

Anthony Howe and Tony Wright,

email: u3adigitech@chiltern-u3a.org.uk

We are a group of digitally skilled members that meet in-person to discuss the digital technology challenges of the day, without the need to have talks. Although volunteers to talk on a topic they've researched are always welcome.

New members are most welcome but please check your proficiency on our page of the Cu3a website.

We meet **every month** in the **Pottery Room** at **10.00** on the **third Tuesday** of the month.

FAMILY HISTORY 1 Anne Peters and Barry Walker,

email: u3afamilyhistory@chiltern-u3a.org.uk

Our meetings are held on the **third Tuesday** of every month in the **Large Barn Hall** from **10.00** to **12.00**.



Our programme continues with:

18 Aug: Social Media for Family History – Barry Walker

15 Sep: The History of Family History – Gwyneth Wilkie

Captain in the East India Company Army – Andrew Brown

20 Oct: The 1939 Register Explained – John Hanson. This talk will be via Zoom into the hall

There will also be videos in the second half of the August and October meetings.

A group of us goes to The Boot and Slipper for lunch after the meeting and all members are welcome.

The group is currently full, but names can be added to a waiting list.

FAMILY HISTORY 2 Anne Hogbin, Barry Walker, and Brian and Lyn Horridge,

email: u3afamilyhistory2@chiltern-u3a.org.uk

The group has been looking at the lives of our grandparents and what resources are available to extend our knowledge.

(continued on next page)

FAMILY HISTORY 2 (*continued*)

Members brought along photographs, postcards, birthday cards, newspaper cuttings and memorabilia to illustrate their talks. We heard the sobering story of how one member's German/Jewish ancestors suffered at the hands of the Nazis, but because the internment camps kept detailed records he was able to trace what had befallen them.

Future meetings:

19 Aug: DNA for beginners. An introduction to DNA and how it can help us find our ancestors

16 Sep: Members contributions about their ancestors' occupations

21 Oct: How to make a Family History Website

Please contact one of the convenors if you would like to join our group.



FILM APPRECIATION Steve Coates, email: u3afilmappreciation@chiltern-u3a.org.uk

The group meets to watch and discuss films across a wide range of cinema genres, decades and countries.

Our meetings are held on the **second Tuesday** of every month at **14.30** in the **Large Barn Hall**. Members are kept in touch with news and developments by regular emails and the group's own Newsletter, which gives some background notes on the films featured.

New members of the group are always welcome – please contact the convenor. Similarly, if any Cu3a member wishes to attend a particular meeting, they will be very welcome to do so.

11 August: Gentlemen's Agreement (USA, 1947, 118 mins)

We continue our 'Icons of Cinema' theme with this landmark film about the problem of antisemitism, based on a 1947 novel which had become a runaway best-seller. Gregory Peck stars as a journalist, a Gentile, who is asked by his editor to write a piece about the prejudice and the hold it has over people's lives. When he tries to explain antisemitism to his young son and finds how difficult it is to do so, he decides to accept the commission. Unusually – and this is what provides the film's dramatic impetus – in order to research his article he decides to adopt a Jewish identity and go 'undercover' to gain first-hand experience. Unsure at first, because of the potentially controversial subject matter, studio boss Darryl Zanuck decided to make the film after he himself was refused membership of the Los Angeles Country Club because it was assumed (wrongly) that he was Jewish. It became one of the highest-grossing films of the year and won Oscars for Best Picture, Best Director and Best Supporting Actress (Celeste Holm).

8 September: Double Indemnity (USA, 1944, 107 mins)

In September we turn to one of cinema's most iconic writer/directors, Billy Wilder. Double Indemnity has become widely regarded not only as a classic but as one of the greatest films of all time. Indeed many of Wilder's films hold a similar status, including Sunset Boulevard and Some Like It Hot, among many others, and we shall return to his work in a future month. In this movie, Barbara Stanwyck stars as the archetypal 'femme fatale', plotting with smitten insurance salesman Fred MacMurray to bump off her husband and pocket the insurance money. Edward G Robinson is the investigator looking into the insurance claim who suspects that all is not what it appears. The film's title refers to the clause in the insurance policy under which the payout is doubled if death occurs in a statistically rare manner. The film was an immediate hit with audiences and its positive critical reputation has only grown over the years.



13 October: Bicycle Thieves (Italy, 1947, 89 mins)

Our October meeting features one of the classic works of European cinema, directed by Vittorio De Sica. Part of the Italian 'neorealist' movement characterised by stories set among the poor and working class, it follows the search in post-World War Rome by a father for his stolen bicycle without which he will lose the job he needs to be able to support his young family. An Academy Award followed for the best foreign language film, and when Sight & Sound first conducted its prestigious poll in 1952 it was deemed the greatest film ever made; since then it has typically occupied a high

ranking in most surveys taken of world cinema. De Sica raised the money for the film himself and, as befitted the neorealist movement – as well as the later French 'nouvelle vague' – shot entirely on location with no studio sets.

FRENCH Graham Lewis, email: u3afrench@chiltern-u3a.org.uk

We meet on the **first Thursday** of every month from **11.00 to 13.00** in **members' homes**.

We try to speak only in French and talk about our recent activities, such as visits to the cinema, theatre and galleries, as well as family and social events.

We read aloud and translate a variety of texts from newspapers, magazines and books. We shall continue to use the book, *Living French*, for revision of grammar.

FRENCH CONVERSATION Linda Walton and Jan Griffiths, email: u3afrenchconv@chiltern-u3a.org.uk

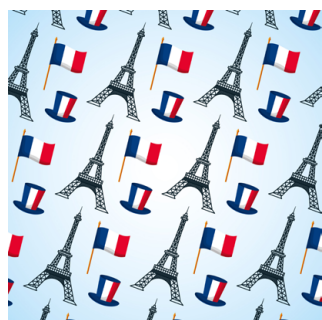
We meet each month at **14.00** on the **first Monday** in the **Lounge** and on the **third Monday** in the **Pottery Room** of the Amersham Community Centre at the Chilterns Lifestyle Centre.

Our forthcoming dates are 3 & 7 August, 7 & 21 September, and 5 & 19 October.

Our aim is to improve our French through the enjoyment of the language and to have fun doing it. A little private study is desirable but not obligatory. For each meeting we either have a themed topic or we share newsworthy items, suitable for provoking a broader discussion. We don't let the choice of topics constrain our conversation.

Our French film season has gone well with small but perfectly formed audiences enjoying 'La Fille Sur Le Pont' and 'Le Quai Des Brumes'. We shall be showing 'l'Ascenseur Pour l'Échafaud' in November; invitations to all members of Cu3a French groups will be sent out nearer the time.

The group is currently full but we run a waiting list – please contact Linda Walton through the group email.



FRENCH CONVERSATION 2 Tanya Iyengar, email: u3afrenchconv2@chiltern-u3a.org.uk

We attempt to speak only in French in order to improve the spoken language, having an open conversation to allow us all to get to know each other, with an emphasis on giving everyone a chance to speak without any pressure. We discuss all things French including French tv programs/films, books or articles.

Our recent topics included the Winter Olympic Games, the disappearance of social life in rural France, telephone scams and financial fraud, and the extraordinary life of Marie Curie and her contribution to medical science.

We meet on the **first and third Friday** of the month at **14.00** in the **Small Barn Hall**. At present our group is full but please do get in touch and I will put your name on the waiting list.



FRENCH FOR LEISURE Phil Spalton, email: u3afrenchforleisure@chiltern-u3a.org.uk

We meet in the **Lounge** of the **Chilterns Lifestyle Centre** from **14.00 to 15.45** on the **second and fourth Friday** each month. **Our summer social event is on 24 July.** I am delighted to write that, once again, we have a native French speaker to support the group.

Recent topics have included: identifying an object in 20 Questions, Trouvez les mots (new vocabulary from a drawing), your favourite sporting event, a crossword puzzle, Journée internationale de l'amitié, Leeds Castle, a Christmas social (Darmon Deli), our Christmas expectations, Brigitte Bardot (1934 – 2025), your favourite painting, the falling birth rate in France, famous men, Lille – its history, tourist sites and a successful visit in May, our thoughts on space travel, continuous assessment or examinations, the

EU/French requirement for cars to be able to be fitted with breathalysers and how to reduce the number of road traffic accidents, national anthems and a song from Bonnie Tyler (1951 – 2026) 'Lost in France'. At each meeting we review the headlines from the web version of France-Soir.

The aim is to encourage you to improve your grasp of the French language through conversation, to enable you to give very short presentations on topics that interest you and of course to understand what is being said. And if you travel abroad, to use your French, not only in France but in former French governed countries such as Algeria, Morocco, Cambodia, Laos and Vietnam; and Quebec and Nova Scotia in Canada.

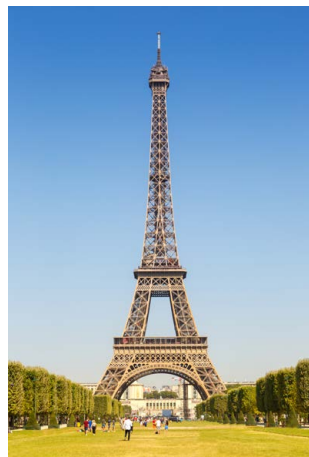
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FRENCH FOR LEISURE (*continued*)

There may be opportunities to see French films: On 30 November we will be showing 'l'Ascenseur pour l'Échafaud' in the **Pottery Room near the Chilterns Lifestyle Centre Amersham**.

Ideally members should have previously studied French. You will benefit from 1 – 2 hours of study in your own time each month on selected topics but don't let that deter you.

Although the group is full, this should not stop you coming to our friendly group for a taster session. Please contact Phil Spalton for a chat.



FRENCH IMPROVERS Shelagh Wells

email: u3afrench4@chiltern-u3a.org.uk

The group is for those who have studied French in the past to at least the equivalent of GCSE/O Level. It is not a group for complete beginners.

There is a strong emphasis on speaking French with the aim of improving our conversational and listening skills, together with our grasp of grammar and vocabulary, so we develop the confidence to use French in everyday situations.

Our programme currently covers chatting about our recent activities, as well as studying and discussing topical news articles, provided by members. We have recently welcomed a new member, Bernice, who we hope will be able to assist us with vocabulary and grammar queries. In our own time, we try to watch French language TV programmes and films. We keep in contact and send items of interest or for homework to one another by email.

We meet on the **first and third Mondays** of each month (**excluding Bank Holidays**) between **14.00 and 16.00** in **members' homes** (in winter months we may meet and finish half an hour earlier). **The group is full at the moment but we keep a waiting list.** Ideally, new members should be able and willing to take turns to host meetings in their homes and to provide refreshments for up to 8 people. They should also bear in mind that some members of the group have pets, in case allergies would cause a problem.

If you are interested in joining us when we do have a vacancy, please contact Shelagh Wells.

GERMAN CONVERSATION Gerlinde Dunkley,

email: u3agermancon@chiltern-u3a.org.uk

We meet on the **first Monday** of each month (except Bank Holidays) at **108, Berkeley Ave, Chesham** from **10.30 to 12.30**. Members bring their own material. We listen to each other, raise questions and elaborate. Themes vary from experiences (holidays, outings, films, books) to cultural and political issues.

The group is full with a waiting list.



GOLF Roger Bryan and Terry Barker

email: u3agolf@chiltern-u3a.org.uk

We are a group that attempts to accommodate any golfer, irrespective of ability and experience, in order to allow members to enjoy a round of golf. Our aim is to play at a variety of local golf courses, focussing on a mid-range price point, that allows us to experience playing at different courses at an affordable price. We will always look to offer both a 18 and 9 hole option each week at the same course, this ensures that we have the opportunity for the whole group to meet after playing.

We have also arranged optional 'holiday breaks' for members to join a short break golfing holiday, this has usually been within the UK and involves a three-day break with golf each day, centred around a hotel and golfing complex. As an extension to this, we arranged for a trip for ten

players to go to Spain to a golfing complex near Cadiz where we again enjoyed a four-day break with three rounds of golf, together with some very enjoyable socialising. These are, of course, optional and there is no obligation on members to attend, although everyone is welcome.

We are always looking for new members and would encourage any lapsed or budding golfers to join us.

Please feel free to contact Terry and Roger who can provide you with more details.

HISTORY – GENERAL Wendy Douglas,
Alan English and Ian Hutt,
email: u3ageneralhistory@chiltern-u3a.org.uk

We hold our meetings in the **Pottery Room** on the **first Wednesday** of the month at **14.00**.

Our programme for the next three months is:

- 5 Aug:** 1st session: The Overlanders – Ian Hutt
2nd session: Henry VIII; mad, bad or sad? – Wendy Douglas
- 2 Sep:** 1st session: Life of Francis Younghusband – Chris Simmons
2nd session: War in the Atlantic – Ross Panter
- 7 Oct:** 1st session: The Damacles Sword – Dave Dove
2nd session: Petty Officer Edgar Evans – Ian Hutt
-

ITALIAN CONVERSATION Anthony Marigold and Mary Burgess,
email: u3aitalianconv@chiltern-u3a.org.uk

This friendly group normally meets in **members' homes** twice each month and, at present, usually on the **second** and **fourth Friday** of the month at **14.00**.

The group is for members who have a good knowledge of the Italian language and seek to improve their conversation in a congenial atmosphere. **The group is now full and we have a waiting list.**

ITALIAN CONVERSATION 2 Rob Giorgi,
email: u3aitalianconv2@chiltern-u3a.org.uk



We meet twice a month on the **first** and **third Thursday** of the month from **10.00** to **12.00** in **members' homes**. This group, for intermediate and advanced Italian, has been running for 2 years. Some good new friendships have been made and the quality improves steadily.

The group is full with a small waiting list but don't let that put you off. Who knows, we might even be able to run a third group!

ITALIAN FOR BEGINNERS Claire Henriques and Julia Kendrick
email: u3aitalbeg@chiltern-u3a.org.uk

This friendly group has now been running for 18 months so we are no longer absolute beginners, we are improving beginners! Perhaps our continued attendance is a testament to our enjoyment of learning this lovely language. We are still working on basic grammar, translations and simple conversation, sometimes with the help of a fluent Italian speaker.

We meet twice a month on the **second Tuesday** in the **Pottery Room** and **third Friday** in the **Lounge** from **14.00** to **16.00**. **The group is full and we run a waiting list.**

Our next meetings will be on: Tue 11 Aug, Fri 21 Aug, Tue 8 Sept, Fri 18 Sept, Tue 13 Oct and Fri 30 Oct.

KNITTING AND CROCHET Lorella Shearme
email: u3aknitting@chiltern-u3a.org.uk



The Knitting and Crochet group meets in the **Lounge** at the **Chilterns Lifestyle Centre**, on the **second** and **fourth Wednesday** of the month from **14.00** to **16.00** and is open to knitting and crochet enthusiasts of all levels and abilities.

Members exchange tips and ideas for new projects, offer and receive help and work at their own pace in a relaxed environment. Our meetings are fun and informal with flexible attendance.

We always welcome new members and those who wish to come along and try the group.

Our photo shows (from left to right) Barbara Perry and Mary Bickerton with blankets they recently completed.



LATIN FOR FUN Shirley Howe, email: u3alatin@chiltern-u3a.org.uk

We meet in the **Pottery Room** on the **fourth Thursday** of the month from **10.00** to **12.00**. We are a friendly group who are helping each other to learn Latin using the Cambridge Latin Course books. We also enjoy discussing Roman history, as the books are full of historical information relating to each chapter.

We have also enjoyed outings to exhibitions and museums and we share experiences from holidays and other outings where we have met Roman history. You don't need to know any Latin, but if you have even a little rusty experience from schooldays that will be useful. If you love languages why not come along and join us for a session. Latin is the root of many languages so you probably already know more than you realise.

The group has vacancies.

LATIN LANGUAGE Susan Tinson, email: u3alatin2@chiltern-u3a.org.uk

If you enjoyed Latin at school – yes, some of us did – why not dust off your skills and revive your interest by joining our group? We meet in the **Pottery Room** on the **first Tuesday** of the month from **10.00** to **11.15** when we read and translate Roman authors together – and enjoy doing so. Our level is post O Level.

Why not come along and see what we do? You will be most welcome.

LINE DANCING Lynne Benest and Linda English, email: u3alinedance@chiltern-u3a.org.uk



The Line Dancing Group meet in the **Methodist Church Hall, Bellington Road, Chesham HP5 2HA** on the **second and fourth Wednesdays** of the month, from **10.00** to **11.00** for all dancers. No experience is necessary, the emphasis is on exercising the body and mind and having fun. Limited parking is available at the venue.

We currently have a waiting list, please contact the convenor if you wish to be put on it.

LINUX OPERATING SYSTEM Jerry Goldbloom, and Steve Spreadborough, email: u3alinux@chiltern-u3a.org.uk

The Linux operating group is now burgeoning and we have a new venue in the main Amersham Community Centre building **Lounge**. We will meet in future on the **first Thursday** of the month between **14.00** and **15.30**. We aim to provide some guidance for Linux beginners but we are not experts.

The discussions mainly talk about common problems with different Linux distros (i.e. versions) and how to solve them. Zorin and Mint are the most commonly used Linux distros.

For those who know very little about it, here is a useful definition: Linux is a computer operating system that is a free alternative to Microsoft Windows. It runs well on older computers and is 100% file-compatible with Windows (i.e. the same documents, spreadsheets, videos, etc. run on both, often using virtually identical software). Replacing Windows with Linux is a possible option for people who would have to ditch their Windows computers after Microsoft abandoned free security updates for Windows 10 in October 2025.

The intent of our group is to act as a forum for users and beginners. As we are mainly learning ourselves, it will not be appropriate to be considered a training ground.

The group currently has vacancies.

LOCAL HISTORY 1 Elizabeth Barnard and Julia Hamilton, email: u3alocalhistory@chiltern-u3a.org.uk

The group generally meets on the **second Thursday** of each month in the **Large Barn Hall** at **10.00** unless we have a group outing. We usually make an admission charge of **£2.00** per person as we do pay fees for speakers and provide coffee/tea and biscuits. Our aim is to provide a range of speakers and outings to inform members of the group about local history mainly in the surrounding area. There is much to discover!

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LOCAL HISTORY 1 (*continued*)



Our programme this year has continued to be varied and we enjoyed a talk in April by group member Brian Dunn about the watercress farms in Chesham and the Chess Valley. Brian shared personal recollections of the industry together with information on the chalk streams. This was followed in May by a fascinating visit in good weather to Little Missenden Church viewing its medieval wall paintings augmented by projected images and touring the church.

In June we had a talk entitled 'Vanishing Mansions' about a number of the old houses in Chesham that have been demolished from Eleanor Phillips of Chesham Museum. She showed us a world that is no longer there from Bury House in Lowndes Park to Amy Mill in Amy Lane.

In July, mid heatwave, we enjoyed a fascinating talk from Barney Tyrwhitt-Drake about his family, the Tyrwhitt-Drakes of Amersham. Topics included Sir Francis Drake (no relation), the route of the A413 and an ancestor at Waterloo. 39 members braved the heat, and we are very grateful to Barney for delivering his talk!

9 Aug: No meeting

10 Sep: 'Cliveden' – its history, its people

8 Oct: 'Hillside, World War 11 and Hughenden Manor'

The group is currently full and our waiting list is nearly full.

LONDON WALKS Felicity Maclay and Tim Bateman, email: u3alondonwalks@chiltern-u3a.org.uk

We aim to arrange around six sets of guided walks in and around the capital every year. Currently we are using a Blue Badge Tour Guide – Diane Burstein. The walks are very popular – we now have over 250 members – so we try to run each of them on three different dates. In the event of over subscription we allocate places on a first come first served basis with a waiting list. Members are responsible for getting themselves to the meeting point in London.

We have filled nearly all the places for the July walks in Greenwich at the time of writing. In September we plan to visit Parsons Green – details will be announced in late August. Photographs are taken throughout the walks and these are shared on the London Walks page on the website.

New members are welcome.

MAH JONG Linda English, email: u3amahjong@chiltern-u3a.org.uk

We meet in the **Lounge** of the **Chilterns Lifestyle Centre** every **Thursday** afternoon from **13.30 to 16.30**.

Mah Jong is a challenging and satisfying game which is as complicated as you personally want to make it. You can learn the basics of how to play with ease but it could take a lifetime to master all of its subtleties. Our existing players will offer assistance and guidance. Beginners or individuals wanting to renew their interest in the game are welcome. **The group is currently full but please contact me by phone or email to join the waiting list which is constantly under review.**

MOTO [MEMBERS ON THEIR OWN] Nicci Hookins and Jackie Shaw, email: u3amoto@chiltern-u3a.org.uk



MOTO is a group for those who live alone or do not socialise with people they do live with.

We meet in the **Boot and Slipper** pub on the **first and third Saturday** each month from **10.15 to 11.30** for a chat and maybe a coffee. We regularly go for pub lunches and sometimes go for an afternoon tea. Occasionally we arrange other outings and activities (often suggested by a member), for example, recent ones being a canal boat day trip and a visit to Whipsnade Zoo. All get together and activities are optional and members can dip in and out, only participating if they wish. Other than our regular Saturday meetings, all other dates and days vary so as to give everyone a chance to go.

Please ring Nicci or Jackie if you are interested in coming along.

Activity Groups – Convenors, Days and Locations					
DAY	FIRST	SECOND	THIRD	FOURTH	OTHER
Monday	German Conversation 10.30 CH F+WL	Russian – Intermediate 10.00 PR V	French Conversation 14.00 PR F+WL	Russian – Intermediate 10.00 PR V	Boules (Normally weekly – BST) 10.00 CLSC V
	French Improvers 14.00 MH F+WL	Spanish – Aspiring Intermediates 14.00 PR F+WL	French Improvers 14.00 MH F+WL	Spanish – Aspiring Intermediates 14.00 PR F+WL	Golf (weekly) V
	French Conversation 14.00 L F+WL	Sing for Pleasure Monday 13.45 AFC V	Political Thinking 10.00 PR V	Sing for Pleasure Monday 13.45 AFC V	Racketball (weekly) 09.30 CBLT V
	Aspects of India 14.00 PR V	Spanish – Aspiring Advanced 14.30 MH V		Spanish – Aspiring Advanced 14.30 MH V	Croquet (weekly) 14.00 MH V
	Political Thinking 10.00 PR V	A Good Read (every other month) 14.00 L V		Scottish Country Dancing 14.15 DH V	Tennis (weekly) 14.00 LC (09.30 Jul and Aug) V
					Bowls Short Mat (weekly) 14.00 HGSA V (Summer Only)
					Pilates 3 (weekly) 15.00 LBH F+WL
					Pickleball 1 (weekly, Apr – Dec Only) 13.30 LC F+WL
Tuesday	Latin Language 10.00 PR V	Psychology 10.00 PR F+WL	Digital Technologies Discussion 10.00 PR V	Play Reading for Fun 10.00 PR V	Bridge (1st Tues,) 13.30 PR (2nd, 3rd, 4th, 5th Tues) 13.30 CR ; V
	Yoga 3 9.45 LBH F+WL	Yoga 3 9.45 LBH F+WL	Yoga 3 9.45 SBH F+WL	Yoga 3 9.45 LBH F+WL	Yoga 3 (5th Tues) 9.45 LBH F+WL
	Readers 2 10.00 MH F+WL	Sailing 13.00 (BST) RS V	Family History 1 10.00 LBH F+WL	Current Affairs Discussion 14.00 PR V	Yoga 1 (weekly) 11.15 APC F+WL
		Art 10.00 SBH V	Ancient Cultures 14.00 PR V	Art 10.00 SBH V	Yoga 2 (weekly) 12.45 LBH V
		Film Appreciation 14.30 LBH V			Tai Chi Based Exercise (weekly) 12.00 DH F+WL
		Italian for Beginners 14.00 PR V			Pilates – Gentle (weekly) 10.55 DH F
		Chess 14.30 B&S V			Pilates 1 (weekly) 09.45 DH F+WL
					Badminton 2 (weekly, school term time only) 13.30 CLSC V
Wednesday	Music Making 10.30 MHAB V	Knitting and Crochet 14.00 L V	Music Making 09.45 AFC V	Mindfulness (Plus) 13.00 PR V	Bowls–Green Outdoor (weekly Apr to Sep) 10.30 ABC V
	History – General 14.00 PR V	Line Dancing 10.00 CMC V	Family History 2 10.00 PR F+WL	Line Dancing 10.00 CMC V	Badminton 1 (weekly) 13.30 CLSC F+WL
	Poetry Reading 2 10.00 PR F+WL	Scottish Country Dancing 14.15 DH V	General Meeting 14.30 – 16.30 DH	Opera Appreciation 10.00 AFC V	
		Ten Pin Bowling 10.00 W V	Acoustic Guitar 13.30 – 16.30 PR V	Sailing 13.00 (BST) RS V	
		Bridge for Beginners 14.00 CR V	Acting out Great Plays 10.00 – 12.00 L F+WL	Bridge for Beginners 14.00 CR V	
				Knitting and Crochet 14.00 L V	
				Scrabble 14.15 PR V	
				Quizzers 14.00 LBH V	
				Simple Membership Helpdesk 10.00 PR V	
				Accoustic Guitar 2 10.00 L V	
Thursday	Table Tennis 10.00 CLC F+WL	Local History 1 10.00 LBH V	Table Tennis 10.00 CLC F+WL	Philosophy 14.00 PR V	Mah Jong (weekly) 13.30 L F+WL
	Reading Shakespeare 10.00 SBH F+WL	Readers 3 10.30 PR F+WL	Science & Technology 14.00 PR F+WL	Latin for Fun 10.00 PR V	Tennis (weekly) 13.00 LC (09.30 July & August) V
	Tap Dancing 14.15 DH V	Table Tennis Extra 10.00 CLC F+WL	Tap Dancing 14.15 DH V	Table Tennis Extra 10.00 CLC F+WL	Pilates 2 (weekly) 13.30 LBH F+WL
	Writing for Fun 14.00 PR V	Ballroom Dancing 14.00 DH F+WL	Philosophical Dialogue 10.30 PR F+WL	Ballroom Dancing 14.00 DH F+WL	Table Tennis (5th Thurs) 10.00 CLC F+WL
	French 11.00 MH F+WL	Barbershop 14.00 CH V		Barbershop 14.00 CH V	Pickleball 2 (weekly, school term time only) 13.30 CLSC V
	Linux Operating System 14.00 ZM V	Antiques & Collectables 14.00 PR V			Pilates 4 (weekly) 14.45 LBH V
	Italian Conversation 2 10.00 MH F+WL		Italian Conversation 2 10.00 MH F+WL		
	Reading Crime Novels 10.00 PR F+WL				
Friday	Spanish Improving Beginners 10.00 PR V	Singers 09.45 AFC V	Spanish Improving Beginners 14.00 PR V	Singers 09.45 AFC V	Bowls Short Mat 13.15 WHC V (Winter Only)
	Money Matters 14.00 PR V	Computer Improvers 10.00 PR V	Travel 14.00 LBH V	Craft 10.00 PR V	Pickleball 1 (weekly, Jan – Mar Only) 14.30 CLSC F+WL
	Recorders 09.45 LCMC V	French For Leisure 14.00 L F+WL	Recorders 09.45 LCMC V	French For Leisure 14.00 L F+WL	Pickleball 1 (weekly, Apr – Dec Only) 13.30 LC F+WL
	Photography 14.30 LBH V	Rummikub & Upwords 14.00 PR V	Archaeology Worldwide 10.00 PR V	Rummikub & Upwords 14.00 PR V	
	Ukulele 10.00 CR V	Italian Conversation 14.00 MH F+WL	Ukulele 10.00 CR V	Italian Conversation 14.00 MH F+WL	
	Sing for Pleasure Friday 09.45 AFC V		Sing for Pleasure Friday 09.45 AFC V	Ornithology 1 See group listing V	
	French Conversation 2 14.00 SBH V		French Conversation 2 14.00 SBH V		
			Italian for Beginners 14.00 L F+WL		

KEY: ‘F’ or ‘V’ in the table indicates if the Group is **Full** (with no waiting list) or has **Vacancies**. **‘WL’** indicates a waiting list. Members, should contact the convenor before joining a group.

Chilterns Lifestyle Centre/ Amersham Community Centre
CR Committee Room
DH Drake Hall
L Lounge
LBH Barn Hall
PR Pottery Room
SBH Small Barn Hall
WR Weaving Room

Other Locations
ABC Amersham Bowls Club
AFC Amersham Free Church
APC Amersham Polish Club
B&S Boot and Slipper
CBLT Chesham Bois Lawn Tennis and Squash Club
CH Covenors’ Homes
CLC Chalfont St Peter Leisure Centre
CLSC Chiltern Lifestyle Centre
CMC Chesham Methodist Church
COAP Chesham Open Air Pool
HG Holmer Green Squash and Racketball Club
HGSA Holmer Green Sports Assoc

HHVH Hyde Heath Village Hall
LC Westwood Park, Little Chalfont
LCMC Little Chalfont Methodist Church
MHAB Amersham Band Hall
MH Members’ Homes
RS Rickmansworth Sailing Club
St.M St. Michael’s, Amersham
W Watford Hollywood Bowl
WHC White Hill Centre, Chesham
WRSH Walter Raleigh Room, Jubilee Scout Hall, Amersham
ZM Zoom.

Variable dates and locations
Theatre Goers, Ornithology 1, Walkers, Striders, Strollers, Wine Tasting (1, 2, 3) and Veg Patch and London Walks meet on different days. *See main entries for details.*
MOTO (Members On Their Own) meets on the first and third Saturday at 10.15, **B&S** (**V**)
MOTO 2 (Members On Their Own 2) meets on the second and fourth Saturday at 10.15 **B&S** (**V**)
One–off requirements for electrical equipment
Contact Tony Wright (431289)
email: u3aequipment@chiltern-u3a.org.uk
Bank Holidays
Please check individual group entries for changes.

MOTO 2 [MEMBERS ON THEIR OWN 2] Ann Shepherd and Nigel Braybrook,
email: u3amoto2@chiltern-u3a.org.uk

MOTO 2 is the second group for those who live alone, or who do not socialise with those they live with.

We meet in the **Boot and Slipper** pub in **Amersham** on the **second** and **fourth Saturday** each month, from **10.15** until **11.30**, for tea/coffee and a chat. Every few weeks we have a quiz and also go out for lunch at a local venue. The next lunch is planned for August, when we will be going to Lara's in Chalfont St Peter. We encourage members to get together to plan other outings that members would be interested in attending with some company. For example, in July a small group visited Chenies House for a very interesting guided tour, then a walk around the gardens, followed of course, by the ever-important tea and cake. We are investigating Bentley Priory for a future trip.

We still have a few vacancies, so please ring Ann or Nigel if you are interested in joining, or just come along for a chat on one of our Saturday mornings.

MINDFULNESS (PLUS) Sarah Jones,
email: u3amindfulness@chiltern-u3a.org.uk

This group is for you if you would like to come together with like-minded people to understand mindfulness and how you could make it part of your life. The 'Plus' is about other things that could make mindfulness even more effective for you. In this group we explore what mindfulness means and how to 'practice' it day by day. If you ever find your mind wondering, dwelling on unhelpful thoughts or not allowing yourself to fully enjoy happy moments then this is for you. Find ways to 'be in the moment', focus, relax and achieve calm.

We meet on the **fourth Wednesday** of every month from **13.00** to **14.00** in the **Pottery Room**. Each meeting follows the same pattern. We discuss an aspect of Mindfulness and how it applies to us and experience some Mindfulness 'practice'.

If you are interested in getting involved then please email or phone me so I can tell you more and answer any questions you may have.



MONEY MATTERS Anthony Howe,
email: u3amoneymatters@chiltern-u3a.org.uk

Our group likes to discuss a very varied set of money-related topics, and has experts and learners in our group. Some examples of the eclectic nature of our discussions are: trusts, pension issues, inheritance, social care, investments, solar panels, electric cars, travel costs, tax, cheaper shopping and many more topics.

The meeting is mainly a discussion group, where members bring along any question or article they think the group will be interested in. Not surprisingly these days there is always something to talk about. We also often have a short talk on a subject the volunteer has researched.

The group meets in the **Pottery Room** at **14.00** on the **first Friday** of the month.

MUSIC MAKING Rosalind Aspinall, and Jan Bradley,
email: u3amusicmaking@chiltern-u3a.org.uk



The Orchestra meets on the **first Wednesday** of the month in the **Amersham Band Hall, Vicarage Lane, Old Amersham** and is conducted by Jane Partridge. We meet from **10.30** to **12.30** with a short break and play a variety of light and classical music from a list which is sent out in advance.

We are a friendly group of musicians but the hall is close to capacity. **New members wishing to join should contact Jan Bradley for availability.** We ask a joining fee of **£10** and occasional extra contributions to cover the cost of music. This year we are working towards our 25th anniversary concert to be held in The Drake Hall on 2 December.

The photo shows Linda Walton presenting Rosalind with her 25 year certificate. This represents when the Cu3a orchestra was founded. Several members have attended for many of those years.

(continued on next page)

MUSIC MAKING (*continued*)

At present there is an additional gathering of string players on the **third Wednesday** of the month in the **Owen Room, Amersham Free Church** from **09.45 to 11.45**. The group is led by members and the music is different from that played by the orchestra.

OPERA APPRECIATION Wallace Wormley, email: u3aopera@chiltern-u3a.org.uk

Our Group of about 75 people enjoys many aspects of Opera in a relaxed and friendly way through an ongoing series of DVD presentations introduced by members. Good audio and video facilities enable the group to show excerpts from worldwide performances captured on DVDs. In addition, on an ad hoc basis, we alert our members during the monthly meetings about live opera in the area and/or via email about opera performances being streamed online and/or via broadcast media. We also have an 'Opera Box' of DVDs available for our members to borrow.

This group meets on the **fourth Wednesday** of each month from **10.00 to 12.15** in the **Amersham Free Church**.



Our Upcoming Programme:

- 26 Aug: Members' Favourites – (a variety of opera segments, selected and presented by various group members)**
- 23 Sep: 'Madame Butterfly', by Giacomo Puccini, Presenter: Hilary McCann**
- 28 Oct: 'I Puritani', by Vincenzo Bellini, Presenter: Jerry Goldbloom**
- 25 Nov: 'Der Fliegende Holländer' ('The Flying Dutchman'), by Richard Wagner, Presenter: Janice Foster**
- 23 Dec: No meeting; holiday break**

There are still spaces for new members and new presenters are always welcome!



ORNITHOLOGY 1 Richard Tomlin, email: u3aornithology@chiltern-u3a.org.uk

Our Ornithology 1 meetings are usually in the morning of the **fourth Friday** of each month. **Our next meetings are on 28 Aug, 25 Sep and 23 Oct**. We sometimes have a pub lunch after a morning meeting.

Stockers Lake – Friday 3 July. First stop was Stockers Farm where we watched Swallows flying about hunting insects. There were several juveniles, so some had bred successfully in the stables. On the main lake there were various water birds with chicks – Black-headed Gull, Coot, Moorhen and Great Crested Grebe. There were a few Common Terns nesting on the floating rafts built for them. They also had chicks. A Heron was on the far bank and there were several Little Egrets still on nests in the bushes.

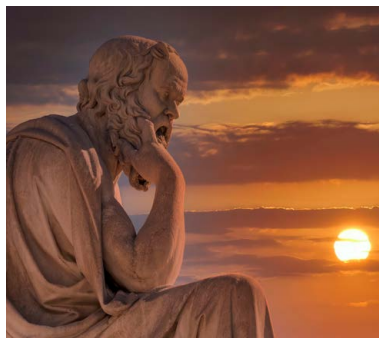
We saw Gatekeepers feeding on bramble flowers and Peacock, Red Admiral and a Painted Lady butterflies on a few buddleia bushes in flower. Damsel flies were quite common, mostly Common Blue but also one Blue-tailed Damselfly. We saw surprisingly few dragonflies. Several of the large hawkers were flying, including a Brown Hawker over the River Colne. We had a fleeting glimpse of a Kingfisher flying across the river. Stockers Lake is one of our favourite places at most times of year. We had a good variety of summer wildlife on this trip.

PHILOSOPHICAL DIALOGUE Emiko Hill email: u3aphilosophicaldialogue@chiltern-u3a.org.uk

We meet on the **third Thursday** of each month from **10.30 to 12.30** in the **Pottery Room**.

This group is for informal and open discussion guided by questions we have about everyday life and concerns/issues we encounter around us. No prior philosophical knowledge is needed, just a readiness to think and share. Each meeting encourages critical thinking and questioning of everyday assumptions in a friendly, respectful, relaxed and welcoming space. These sessions are about sharing ideas through a deeper lens, listening attentively and being curious and this can expand your horizons.

The group is currently full, and we have a waiting list.



PHILOSOPHY Erik Jan Scholten,
email: u3aphilosophy@chiltern-u3a.org.uk

We meet every **fourth Thursday** from **14.00 to 16.00** in the **Pottery Room** and enjoy two hours of presentation and discussion, focusing either on a particular philosopher or on a topic of wider philosophical interest. Over the past 12 months, we have mainly explored Western philosophy, ranging from the ancient Greeks through the Enlightenment to more modern thinkers such as Nietzsche and Russell.

Alongside this, we have also covered a variety of themed sessions, including The Ethics of War, The Philosophy of Science, Utopia, The Philosophy of Music, East and West, and even Quantum Physics. All sessions are led by members of the group, reflecting both the diversity of interests within the group and the richness of the discussions that follow.

Interest in the group remains high and we currently have a short waiting list. However, if anyone is interested in joining, please do get in touch. We will always do our best to accommodate new members.

PHOTOGRAPHY Geoff Walker and Tony Wright,
email: u3aphotography@chiltern-u3a.org.uk



'Homage to the Cherwell'
by Tony Wright.

We meet at **14.30** on the **first Friday** of the month in the **Barn Hall**. When there is a fifth Friday in the month we try to organise a Photoshoot to a suitable location/exhibition, which gives members of the group a chance to take some photographs, socialise and share their photographic techniques.

Our most recent photoshoot to Oxford was attended by fifteen members and produced an excellent variety of photographs, so we are eagerly looking forward to our next trip, which will be to St Albans on 30 October.

We aim to improve our photography by exploring camera/photo-editing techniques and technologies that will help members increase their understanding and enhance their enjoyment of all aspects of photography. Our regular meeting format is varied to appeal to all levels of expertise with a range of presentations by members and opportunities to view members' images.

Our programme for the next three months:

7 Aug: 'Australia' by Clive Hirst. Set Subject – Boundaries

4 Sep: 'Cuba and Bangladesh' by Tim Abell. Set Subject – Sand

2 Oct: 'Alternative Black & White Processing' by Tony Wright. Set Subject – Free Choice

30 Oct: Photoshoot – St Albans with Peter Stevens

The group currently has vacancies, so if you would like to improve your photography or just enjoy seeing other members' images and listening to their photographic experiences, then our group could be for you. Please contact Geoff Walker, by telephone or email or just turn up to our next meeting.

PICKLEBALL 1 Peter O'Connor
email: u3apickleball@chiltern-u3a.org.uk



Pickleball is one of the fastest growing games in the UK and u3as across the country are launching new activity groups all the time. Our Pickleball 1 group launched last Autumn and its members have caught the Pickleball bug so we now play on Mondays as well as Fridays.

The Pickleball 1 group play outdoors from April to December on two courts at **Westwood Park, Chenies Avenue, Little Chalfont HP6 6PP** on **Monday and Friday afternoons** from **13.30 to 15.00**. There is no charge for this activity when outdoors. From January to March, we play indoors at the **Chiltern Lifestyle Centre** on **Fridays 14.30 to 15.30**. **There is a small charge for these sessions** to cover the cost of hiring the courts.

This group is currently full and has a full waiting list, but Pickleball 2 group has vacancies.

PICKLEBALL 2 Peter O'Connor **email: u3apickleball2@chiltern-u3a.org.uk**

Pickleball is a fun sport that combines elements of badminton, tennis and table tennis. The game has an enormous following in the USA and Canada and is one of the fastest growing sports in the UK. It is generally considered easier to learn and play than tennis, and with longer rallies, it is very enjoyable. Based on a badminton sized court with a tennis net, using a paddle bat and a hollow plastic ball, it is a lower impact sport than tennis, so it can be played by all ages and skill levels.

The Pickleball 2 group play indoors during term times at the **Chilterns Lifestyle Centre** on **Thursday afternoons 13.30 to 15.00**. During the summer school holidays, the group has voted to continue playing outdoors at **Westwood Park** in **Little Chalfont**. The autumn term will start on Thursday 10 September through to 17 December, with the exception of 29 October which is half-term. **There is a charge for this activity to cover the hiring of the courts.** We have a limited number of paddles that new members can use, but encourage everyone to buy their own.

This group has some vacancies. If you would like to try out this exciting fun game, please email the Convenor.

PILATES – GENTLE Gail Heilbrunn, Valerie Kirk, and Fern Robinson, **email: u3apilates@chiltern-u3a.org.uk**

We meet every **Tuesday** from **10.55 to 11.45** in the **Drake Hall**. This group uses CDs to do their exercises and its members were previously guided by Ken Ashcroft before his retirement.

We no longer have an experienced practitioner so **we are, therefore, unable to accept new members**. There is no waiting list. The Chiltern u3a have several other pilates groups that you can join.

PILATES 1 Rachel Leonard, Ann Titcomb and Sylviane Rieu, **email: u3apilates1@chiltern-u3a.org.uk**



Pilates is a form of exercise that focuses on balance, posture, strength and flexibility and is suitable for people of all ages and fitness levels. Pilates 1 is now a well-established group with an experienced practitioner who understands our fitness levels and encourages us to do as much as we can without over-extending ourselves. **Beginners are welcome but we have a long waiting list.**

The group meets weekly on a **Tuesday morning** from **09.45 to 10.45** in the **Drake Hall** at the **Chilterns Lifestyle Centre**. Loose comfortable clothing and a floor mat are recommended. We are a friendly group, and we stay for coffee and a chat after the session. We also have an occasional group lunch. **There is a small fee for participation in this group.**

PILATES 2 Shirley Howe **email: u3apilates2@chiltern-u3a.org.uk**

The Pilates 2 Group meets every **Thursday** from **13.30 to 14.30** in the **Large Barn Hall**.

We have an experienced practitioner to guide us through the sessions, which are designed to be appropriate for beginners and experienced people.

All you need is a pilates mat and a small cushion or rolled up towel to support your head. Other equipment will be provided as necessary.

There is a small charge for these sessions. The group is full and we have a waiting list.

PILATES 3 Deb O'Shea, email: u3apilates3@chiltern-u3a.org.uk

The Pilates 3 Group meets every **Monday** from **15.00 to 16.00** in the **Large Barn Hall** at **Amersham Community Centre**. We have an experienced practitioner to guide us through the sessions, which are designed to be appropriate for beginners and experienced people, and there is a charge of **£5** per session to cover this. All you need to bring is a pilates mat and a small cushion or rolled-up towel to support your head. Other equipment will be provided as necessary. **The group has got off to a great start and is currently full. However, we are keeping a waiting list, so please contact the convenors if you are interested in joining.**

PILATES 4 Jan Dobson and Neil Parsloe, email u3apilates4@chiltern-u3a.org.uk



Pilates is a form of exercise that focuses on balance, posture, strength and flexibility. The Pilates 4 group meets **every Thursday** from **14.45** to **15.45** in the **Large Barn Hall** at **Amersham Community Centre**. We have an experienced practitioner and exercises are structured for all abilities. Currently the cost per session is **£6** for all classes nominated at the beginning of a 2 month block. Payment is made in advance.

You will need to provide your own mat although there are a few spares. It is also advisable to bring along a small cushion or rolled up towel to support the head for some exercises.

We currently have 5 vacancies and there is also a vacancy for a co-convenor to act as support when the convenor is unable to attend.



PLAY READING FOR FUN **Wallace Wormley**

email: u3aplayreading@chiltern-u3a.org.uk

This is a play reading and acting group without rehearsals. We usually read (and sometimes act out) a short, one or two act play (comedy, drama, farce, etc) at each meeting. We try to involve all members in the casts during 1 to 2 readings so that we can explore different interpretations of each role. Ideas and suggestions for pieces from group members are encouraged and welcomed.

We meet on the **fourth Tuesday** of each month in the **Pottery Room** from **10.00** to **12.00**.

The group currently has some vacancies, and we welcome new members. We limit membership to 25 because the play reading and acting easily fills the two hours. Please contact the convenor if you wish to give play reading a go. No previous acting experience is necessary.

POETRY READING 2 Murray Stewart and Linda Walton email: u3areadingpoetry2@chiltern-u3a.org.uk



"Poetry is when an emotion has found its thought and the thought has found words" — Robert Frost.

We are a friendly group of amateur poetry lovers who welcome the chance to share our enthusiasm for this unique written form with like-minded colleagues.

Themes for our meetings are arrived at by mutual agreement: all participants are encouraged to take a turn in leading our discussions. Recently we have explored the Liverpool poets and the themes of humorous verse (which, surprisingly, seemed often tinged with sadness and solemnity) and 'Voyages'. Next we shall explore the poets' thoughts on 'Home'.

We meet at **10.00** on the **first Wednesday** of the month in the **Pottery Room**.

Our next three meeting dates are 5 Aug, 2 Sep and 7 Oct.

The group is currently full but we are running a waiting list. If you feel that this could be for you, please contact either Murray or Linda through the email address above.

POLITICAL THINKING Peter de Groot and Clive Hirst email: u3apoliticalthinking@chiltern-u3a.org.uk

We now meet on the **first** and **third Monday** of the month in the **Pottery Room**. We start at **10.00** and finish at **12.00**. **We do not meet on Zoom anymore.**

We do not discuss party politics. Recently we have discussed the politics behind the wars in Ukraine and Gaza, inequality in the UK and the electoral system in the UK.

PSYCHOLOGY Ann Pummell and Gillian Eastmond,
email: u3apsychology@chiltern-u3a.org.uk



We do not meet in August . Our next meetings are: 8 Sep & 13 Oct.

If you are interested in mind and behaviour Psychology may be the group for you. Books, articles, videos and discussions all feature in our learning, and everyone is welcome to contribute to our friendly group. No specialist knowledge is needed.

In the next few months we are going to be exploring how our bodies and minds are being manipulated into developing different forms of addictive behaviour, and how this can affect our physical and mental well-being.

At present the group is full. We have a short waiting list and you are most welcome to add your name to it by phoning Ann on 865470.

QUIZZERS Jonathan Allum and Lorraine Vogel
email: u3aquiz@chiltern-u3a.org.uk

We continue to tap into the wealth of diverse quizzing talent within Chiltern u3a and we are always ready to welcome new members who would like to join us for a relaxed and fun afternoon.



Since the last newsletter, we have been treated to an array of highly imaginative and entertaining quizzes presented by a number of our Quizzers members.

Quizzers who wish to unleash their 'inner quiz host' now and again are invited to discuss their ideas with the convenors and a date for them to present their quiz will be set. There is, however, NO pressure for anyone to present an individual quiz, all are welcome to simply come along, join a team and spend an enjoyable afternoon answering all the fabulous questions.

We meet on the **fourth Wednesday** of the month from **14.00 to 16.00** in the **Large Barn Hall**.

If you would like to join us at the next meeting, please contact Jonathan or Lorraine for further details.



RACKETBALL Martin Milnes,
email: u3aracketball@chiltern-u3a.org.uk

We meet at **Chesham Bois Lawn Tennis and Squash Club (CBLTSC)** every **Monday** morning from **09.30 to 11.00**. Four squash courts are available, and there is a **£4** charge per person per session.

We have vacancies for 3 players in this sociable, mixed ability group. Further details from Martin Milnes.

READERS 2 Christopher Boyce,
email: u3areaders2@chiltern-u3a.org.uk

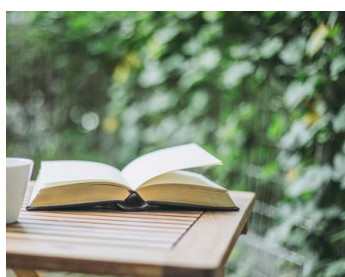
We meet at **10.00** on the **second Tuesday** of each month, in **each others' houses**.

Our programme is as follows:

4 Aug: 'In the blink of an eye' by Jo Callaghan

1 Sep: 'Time of the Child' by Niall Williams

6 Oct: 'Leonard and Hungry Paul' by Rónán Hession



READERS 3 Gill Lock,
email: u3areaders3@chiltern-u3a.org.uk

We meet on the **second Thursday** of each month at **10.00** in the **Pottery Room** for coffee (optional) followed by a discussion at 10.30 on the book we have decided to read. One of the group introduces the book, giving background information on the author and what they thought of the book. There are usually mixed reviews on the book we have chosen, which makes for an interesting discussion.

(continued on next page)

READERS 3 (*continued*)

Our next reading list is as below. We had two long serving members leave the group, which is always sad, but we were able to offer these places to people on the waiting list. **We still have a waiting list of 3 if anyone would like to set up a new reading group.**

Jul: The Song of Achilles by Madeline Miller

Aug: Moon Tiger by Penelope Lively

Sep: The Bees by Laline Paul

Oct: Small Island by Andrea Levy

READING CRIME NOVELS Susan Oakden and Anne Caine,

email: u3areadingcrime@chiltern-u3a.org.uk

We meet in the **Pottery Room** on the **first Thursday** of the month at **10.00**.

We take it in turns to choose our monthly book and also discuss secondary topics after coffee. We have started reading two new short story books – ‘Miraculous Murders’ – Locked room murders and impossible crimes and ‘Music of the Night’ – a modern crime writers association book with the aim of comparing modern writers with older classic authors.



Our programme is as follows:

6 Aug: The Blackhouse by Peter May

3 Sep: The Sculptress by Minette Walters

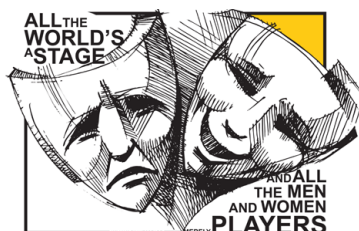
1 Oct: Good Husband Of Zebra Drive by Alexander McCall Smith

We are currently full with a waiting list. Susan would be happy to help anyone on the waiting list to set up their own group.

READING SHAKESPEARE Jon Foster,

email: u3ashakespeare@chiltern-u3a.org.uk

We meet on the **first Thursday** of each month from **10.00** to **12.00** in the **Small Barn Hall** to read and discuss Shakespeare's plays.



Our programme from August to October:

6 Aug: Start reading The Comedy of Errors

3 Sep: Finish reading and discuss The Comedy of Errors

1 Oct: Start reading Richard II

The group formed in 2015 with the aim of reading Shakespeare's plays. Last year we completed our journey through all 38 plays, and then enjoyed some lively discussions about what our future programme should look like.

Members voted on their choice of two comedies and a tragedy to open the new programme; and we kicked off with A Midsummer's Night Dream, followed by Othello and The Taming of the Shrew. The latter provoked some lively discussion on how this controversial battle-of-the-sexes comedy would have been interpreted in Shakespeare's time and how it should be viewed today

We also recently introduced Shakespeare's poetry into our programme, and we dip into the Sonnets on an occasional basis as time permits. However, our main emphasis remains on reading the plays.

Please contact the convenor if you are interested in joining the group, though please note that we currently have a waiting list.

RECORDERS Roger Prowse and Dorothy Drew,

email: u3arecorders@chiltern-u3a.org.uk

We meet twice each month on the **first** and **third Fridays** of the month at **09.45** for **10.00** in the lounge of the **Little Chalfont Methodist Church, Chalfont Avenue, Little Chalfont, HP6 6RD**.

Our group plays a range of music old and new, and will appeal to people who play the recorder or wish to take it up again, or who are learning now, and want a group to play with.

We would be pleased to hear if you are interested in joining us. While we cannot accommodate complete beginners, we can offer advice about getting started and possibly assistance with the learning process.



RUMMIKUB & UPWORDS Carole Robinson, email: u3arummikub@chiltern-u3a.org.uk

We meet on the **second** and **fourth Friday** of the month in the **Pottery Room** from **14.00 to 16.30**.

Our future dates are 14 & 28 August, 11 & 25 September and 9 & 23 October.
New members are always welcome.

RUSSIAN – INTERMEDIATE Jean Milnes, email: u3arussian@chiltern-u3a.org.uk



We meet in the **Pottery Room** from **10.00 to 12.00** on the **second** and **fourth Mondays** of each month. **Our next dates are: 10 & 24 Aug, 14 & 28 Sep and 12 & 26 Oct.**

We concentrate on studying the Russian language using the 3-part Ruslan course, a modern course designed for adults. Group members also volunteer to give occasional short talks on literary, historical and other Russian-related topics which interest them. New members would be made very welcome, but as we will soon finish Book 2 of the Ruslan course, the Group is no longer suitable for complete beginners.

If you would like to join us, please contact the convenor to find out about our level.

SAILING (Dinghy) Peter Heilbrunn, email: u3asailing@chiltern-u3a.org.uk

We are looking forward to the start of the upcoming 2026 sailing season, having had a break over the winter.



Tue 4 Aug: (1st in month)
Wed 26 Aug: (after 3 week break)
Tue 8 Sep:
Wed 23 Sep:
Tue 6 Oct: (1st in month)
Wed 21 Oct: (3rd in month)
3 or 4 Nov (tbc): Tidy up and end of season lunch

We normally sail from **13.00 to 17.00** on the **second Tuesday** and **fourth Wednesday** of the month, from **April to October**, although there may be variations in order to keep a two week gap between our sessions. Troy Lake, the home of Rickmansworth Sailing Club, between Maple Cross and Denham, is where we sail, and we have the use of their club boats, kayaks and paddle board. All are welcome and no previous experience is required, although we do ask that you can swim 10 metres. At the beginning of the season, the water may still be very cold, so we recommend that you wear warm old clothing, including a waterproof jacket, and bring a change in case you get wet. We provide personal flotation devices. The cost is £10 per session which includes tea and cake. If you are manning a safety boat you will be not be charged for the session you do, either first or second.

If you are considering joining, why not call Peter Heilbrunn.

SCIENCE & TECHNOLOGY John Byrne, Richard Eastmond, John Pulsinelli and Nicky Temperton email: u3ascience@chiltern-u3a.org.uk

This group is currently full and operating a waiting list. We meet in the **Pottery Room** on the **third Thursday** of each month at **14.00** ending by **16.00**.

We have presentations and discussions covering a wide spectrum of science and technology subjects, usually and preferably given or led by our members. Our topics have ranged from How Radiotherapy Works and the 2025 Nobel Prize for Chemistry to The Weirdness of Quantum Physics, with Whatever Happened to Graphene, World Air Pollution and Its Effects, and Underwater Data Centres in between.

We encourage friendly social interaction particularly during our mid-session tea break and during or after the presentation. You certainly do not have to be a scientist to be part of the group, although some people are. Of more importance is an interest in things scientific and the technology that flows from this.

The subjects for our meetings evolve, and we will keep members informed of what is lined up next.



SCOTTISH COUNTRY DANCING Shirley Howe and Kay Lunnon, email: u3ascottishdancing@chiltern-u3a.org.uk

Our Scottish Country Dancing group meets every **second Wednesday** and every **fourth Monday** in the Drake Hall from **14.30** to **16.30**. It's fun and a good way to keep active.

You don't need to have done it before, it isn't difficult, and we do have some experienced dancers who help things along.

If you are interested please contact the convenors through our web site page. There are currently a few vacancies.

SCRABBLE Gail Heilbrunn, email: u3ascrabble@chiltern-u3a.org.uk

We meet on the **fourth Wednesday** of each month in the **Pottery Room** from **14.15** to **16.15**.



We have vacancies and would gladly welcome several new members.

If you are unsure whether you'd enjoy the game, please do just come along and try it out or contact Gail, preferably via her personal email address at: gailheilbrunn@hotmail.com. We are a friendly little group and none of us are experts. Scrabble boards are provided, and personal Scrabble Dictionaries of all kinds are permitted (including Apps on phones). We look forward to you joining the group. **The dates of the next meetings are: 26 Aug, 23 Sep and 28 Oct.**

SIMPLE MEMBERSHIP HELPDESK Jenny Jobson, email: u3ausersupport@chiltern-u3a.org.uk

Simple Membership workshops are held in the **Pottery Room** on the **fourth Wednesday** of each month from **10.00** to **12.00**.

The Simple Membership Helpdesk doesn't have a set of members. Some sessions will be specific workshops for invited convenors or members, others will be open helpdesk sessions. I will send emails to the relevant members to explain what will be happening each month.

If at any time you've got any query about how to use and/or find your way around Simple Membership, or would just like to know more about how it benefits you, please contact me at the email address given above. I'll be happy to help.

SINGERS Ernest Newhouse, email: u3asinging@chiltern-u3a.org.uk

The group is now up and running under its new conductor.

We have about 25 members and would welcome more. Most of our repertoire is in four part harmony, so the ability to read music is essential.

We meet on the **second** and **fourth Fridays** of the month from **09.45** to **11.45** in the **Owen Room of the Amersham Free Church**.

SING FOR PLEASURE – MONDAY Maureen Clare email: u3asingforpleasuremon@chiltern-u3a.org.uk



Our group meets on the **second** and **fourth Monday** of each month from **13.45** to **15.45** in the **Owen Room** at the **Amersham Free Church**. It provides an opportunity to 'sing for pleasure', as the group name suggests.

You don't need to be able to read music, although we do sing from music, and there is some gentle encouragement to decode the 'tadpoles on a washing line'! We aim to sing a wide variety of music. For example, recently we've sung Brahms Lullaby, The Drunken Sailor, Oklahoma, and She'll be Coming Round the Mountain.

New members are asked to pay a small amount for a folder of music on joining, and there may be occasional additional purchases of new music.

SING FOR PLEASURE – FRIDAY Nicci Hookins and Sue Harold-Barry,

email: u3asingforpleasurefri@chiltern-u3a.org.uk

The Friday choir normally meets on the **first** and **third Friday** of each month from **09.45** to **11.45** in the **Amersham Free Church**. The group is for less experienced singers who are keen to learn more about music. We aim to have fun, and experience the beneficial effects of singing. Our repertoire covers a large range of music including folk songs, musicals and classical songs.

New members are welcome.

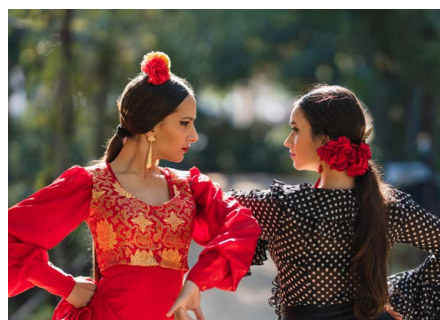
SPANISH — ASPIRING ADVANCED

Kieran McPolin and Louis Pozo,

email: u3aspanish-aspiringadvanced@chiltern-u3a.org.uk

Come and join us as we talk to each other in Spanish!.

We meet on the second and fourth Mondays from 14.00 to 16.00 in Members' Homes.



Spanish is the fourth most widely spoken language in the world with over 600 million speakers. The aim of this group is to develop and improve our competence in speaking Spanish. Some members are frequent visitors to Spain and want to enrich these visits by using and understanding the language. Others just enjoy the opportunity to gain confidence and improve fluidity in a friendly and open group. We choose articles typically from Spanish newspapers, about the culture and customs of the Spanish speaking world and read these before our meeting. We use the content as the basis of discussion in Spanish with other members during the meeting,

Some competence in the spoken language is required in order to participate, but most of us are still learning and our meetings are a great way of improving conversational skills

We would warmly welcome new members to our friendly group.

SPANISH — ASPIRING INTERMEDIATES Bridget Makinson and Joyce Duggan,

email: u3aspanishaspint@chiltern-u3a.org.uk

¿Qué tal? ¿Quieres mejorar tu español?

We meet on the **second** and **fourth Mondays** of each month from **14.00** to **16.00** in the Amersham Community Centre **Pottery Room** (excluding Bank Holidays).

Our next meetings are: **10 & 24 Aug, 14 & 28 Sep and 12 & 26 Oct.**

We meet in person to play games in Spanish, chat in Spanish and practise grammar, using a variety of resources. We are a friendly welcoming group and, in the past, have worked through the book 'Pasos 1' and are now using 'Pasos 2' to loosely structure the lessons and consolidate what we have learnt so far, with the help of a Spanish speaker. A knowledge of some Spanish is recommended to benefit from the group which includes familiarity with past and future tenses.

Although our group is currently full, spaces do come up quite frequently, so do contact one of the convenors if you would like to join us.

SPANISH – IMPROVING BEGINNERS Christine Moore and Christine Parry

email: u3aspanishbeginners@chiltern-u3a.org.uk

We meet on the **first Friday** of the month between **10.00** and **12.00**, and the **third Friday** of the month between **14.00** and **16.00** in the **Pottery Room** in the Amersham Community Centre.

We meet as a group to learn Spanish at beginners level, and practice basic Spanish grammar, pronunciation, useful phrases etc. We are a friendly group who are working through the **Pasos 1 Spanish, 4th edition, course book**, with the aim of gaining a better understanding of the Spanish language.

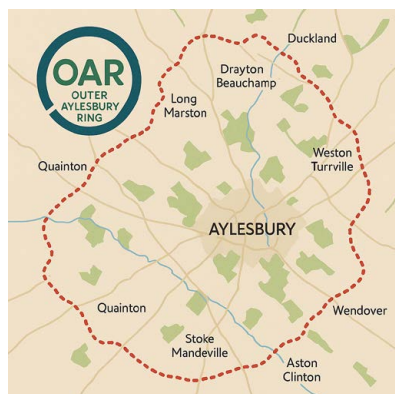
We have a few vacancies and welcome new members, but you will need to work through the first few lessons of the book on your own prior to joining so everyone is working from the same place. Please contact the convenor, Christine, for more information.

STRIDERS Jacky and Martin Charman,
email: u3astriders@chiltern-u3a.org.uk

A warm welcome to new striders who have joined recently. **The Striders group is open for new members.** Our strides are generally 7-9 miles. There may be a lunch stop at the end of the stride or sometimes part way. If you would like to join our friendly Striders Group, please contact us for more information.

Members come on strides at their own risk and should be responsible for their own safety when crossing roads, climbing stiles, etc. and also carry water for hydration as well as their own first aid kit.

NB: In common with all groups, please note that the Cu3a committee has decided not to permit dogs on its walks.



For 2026 Martin & Jacky Charman have offered to lead a sequence of Strides along the Outer Aylesbury Ring with the next set of segments included in the programme below. Please contact Martin if you are interested in participating in this 53-mile route with views across the Aylesbury Vale.

Thursday, 23 July: 'Outer Aylesbury Ring – Wing to North Marston' – approx. 9 miles. Leaders: Martin & Jacky Charman,

This is the third segment of our 2026 journey around the Outer Aylesbury Ring starting in Wing, passing through Cublington then Oving before finishing in North Marston. Lunch is available at The Black Boy, Oving.

Because public transport is limited along this route I suggest liftshares with

Striders leaving cars at each end of the segment. Meeting in the road outside **10 Park Gate, Wing, LU7 OPA, OS GR SP 88345 22422**, what3words: **///costumed.sharpness.rental**. Start Time 09.45.

Tuesday, 11 August: 'Outer Aylesbury Ring – North Marston to Westcott' – approx. 8 miles. Leaders: Martin & Jacky Charman,

This is the fourth segment of our 2026 journey around the Outer Aylesbury Ring starting in North Marston travelling west towards Hogshaw Hill, joining the North Bucks Way towards Quainton then through Waddesdon to Westcott. Lunch is available at the Westcott Cafe, Westcott. Because public transport is limited along this route I suggest liftshares with Striders leaving cars at each end of the segment. Meeting near the **junction of Church Street and Schorne Lane, North Marston MK18 3PJ, OS GR SP 77653 22627**, what3words: **///dampen.likening.figs**. Start Time 09.45.

Tuesday, 25 August: 'Outer Aylesbury Ring – Westcott to Haddenham' – approx. 9 miles. Leaders: Martin & Jacky Charman,

This is the fifth segment of our 2026 journey around the Outer Aylesbury Ring starting in Westcott, passing through Ashendon, Upper & Lower Pollicott to Chearsley before finishing in Haddenham. Lunch is available at the Haddenham Garden Centre, Haddenham. Because public transport is limited along this route I suggest liftshares with Striders leaving cars at each end of the segment. Meeting at **Church Lane, Westcott HP18 OPH, OS GR SP 71680 17116**, what3words: **///approvals.podcast.flying**. Start Time 09.45.



Thursday, 17 September. 'Chinnor Hill and Lodge Hill', approx. 8 miles. Leader Teri.

Starting from Bledlow we explore the hills nearby. Excellent views to the north and west which can stretch as far as the Cotswolds on a fine day. A few steep climbs as well as numerous stiles. Lunch at Lions of Bledlow car park, **Church End, Bledlow, HP27 9PE, OS GR SP 776020 02047**, what3words: **///headliner.bandstand.hotel**. Start Time 10.00.

Tuesday, 22 September: 'Outer Aylesbury Ring – Haddenham to Princes Risborough' – approx. 8 miles. Leaders: Martin & Jacky Charman,

This is the sixth segment of our 2026 journey around the Outer Aylesbury Ring starting in Haddenham, passing through Aston Sandford and Longwick before finishing in Princes Risborough. Lunch is available at The Crew Café, Princes Risborough. Because public transport is limited along this route I suggest liftshares with Striders leaving cars at each end of the segment.

Meeting at **Haddenham Garden Centre, 121 Stanbridge Road, Haddenham, HP17 8HN, OS GR SP 74916 08400**, what3words: **///yelled.saunas.salad**. Start Time 09.45.

(continued on next page)



STRIDERS (*continued*)

Tuesday, 6 October: 'Midsomer Mystery – Episode 11' – approx. 7.5 miles.

Leaders: Mary Harrison and Chrissy Moon. A walk in the Chilterns with details to be provided by mid-September. **Start Time 10.00.**

Wednesday, 14 October: 'Amersham to Little Missenden' – approx. 8 miles.

Leader: Stephanie Kenna,

A scenic tour from Old Amersham taking in several Chiltern Villages, including Coleshill, Winchmore Hill, Penn Street and Little Missenden, and then along the Misbourne Valley back to Old Amersham. Some hills, no lunch planned but there are plenty of places to eat in Old Amersham. Park in Old Amersham Car Park, The Broadway, **HP7 0HL** (pay car park), [OS GR SU 96049 97325](#), **what3words: ///mash.photo.extend.** **Start Time 10.00.**



Tuesday, 3 November: 'Outer Aylesbury Ring – Princes Risborough to Wendover' – approx. 8 miles.

Leaders: Martin & Jacky Charman, email: _

This is the seventh and final segment of our 2026 journey around the Outer Aylesbury Ring starting in Prices Risborough, passing through Lower Cadsden and Ellesborough before finishing in Wendover. Several lunch options are available in Wendover and we'll choose closer to the date. Because public transport is limited along this route I suggest

liftshares with Striders leaving cars at each end of the segment. Meeting at **The Mount Car Park, Stratton Road, Princes Risborough, HP27 9AN**, [OS GR SP 80552 03464](#), **what3words: ///sprouted.theme.quietly.** **Start Time 09.45.**

STROLLERS Anjali Mittal and Lynn Woodgate, email: u3astrollers@chiltern-u3a.org.uk



The Stroller group provides relaxed, sociable, short distance walks at leisurely pace. These are usually stile free, 2 to 3 miles in distance, and may end with a lunch/drink stop.

The strolls are planned and organised by group members and everyone who can contribute is encouraged to do so (our success depends on our members' contribution and participation). The strollers publish future strolls to its members via email.

Members accept lifts and come on strolls at their own risk and are responsible for their own safety at all times.

NB: In common with all groups, please note that the Cu3a Committee has decided not to permit dogs on its walks.

We are open to new members. If you would like to join our friendly group or try out a stroll before joining, please contact us for more information.



TABLE TENNIS Tony Davies, email: u3atabletennis@chiltern-u3a.org.uk

Our group is once again at full strength for our usual sessions which are mainly doubles play.

We meet at the **Chalfont Leisure Centre** on the **first, third and fifth Thursdays** of each month from **10.00 to 11.30**. The group enjoys 90 minutes of great activity, exciting games, and good companionship!

TABLE TENNIS EXTRA Tony Davies,
email: u3atabletennisextra@chiltern-u3a.org.uk



We meet at the **Chalfont St Peter Leisure Centre** on the **second** and **fourth Thursdays** from **10.00** to **11.30**.

Our group consists of members from the main Table Tennis Group who enjoy the extra exercise and are above average standard. There are opportunities to play singles.

We have limited the number to 16. Contact the convenor to be added to the waiting list.

TAI CHI BASED EXERCISE John Bradley and Christian Scott,
email: u3ataichi@chiltern-u3a.org.uk



We meet each **Tuesday** at **12.00** in the **Drake Hall**.

Our popular group doesn't use an external/professional practitioner to lead the sessions but, based on the core principles of u3a 'by Members for Members', we use DVDs and the internet to source exercises that we learn and practice together. These exercises are based on traditional Tai Chi and Qi Gong (pronounced 'Chi Gong').

Each week we try and mix up the sources we use in order to provide variety. We periodically add new sources as/when we find them.

Due to the 'self-help' format, it is the responsibility of each Member to self-assess their suitability. Although relaxed and relatively slow, you should have a level of fitness that allows you to stand throughout the 45-60 mins session (we don't sit or lie down for any of the movements), although chairs are available should at any time you need one! You must be able to balance and move without the need of aids.

In order to assess the suitability of this group for you, we have produced a '**Frequently Asked Questions**' sheet on our group page. Please read this!

You are welcome to come along and see whether the group is suitable for you – please contact one of the convenors first. Then, if you decide to join us, we will require a signed copy of the FAQ Sheet.



TAP DANCING Carol Hall,
email: u3atapdance@chiltern-u3a.org.uk

We meet on the **first** and **third Thursday** of the month at **14.15** in the **Drake Hall** within the **Community Centre** at the **Chilterns Lifestyle Centre**.

The group is mixed ability and dancers of all levels are welcome, although the class is not suitable for absolute beginners. We have a dance professional so there is a small charge for classes, but **new members are welcome to join us for a free taster session.**

TENNIS Mike Shearme and Martin Charman,
email: u3atennis@chiltern-u3a.org.uk

We play tennis every **Monday** and **Thursday** from **9.30** for one hour in **Westwood Park, Little Chalfont** (subject to weather) **changing to afternoons at 13.00 from around October.**



We are always looking for new members.

We are a friendly mixed standard group, so please feel free to come along and try it out (just drop me an email beforehand in case of cancellation).

The courts are newly refurbished complete with new, visible, lines and hole-free netting. All you need to bring is a racket.

There is currently no charge although we may need to introduce a small charge occasionally to pay for balls.

TEN PIN BOWLING Steve Coates,
email: u3atenpin@chiltern-u3a.org.uk



We meet on the **second Wednesday** of each month (except where this clashes with school holidays) at the **Hollywood Bowl**, located in the **Woodside Leisure Park, Watford WD25 7JZ**.

Sessions begin at **10.00** and the cost is **£12** per person for three games. There is plenty of free parking at the venue.

New members are very welcome, of whatever ability – or none! Please contact the convenor for further information.

THEATRE GOERS Helen Farndon and Helen Jones
email: u3atheatregoers@chiltern-u3a.org.uk



If you love the theatre – or simply enjoy a good afternoon out – the Theatre Goers group is for you. We aim to explore as wide a range of theatrical genres as possible, from drama and comedy to musicals and more.

We also take advantage of special offers and discounts whenever they arise. As these opportunities often require a quick response to secure the best seats and prices, many visits are not advertised in the newsletter. Group members are kept informed by email and WhatsApp. By joining the group, you'll be among the first to hear about exciting shows and ticket availability.

If you would like to get involved in helping to organise our outings – no matter how small the role – you would receive a very warm welcome. Planning meetings are relaxed and sociable, with refreshments (and cake!) provided. Details of future plays and events will be sent directly to Theatre Goers group members as they are arranged.

We look forward to welcoming you. We do not have any vacancies at the moment but there is a waiting list if you would like to add your name to that.

Please take time to read the Terms and Conditions for Excursions and Outings from the Cu3a Committee, which can be found here: [Accessibility for Excursions](#)

TRAVEL Wallace Wormley,
email: u3atravel@chiltern-u3a.org.uk

This group developed out of a 40-year history of the Amersham Travel Club (ATC). We meet on the third Friday every month in the **Large Barn Hall** from **14.00 to 16.00**. Our group continues this tradition of sharing and enjoying members' travel experiences in a relaxed and friendly way, through an ongoing series of PowerPoint or digital photo presentations introduced by members and invited guests.

Good audio and video facilities enable the group to show members' images from around the UK, Europe, Asia, Africa, the Americas, and the rest of the world captured on still and movie cameras, as well as smartphones. Since so many members of Cu3a love to take snaps and chat about their travels around the world, **we have space for, and welcome new members and new presenters as well!**



Our upcoming programmes:

- 21 Aug:** 1st half – 'Touring France' – shot (mainly) on a mobile phone), Presenters: John and Gill Allport; 2nd half: TBA, Presenter: Wallace Wormley
- 18 Sep:** 'Newfoundland', Presenters: Stephen Jones and Janice Foster
- 16 Oct:** 1st half – 'Indochina – Cambodia, Vietnam, and Laos', Presenter: Peter Stevens; 2nd half – 'Scotland – Isle of Harris, Assynt & Wester Ross', Presenter: Chris Little
- 20 Nov:** TBA, Presenter: Peter Crimes
- 18 Dec:** 'Travels in Chile, Bolivia, and Peru', Presenter: David Wormley

UKULELE Peter Metcalf, email: u3aukulele@chiltern-u3a.org.uk



This is a group for players of all abilities but, above all, we all aim to enjoy playing the ukulele in a friendly atmosphere. We have a wide range of songs in our library and we hope to finish each session with a smile on our faces!

Please contact the convenor if you would like to join us and play with a fun group. We meet on the **first and third Fridays** in the month from **10.00 to 12.00** in the **Committee Room** at the **Chilterns Lifestyle Centre**.

VEG PATCH Anthony Howe, email: u3avegpatch@chiltern-u3a.org.uk



We meet during the growing season, March to October, for about 2 hours from 14.00 on varying dates within the first 10 days of a month. All meetings are on the Cu3a website as 'EVENTS' and usually take place at members' allotments or back gardens, and often involve a chat over a cuppa and cake.

At the moment the group is full and operating a waiting list. Put your name down if you grow fruit and veg, or want to. You do not have to know anything or have a large plot as the group has people of all experiences and plots of all sizes, even boxes.

WALKERS Andy Watterston and Ian Paterson, email: u3awalks@chiltern-u3a.org.uk



The Walkers group is open to new members and provides walks of 4-6 miles in length. For details of longer walks, please contact Striders group and for easier walks at a slower pace, please contact Strollers group.

Walks are planned and organised by members; therefore, we encourage all members to contribute to the Walk programme. There may be a lunch stop at the end of the walk at the Walk Leader's discretion (see individual Walk description). Members accept lifts and come on walks at their own risk and should be responsible for their own safety when crossing roads or climbing stiles and carry their own simple first-aid kit, water etc.

NB In common with all walking groups, please note that the Cu3a committee has decided not to permit dogs on its walks.

Walkers Group Programme:

Thu, 6 Aug. 'Walk the Disappearing Fields' – approx. 5 miles.

Leaders Mike and Eileen Baldwin, A level walk over fields and paths. The walk starts from the **Epilepsy Centre, Chesham Lane, Chalfont St Peter [SL9 0RJ](#)**. The entry to the centre is almost opposite the junction between Monument Lane and Chesham Lane. On entry to the centre, go past the Phoenix Cafe on your left and follow the signs for Visitor Parking. Having changed shoes etc, walk back to the cafe to order lunch if staying. We shall begin our walk from the cafe. Food options vary from sandwiches, cake, soup and jacket potatoes, hot and cold drinks etc, but no alcohol is served. Please say if staying for lunch when booking. **10.15 to order food for a 10.30 start.**

Wed, 12 Aug. 'Bryan Ferry the Ferry' – about 5 miles.

Leaders: Gill Kirkpatrick, and Karen Martin. Park at the **Rising Sun, High Street, Hurley [SL6 5LT](#) at 10.15. We will set off at 10.30.** This is a level walk along the Thames Path to Marlow and back again. Now for the fun bit ... Temple Bridge has been closed for a few years due to structural issues and this year a ferry service has started up to get us to the other side of the river. It costs £2.50 each way (cash or card). Please let me know if you would like to stay for lunch after the walk.

Thu 20 Aug. 'Hampden Monument Circular from Great Hampden' — approx. 5 miles.

Leader: Roger Bryan,

The walk will start from **The Hampden Arms, Great Hampden, [HP16 9RQ](#)** and will take us on a circular walk through fields and woods. Parking is available at the pub (only if we are eating there) or along the road nearby. I will book a table at the pub if there is enough interest. **Meet at 10.00 for a 10.15 start.**

(continued on next page)

WALKERS (continued)

Thursday, 27 Aug. 'Donkey Ride' — approx. 5.2 miles.

Leaders Stuart Stanley and Margaret Stanley A linear easy flat walk with no stiles along the Thames Path. Meet at the **Marlow Donkey pub Station Rd, Marlow SL7 1NW**, where we will walk down to Marlow Station and catch the 11.00 Marlow Donkey train to Cookham (£4.70 or £3.10 with railcard), and then walk across to the south side of the Thames and back to Marlow crossing the river at Bourne End. Parking in streets around for those not staying for lunch. <https://www.greeneking-pubs.co.uk/pubs/buckinghamshire/marlow-donkey/menu/> Kindly advise whether staying for lunch. **Start at 10.30.**



Wed, 2 Sep: 'A Walk Around Great Missenden; Roald Dahl's Village' – approx. 5 miles.

Leader: John Pulsinelli.

The walk has a total ascent of 250ft. Starting at **The Full Moon, Hare Lane, Little Kingshill HP16 0EE**. [Grid ref SU 892 991](#). Woodland trails, cosy pub, easy field paths, views, parkland, and country village. Please confirm if lunching. **Start time 10.00.**

Thu, 10 Sep. 'Ley Hill, Cowcroft Wood and Surrounds' – approx. 5 miles.

Leaders: Glenys Mchale and Althea Godfrey. Park near The Crown or on the layby opposite. Exploring the network of paths in beautiful rolling countryside between Ley Hill, Cowcroft Wood nature reserve and Chesham. A few hills, one steep part near Waitrose, Chesham before the gate leading to Dungrove Farm. Lunch at The Crown, menu nearer the date, please advise if you wish to stay for lunch. **Meet 10.00 for 10.15 start.**



Tuesday, 15 Sep. 'Tea Pot Walk to 40 Acre Village Green & beyond' – approx. 5 miles.

Leaders: Andy & Lyn Watterston. A walk through Widmer End Village Green, one of the largest designated Village Green's in England, and then onwards to Kings Wood at Totteridge returning via Widmer End fields. Please Park in the car park in Grange Rd, Widmer End, High Wycombe, [HP15 6AD](#). Refreshments to be provided in our garden after the walk! Please advise at the time of booking if you would like to stay for refreshments. **Meet at 13.45 for a 14.00 start.**

Mon, 21 Sep. 'Weedonhill Woods' – approx. 4.75 miles.

Leader: Anjali Mittal and Kay.

A circular walk from the car park of the Boot and Slipper pub in Amersham covering Weedonhill Woods and a few other nearby woods/fields. Most of the walk is on mixed path (public path, woodlands, tree roots, fields etc.) and parts of the path could be muddy/slippy depending on weather conditions. Meet at the car park of the **Boot and Slipper pub (2 Rickmansworth Road Amersham HP6 5JN)**. **NB: The pub parking entrance is from the Chesham Road**. If staying for lunch, please confirm your booking by 19 Sep so that a table can be reserved. **Start time 10.15.**

Monday, 28 Sep. 'Watercress Walk' – Part of the Chess Valley Walk – approx. 5.5 miles.

Leader: Linda Peplow and Helen Clews. This walk takes us from Little Chalfont's Westwood Park, down an incline through West Wood, to the Chess Valley. Walking towards Latimer House, we cross the Chess and into wide open fields. We walk with the River Chess on our right towards Sarratt Bottom Nature Reserve, our halfway stop, where we cross the footbridge to retrace our steps on the other side, following the Chess back towards Little Chalfont. We walk back up the incline to a path which leads through West Wood again and back to the car park. Access is good, along open fields and along narrow lanes, with no stiles. The walk can be muddy if it's been wet. **Starting Point: Westwood Park, Chenies Avenue, Little Chalfont, HP6 6PP, [SU 99677 98041](#)**. There are no pubs on the walk, but lots of choice in Little Chalfont. **Gather at 10.15 for a 10.30 start.**

Wed, 7 Oct. 'Misbourne Greenway' — approx. 5 miles.

Leaders: Pauline and Terry Barker. Mobile to be advised. In Autumn 2025 the Misbourne Greenway officially became part of Route 50 of the National Cycle Network joining Great Missenden to Wendover. The route is tarmacked. Start at **The Black Horse Pub, Great Missenden, Aylesbury Road, HP16 9AX**. Walk to The Firecrest Pub, for a coffee/cuppa (stop approx. 20 minutes) and then returning on the same pathway back to The Black Horse for lunch. Please advise at time of booking if you would like to stop for lunch. **Meet at 10.15 for a 10.30 start.**

(continued on next page)

WALKERS (*continued*)

Thu, 15 Oct. 'No time for a nap at Naphill' – approx. 4.5 miles.

Leaders: Janet Paterson and Gwyneth Herrington. A repeat of a walk from some years ago. Lovely views towards West Wycombe, no stiles, one hill. Meet at 10.15 at **'The Black Lion', Woodlands Drive, Naphill (OS Map 172, GR SU 841975), HP14 4SH.** Please state if you are staying for lunch when [booking](#). **Start time 10.30.**



Mon, 19 Oct. 'Chesham Bois Woods' – approx. 3.5 miles.

Leaders: Tina Hooker. Starting in Chesham Bois, we will make our way down to Waterside (Chesham) walking through the Fisheries, and across the moor. Turning back on ourselves we will head towards the Chesham Bois Memorial Grounds, Bois Moor woods back to Chesham Bois. Some uphill/downhill walking, through wooded, granite terrain, tree roots. Starting point: corner of **Woodside Ave and Milton Lawns, Chesham Bois, Bucks, HP6 6BQ (SU 96942 99308).** There is residential parking in both streets. **Start time 10:15.**

Wed, 28 Oct. 'Ley Hill wander' – approx. 5 miles.

Leader: Bob Odell. The walk is 5 miles long with some gradients but NO stiles. We shall meet in the **free car park on Chesham Moor (HP5 1SE) at 9.30 for a 9.45 start.** We set off over the River Chess and head up Trapps Lane into the open countryside towards Dungrove Farm and Ley Hill, returning past Hill Farm and the waterfall to continue through Bois Moor Wood back to The Moor. Allowing for a coffee/banana break we should be back about 12.30. If you would like to join this walk, **please email me together with your mobile number.** **Start time 9.45.**

WINE TASTING 1 Sue Cooper and Chris Iles, email: u3awine@chiltern-u3a.org.uk

Monthly gatherings continue to take place mostly at **members' homes** but occasionally at the **Pottery Room**, on a date chosen by the host. There is a charge of **£10** per head and we usually have 6 wines linked by a theme also chosen by the host. Meetings start at **14.30.**



Our programme for the next quarter is

Thu 23rd Jul: Tim Layfield – 'Aldi Wines' to be held at Tim's house

Wed 19th Aug: Clive Morgan – 'Portuguese Wines' to be held at Clive's house

Thu 10th Sep: Andrew Neale – TBC to be held at Andrew's house

Wed 28th Oct: Sue Cooper – TBC to be held at Sue's house

Our group is currently full but there is a waiting list.

WINE TASTING 2 Andrew Maclay and Angela Eccles, email: u3awine2@chiltern-u3a.org.uk

We meet monthly at **14.00** in the **Small Barn Hall (SBH)** or in **members' homes** or **gardens** (particularly in summer). There is a charge of **£10** per head and we aim to taste 8 wines per session which lasts approximately two hours. **We currently have no waiting list.**

Wed 12 Aug: at home – Peter Metcalf – Iberian Whites and Italian Reds. Contact ptrmet21@gmail.com

Fri 11 Sep: in SBH – Candy Ridler – Rioja wines. Contact candida.ridler@gmail.com

Fri 9 Oct: in SBH – Peter Heilbrunn – German wines. Contact pheilbrunn@hotmail.com

Please let the host know early by email if you plan to attend, and copy in Andrew Maclay. This helps the host budget the number and cost of wines and cheese/nibbles, and avoids disappointment if fully booked.

WINE TASTING 3 Neil Campbell and Anthony Howe, email: u3awine3@chiltern-u3a.org.uk

WT3 is aimed at those who are interested in learning more about wine in a fun and friendly ambience to improve their enjoyment and independent purchases of wine. Our gatherings are usually held in one of the rooms at **Amersham Community Centre**, either the **Small Barn Hall** or the **Lounge**, in the latter part of each month.

(continued on next page)

WINE TASTING 3 (*continued*)

Our charge is **£10 per head**, to cover the cost of the wine and nibbles. We usually start at **14.00** with the sampling of 8 wines, various nibbles cheeses etc. and conversation lasting two to three hours. We also share details of any 'offers' we find for discounts on wine, to our members.

Our next tastings are all on the website as Events with the prefix WT3, please have a look and book online or via email. New members are most welcome, please contact either of the convenors, or via the website.

WRITING FOR FUN Felicity Vickery and Wallace Wormley,

email: u3awritingff2@chiltern-u3a.org.uk

Writing for Fun is a friendly and supportive group, organised by its members. We meet on the **first Thursday** every month in the **Pottery Room**, from **14.00 to 16.00**.

We creatively write on various themes, with ideas suggested by group members. Most of the time our written pieces are prepared at home before the next meeting, but sometimes the writing is done during the group session. Our compositions are usually about 600 words long. The monthly themes can be expressed as short stories, dialogues, diaries, poems or even a journal. The works are read aloud and discussed. We explore different genres of creative writing, such as fiction, autobiography, drama, life experiences and memoir. No previous creative writing experience is necessary, only a desire to write and enjoy the fun of it. However, we limit membership to 11 because reviewing each member's work fills the two hours.

The group is currently full. We operate a waiting list when the group is full. Please do contact the convenors if you wish to be considered for membership in the existing group or if you wish to consider joining the start-up of a potential new Cu3a Writing for Fun 2 group once that waiting list reaches a critical mass in size.



YOGA 1 Harriet Scott and Barbara Palser,

email: u3ayoga@chiltern-u3a.org.uk

The Yoga Group meets every **Tuesday** morning for an hour at the **Polish Club** in **Raans Road, Amersham** from **11.15 to 12.15**. For our safety, the class is supervised by an experienced yoga practitioner so there is a charge of **£5** per session. We now pay for a batch of classes in advance via the Cu3a and are finding this much easier than trying to find cash each week. On-site parking is free. We wear comfortable clothing and the only equipment required is a yoga mat. We are a mixed ability group with some very experienced members but others have

only recently begun their yoga journey. In addition we are of varying mobility and some members prefer to use a chair at times. This mix actually works very well as our supervisor is able to accommodate everyone without compromising our individual experience at all.

The group is now full with a waiting list but whether you have done yoga before, or you are just interested in what it's all about and whether it's right for you, do try us out at a free taster session.

YOGA 2 Julie Breakspear and David Norman

email: u3ayoga2@chiltern-u3a.org.uk

We meet every **Tuesday** at **12.45** for one hour in the **Large Barn Hall**. For our safety the group is supervised by an experienced practitioner and there is a charge of **£5** per session. All abilities are welcome and our practitioner offers a variety of routines to suit all. No special equipment is needed apart from a yoga mat and comfortable clothing. **The group is almost full but we do run a waiting list.**

YOGA 3 Sue Tate, email: u3ayoga3@chiltern-u3a.org.uk

This group meets from **9.45 to 10.45** on the **first, second, fourth and fifth Tuesday** of the month in the **Large Barn Hall** and on the **third Tuesday** of the month in the **Small Barn Hall**. For your safety, the class is supervised by an experienced yoga practitioner so there is a fee of **£5** per session, payable in advance. We wear comfortable clothing and bring our own yoga mat. Our group is of mixed ability and we welcome members at all stages of their yoga journey. Our supervisor is able to adapt to accommodate different capabilities.

We are currently full with a short waiting list.

Group and Convenor Changes

A Good Read: This is a new group with Gill Eastmond and Jean Milnes as co-convenors.

Acoustic Guitar 2: This is a new group with Peter Davies, Mel Folkard and Tony Davies as co-convenors.

Autism & Asperger's Support: This group has now closed.

French Conversation: Adrian Buckley has stepped down as co-convenor of this group and is replaced by Jan Griffiths.

MOTO: Nicci Hookins and Jackie Shaw have taken over from Daphne Bromley and Jane Acaster as co-convenors.

Pilates 3: Sian Griffiths has stepped down as co-convenor.

Pilates 4: Neil Parsloe has joined Jan Dobson as co-convenor.

Political Thinking: Clive Hirst has joined Peter de Groot as co-convenor.

Travel: Wallace Wormley is now the sole convenor as Stanley Vaughn has retired.

Yoga 1: Change of group name from Yoga. The email address is unchanged.

Yoga 2: This is a new group with co-convenors David Norman and Julie Breakspear.

Yoga 3: Change of group name from Yoga for Beginners with a new email address.

To find out which groups have vacancies, go to our website: www.chiltern-u3a.org.uk and click on 'Our Groups > Group List', then go to the 'Vacancies' tab.

 PuzzleMe

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Chiltern u3a August 2026

**Sudoku
for those who
like a puzzle**

*Click on puzzle to
complete*

Home Services Scheme

Based on Members' Recommendations for Local Trades People/Professionals

Co-ordinator: Lorraine Vogel

If you require a trades person or service, please telephone or email in the first instance. Calls can be made between 09.00 and 18.00 Monday to Friday and if there is no answer please leave your name, contact number and a short message. All calls and emails will be answered as soon as possible.

The aim of this Scheme is to collate details of trades people and services available, so that Chiltern u3a members can have some guidance as to previous members' experiences – both good and bad.

It would be appreciated if u3a members using this service complete and return a feedback form, which is an important part of us being able to keep our Directory of Services updated. We are also happy to receive recommendations from our u3a members of trades people or services which they have personally used and would recommend to our members.

Chiltern u3a and any members of the organisation cannot be held responsible for problems that may ensue as a result of this recommendation service.

The full list of services is included with this Newsletter and is also available on the Chiltern u3a website: Home Services – [Click Here](#)